

## **DUBLIN SPORTSFEST 2018**

From 23<sup>rd</sup> – 30<sup>th</sup> September the first ever Dublin Sportsfest week took place across the city. The weeklong event coincided with the European Week of Sport. 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 in addition to a number of 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 Sportsfest was 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. The event was also a unique opportunity to showcase Dublin City Council's Sport & Recreation centres and facilities.

Partners in the event 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/October.

More information can be found at:

[www.dublincity.ie/smallgrantscheme2018](http://www.dublincity.ie/smallgrantscheme2018)

## **BIKE FOR LIFE (CORE)**

## **Under Active Adults**

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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 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.
- **Programme:** STAR Project  
**Dates/Times:** Monday – Friday cycling sessions  
**Participants:** Mixed Adults

## **CHAMPIONS (CORE)**

## **Adults with Intellectual & Physical Disabilities**

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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
- The aim of the following Champions programme is to encourage participants with different abilities to join the local club and get involved regardless of ability;
- **Programme:** Basketball Sessions  
➤ **Dates/Times:** Wednesdays 2pm-3pm  
➤ **Location:** Oblates Basketball Club, Inchicore  
➤ **Participants:** Mixed Adults 18+

## **CHANGE FOR LIFE (CORE)**

## **Underactive Adults**

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- The following Change For Life programme is being delivered in the South Central Area throughout September and November.
- **Programme:** Change For Life  
• **Dates/Times:** September – November. Monday, Wednesday & Thursdays 6pm – 7pm.

- **Location:** Fatima F2 centre
- **Participants:** Mixed Adults 18+
- **Partners:** Fatima Groups United

### **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 8 week Couch to Parkrun initiatives are running in the South Central area throughout September and October. The programme will be delivered in the lead up to the 5k Remembrance Run in the Phoenix Park on 5<sup>th</sup> November.
- - **Programme:** Couch to 5K
  - **Dates/Times:** Tuesdays/Thursdays 7pm-8.30pm (Crumlin) Wednesdays 6pm – 7pm
  - **Location:** Clogher road/Herbeton Gym (Inchicore)
  - **Participants:** 16 years +

### **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.

- The following Fit 4 Class dance classes will be delivered in the South Central Area over the next number of weeks;
  - **Programme:** Fit 4 Class  
**Dates/Times:** Tuesdays 11am-12.30pm (St. Patrick's Choir School). Thursdays 10.30am-12pm/Fridays 1pm-2pm (Scoil Eoin, Crumlin)  
**Participants:** Primary School Children
  - **Event:** School Soccer Blitz  
**Dates/Times:** 11<sup>th</sup> October 10.30am – 12.30pm. 12pm  
**Participants:** Mixed 8-12 years  
**Partners:** Cherry Orchard FC

### **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.

- The following Forever Fit programme will be run in the Lower Crumlin and Walkinstown area over the next number of weeks.
  - **Programme:** Forever Fit  
**Date/Times:** Thursdays 2.30pm – 4pm (Crumlin) and Tuesdays 10.30am – 12 pm (Walkinstown)  
**Location:** Lorcan O’Toole Park (Crumlin) and Walkinstown Social Centre (Walkinstown)  
**Participants:** Older Adults. 55 years +
  - 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 +
  - **Programme:** Chair Yoga  
**Dates/Times:** Ongoing. Thursdays 2pm – 3.30pm  
**Participants:** Female Older Adults 55+  
**Partners:** Walkinstown Older Adults
  - **Programme:** Swimming Programme  
**Dates/Times:** Ongoing. Mondays (18+) and Wednesdays (16+) 9.30am-11.30am  
**Location:** Herboten Gym, Inchicore  
**Participants:** Mixed
- Programme:** Swinging 50’s Club  
**Dates/Times:** Tuesdays 11am – 12pm  
**Participants:** Older Adults

## **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 Dance programme is a dance 2 week programme which will be delivered in the South Central area.
- **Programme:** GAGA Dance Class  
**Dates/Times:** Tuesdays 11.40am – 12.40pm (2 week programme)  
**Location:** Moran Road School, Drimnagh  
**Participants:** Mixed
- A GAGA Late Night League programme for females will be run in November, feeding into a competitive league

- **Programme:** Late Night League  
**Dates/Times:** Thursdays 8pm-9.30pm

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

## **UnderactiveAdults**

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

- The following local community walking groups provide two walking programmes a week at two levels each session in the build up to the Remembrance Run on 5<sup>th</sup> November;

**Programme:** Ballyfermot Walkers  
**Dates/Times:** Ongoing Mondays and Wednesdays 7pm  
**Location:** Ballyfermot Church  
**Participants:** St. Ultan's Care Team

- In partnership with local Sport Officers, qualified staff will deliver the following walking course for learners.

**Programme:** Kylemore Community Training Centre  
**Dates/Times:** Fridays September - December  
**Location:**  
**Participants:** Mixed 16-24 years

- The following weekly Walking Leader Course is run in partnership with local social care workers. Once sufficient fitness is achieved a Forest Train event will be provided by local Sport Officers.

