

**NORTH CENTRAL AREA COMMITTEE**

**DUBLIN CITY SPORT & WELLBEING PARTNERSHIP**

**15<sup>TH</sup> OCTOBER 2018**

### **DUBLIN SPORTSFEST 2018**

The first ever Dublin Sportsfest week took place across the city to coincide with the European Week of Sport (23<sup>rd</sup> – 30<sup>th</sup> September). 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. A number of Dublin-based national sporting personalities were also on hand to speak to the media and generate lots of excitement as part of their role as Dublin Sportsfest ambassadors.

The festival itself comprised 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 purpose of the event is to 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 focus was on encouraging sustainable participation across all ages, backgrounds & abilities. The vast majority of events & activities across the week were free of charge.

Our partners included 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 was in addition to a host of sports clubs from across the city.

Feedback on Sportsfest received following its conclusion has been very positive so far. A full review of the event will be provided in the next Area Committee Report.

### **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)

## 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 'Walking to Jogging' aimed at 18 years+ will be run throughout October and November in Darndale. Details of the programme are listed below;
- **Programme:** Walking to Jogging  
**Dates/Times:** Mondays. October 8<sup>th</sup> – November 26<sup>th</sup>.  
**Participants:** Mixed 18+
- A locally supervised walking and running programme for adults will be delivered in the Artane/Kilmore area throughout October and November ;
- **Programme:** Walking/Running Programme  
**Dates/Times:** Wednesdays 10am-11am  
**Participants:** Mixed

## 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.

- In Partnership with the newly appointed Athletics Officer, an Athletics Lead-In Programme will be delivered in schools throughout the area over the next number of weeks. Details of dates/times/location TBC.
- In conjunction with the area Boxing Development Officer the following Bronze Boxing Programme, is being rolled out in St. David's National School, Artane;
- **Programme:** Fit For Class  
**Dates/Times:** Ongoing. Thursdays 9-11am  
**Location:** St. David's National School, Artane.  
**Participants:** Males.

## 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  
**Dates/Times:** Tuesdays 12pm  
**Location:** Kilbarrack Community & Parish Centre)  
**Participants:** Older Adults (Females)
- **Programme:** Older Adults Exercise – Chair Aerobics, Dance and Free Movement  
**Dates/Times:** October – November. Wednesdays 10am -11am  
**Location:** TBC  
**Participants:** Mixed Adults
- **Programme:** Older Adults Exercise – Yoga and Mindfulness sessions.  
**Dates/Times:** Ongoing. Thursdays 10.30am-11.30am  
**Location:** Donnellycarney Beaumont Local Care Centre  
**Participants:** Older Adults (Females)
- **Programme:** Aqua Fit Senior Citizens  
**Dates/Times:** Ongoing. Tuesdays 3pm-4pm  
**Location:** Northside Pool  
**Participants:** Mixed Older Adults

#### **GAGA (CORE)**

#### **Underactive Adults**

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.

- In Partnership with the Irish Sailing Association, a 'Turn Up and Sail' Programme aimed at 13-17 females will be delivered over the next few weeks. Details of dates/times/location TBC.
- In partnership with the FAI Development Officer, a football skills and drills programme will be delivered in primary schools in the area;
- **Programme:** Girls Soccer Programme  
**Dates/Times:** Ongoing throughout November  
**Location:** Scoil Íde, Kilmore/St John of God's, Beaumont

#### **GET DUBLIN WALKING (CORE)**

#### **Underactive Adults**

DCSWP Sport Officers deliver a series of walking groups across the city under the banner of 'Get Dublin Walking'. The programme is delivered in partnership with the HSE and the DCC Community Section.

- A Men's Shed Get Walking programme for 40+ years will commence in the North Central Area in the next few weeks. Times/Dates and Locations TBC.

## **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 programmes in the North Central Area;
- **Programme:** Suaimhneas Darndale Walking to Jogging Programme  
**Dates/Times:** Mondays October 8<sup>th</sup> – November 26<sup>th</sup>.  
**Participants:** Mixed. 18+  
**Partners:** Suamhnais Clubhouse, Darndale
- **Programme:** Indoor Football  
**Dates/Times:** Ongoing. Thursdays 3-4pm  
**Participants:** Male. 18+  
**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 Kilmore West Youth Project the following football programme is ongoing in the North Central Area . See full details of the programme are outlined below;
- **Programme:** Drop-in Sports sessions  
**Dates/Times:** Ongoing. Tuesdays 4-5pm.  
**Location:** Kilmore West Recreation Centre  
**Participants:** Mixed Teens 12-15 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.

- The annual Remembrance Run encourages people of all levels of fitness to walk, jog or run together over 5k while remembering and dedicating their participation in the event to family or friends.
- **Event:** Remembrance Run (Citywide Event)  
**Dates/Times:** Sunday 11<sup>th</sup> November  
**Location:** Phoenix Park  
**Participants:** Mixed 18+
- In partnership with the HSE a Water Safety Reach Out programme is being currently being delivered in Ballymun. Full details are outlined below.

- **Programme:** Water Safety & Swimming Reach Out Programme  
**Location:** Ballymun Sport Centre  
**Dates/Times:** Fridays. September – December at 1pm  
**Participants:** 18-25 years  
**Partners:** HSE Kilbarrack
  
- Child Protection Training Level 1 will be rolled out for volunteers in Sport in October November. The course will be delivered in the new Clongriffin 'Junction' Community Centre. Times and dates TBC.
  
- **Programme:** Primary School Swimming Lesson Programmes  
**Dates/Times:** Ongoing. Thursdays 12-2pm (St David's Artane)/Fridays 11-1pm (St. John of God's, Kilmore)  
**Location:** Northside Pool  
**Participants:** Male (Thursdays) Female (Fridays)  
**Partners:** Swim Ireland
  
- **Programme:** Adult Bootcamp Classes  
**Dates/Times:** Ongoing. Thursdays 12-2pm (St David's Artane)/Fridays 11-1pm (St. John of God's, Kilmore)  
**Location:** Wednesdays 1-1.45pm  
**Participants:** Mixed Adults

#### **Boxing Development Officer Update**

- The following boxing programmes/events/initiatives will take place in the North Central Area over the next few weeks;
- Each Thursday morning in October 6th class boys of St David's N.S. Artane are training in the silver phase of Startbox programme having completed 4 weeks of bronze.
- The 5th and 6th class girls of Scoil Ide in Kilmore are training at the Kilmore community centre on Friday afternoon's of October.
- Every Wednesday morning 6th class boys and girls from Scoil Colmcille Donaghmede are working together in the School Startbox programme preparing for November's Gold programme at the national stadium.

#### **Cricket Development Officer Update**

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

School coaching visits will be delivered in the area in the following schools during this period:

- Northbay Educate Together, Kilbarrack (Wednesday's 11.00am-12.30pm)
- St David's CBS, Artane (Wednesday's 2.00pm-4.00pm)

- Provincial cricket sessions start in October on Friday nights from 5.00pm-9.30pm in North County Cricket Club; 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.
- The annual Dublin City U12 and U14 Cricket Camp will be taking place from the 30<sup>th</sup> of October until the 2<sup>nd</sup> of November in North County Cricket Club from 10.00am-16.30pm - participants are from all Dublin City areas. Players from the area will be from the Clontarf/Raheny area.

### **Football Development Officer Update**

The following football programmes/events/initiatives will take place in the North Central Area over the next few weeks;

- Show Racism the Red Card/Garda Anti bullying programme will be run in the area.
- School talks with 5<sup>th</sup> class boys and girls will take place from 1<sup>st</sup>- 4<sup>th</sup> October in 9 schools from Clontarf, Killester , Raheny and Harmonstown.
- A Garda anti bullying blitz will take place on 10<sup>th</sup> October in Clontarf featuring all 9 schools.
- A Primary school boys and girls competition will take place on 11th October involving 3<sup>rd</sup> and 4<sup>th</sup> class students from Darndale, Priorswood, Kilbarrack and Belmayne.
- An after-school programme will commence on 10<sup>th</sup> October in Kilbarrack and will continue every Wednesday in the Greendale Rd. Astro-Turf Facility from 3-4pm.

### **Rugby Development Officer Update**

- The following football programmes/events/initiatives will take place in the North Central Area over the next few weeks;

### **Secondary School Programmes**

- A 6 week block programme has commenced for St David's CBS in Artane for 1<sup>st</sup> and 2<sup>nd</sup> year students. A rugby blitz will take place at the end of it.
- A 'Coaching the Coaches' programme will be delivered in St. Paul's and Mount Temple to assist school coaches helping them deal with their 1<sup>st</sup> and 2<sup>nd</sup> year teams.
- Dominican Girls school on Griffith Ave and Mount Temple Girls school will also be entering a rugby blitz in the coming weeks with Clontarf coaches coming along to support and encourage them to join the club.

## **Primary School Programmes**

- Greenlane N.S. has commenced a 5 week block with a blitz at the end to encourage local children to join the local club.
- St. Bridget's Boys Killester is due to commence a 4 week block of tag rugby.
- A Tag Rugby blitz for schools on the 18<sup>th</sup> of October.

## **Trophy Tour**

- The Rugby Development Officer will be visiting local primary and secondary schools with the European Cup and Pro 14 League cup.

## **Coaching Programmes**

- Stage 1 coaching course for coaches coaching between the ages of 6-12 in Clontarf will be delivered on the 6<sup>th</sup> and the 10<sup>th</sup> of October for new coaches looking to get accredited

## **Contact details**

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## **Report by**

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