**Programme:** St. Ultan's Care Team  
**Dates/Times:** Fridays September - December  
**Participants:** Mixed 8-12 years

## **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 aim of the following Thrive programmes is to promote a positive space to promote positive mental health;
- **Dates/Times:** Tuesdays 11am – 1pm  
**Participants:** Male 18+  
**Partners:** Fatima Groups United

- The following Thrive programme is delivered in partnership with Swim Ireland and trains participants to swim a mile to raise funds for the group.
- **Dates/Times:** Wednesday 12pm – 1pm  
**Participants:** Male 18+  
**Partners:** Fatima Groups United

**GENERAL:**

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

- **Programme:** Gaisce Awards Programme (D10 Youth Group).  
**Dates/Times:** Ongoing. Times/Dates TBC  
**Participants:** Mixed 18+  
**Location:** Inchicore Leisure Centre
- **Programme:** Gaisce Awards Programme (St John Of God's Menni Services).  
**Dates/Times:** Ongoing. Times/Dates TBC  
**Participants:** Mixed 18+  
**Location:** Inchicore Leisure Centre
- **Programme:** Gym Ready  
**Dates/Times:** Thursdays 12pm – 1pm  
**Participants:** Mixed 18+  
**Location:** Inchicore Leisure Centre
- **Programme:** Gymnastics  
**Dates/Times:** Wednesdays 4.30-5.30pm  
**Participants:** Mixed Under 10's  
**Location:** TBC
- **Programme:** Inchicore Ladies Group  
**Dates/Times:** Wednesdays 10am – 11am  
**Participants:** 18+  
**Location:** St. Michael's Parish hall, Inchicore  
**Partners:** St. Michael's Health Team
- **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 9.30am – 11.30am  
**Participants:** Males 7-10 years
- **Programme:** Zombie Run – One off Event on Halloween Day run in Partnership with local South Central Area groups & Ballyfermot Youth Services  
**Dates/Times:** Wednesday 31st October  
**Participants:** Mixed 7-15 years
- **Programme:** Safeguarding 3 Designated Liaison Person Course Area groups  
**Dates/Times:** TBC  
**Participants:** Mixed 18+
- **Programme:** Safeguarding 2 Children's Officer Training Officer Training Course  
**Dates/Times:** TBC  
**Participants:** Mixed 18+
- **Programme:** Halloween Outing - One off Event run in Partnership with D10 Youth Services  
**Dates/Times:** 25<sup>th</sup> October  
**Participants:** 14-18 years
- **Programme:** First Aid Cardiac  
**Dates/Times:** 25<sup>th</sup> October  
**Participants:** 14-18 years

### **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 Boxing Rugby Development Officer continues to roll out Startbox programmes in the South Central Area.

### **Cricket Development Officer Update**

- Four different groups will be participating in a Table Cricket tournament (an indoor miniature version of cricket played on a large table top, designed for physically challenged cricketers). The programme takes place in Ballyfermot Leisure Centre on the 15<sup>th</sup> of October from 10.30am-12.30pm.
- School coaching visits will be delivered in the area in the following schools during this period:
  - Canal Way Educate Together, Dublin 8. (Tuesdays 10.30am-12.30pm)
  - Oblates primary school, Ballyfermot (Thursdays 11.00am-12.30pm)
  - Drimnagh Boys BNS. (Wednesdays 10.30am-12.30pm)
  - Drimnagh Castle Boys Secondary School. (Wednesdays Tuesdays 1.30am-2.30pm)
- 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 are involved in these sessions, in particular players from the Drimnagh 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 combined. Players are predominantly from the Drimnagh area.

### **Football Development Officers Update**

#### **Ballyfermot:**

- Football for all 3 week programme – 8<sup>th</sup> October, 15<sup>th</sup> & 22<sup>nd</sup> October
- **Partners:** FAI, DCC and St. John of God's
- FAI Schools Primary Futsal Tournament – 11<sup>th</sup> October 10
- **Partners:** FAI, DCC, Cherry orchard Football Club and Show the Racism Card.
- **Location:** Cherry orchard Football Club
- FAI Schools Primary Futsal Tournament – 12<sup>th</sup> October – Mental Health Awareness workshop. This programme will provide access and support to students suffering from mental health problems at secondary school level.
- **Partners:** FAI, DCC, Cherry orchard Football Club, Family Matters, D10 Youth Services and Ballyfermot Partnership
- **Location:** Cherry orchard Football Club
- Coach Education – 21<sup>st</sup> October



- **Partners:** FAI and Ballyfermot Football Club
- **Location:** Ballyfermot United Football Club
  
- Girls Football Development
  
- **Partners:** FAI, DCC and Kylemore College
- **Location:** Kylemore College
  
- School Football Development – Coaching Sessions
  
- **Location:** FAI, St. John’s College and St. Dominick’s

### **Canal Communities:**

- Show Racism the Red Card Programme - Cultural education in Primary schools, Monday 15 October in Our Lady of Lourdes Primary School, Inchicore and Friday 19<sup>th</sup>, Scoil Muire Gan Smal, Inchicore.
  
- PDP 1 courses in Football Coach Education will be delivered for students in Inchicore College, Wednesday 17<sup>th</sup> October and Inchicore Community Sports Centre, Wednesday 24<sup>th</sup> October.
  
- An introductory Football For Girls programme for girls aged 8-11 years will be delivered in St Theresa’s Gardens Community Centre, every Thursdays 3.45-4.30 and Bluebell community Centre Wednesdays 4-5.
  
- Teen Football, for youths aged 12-16 will be run in Inchicore Community and Sports Centre in October every Thursday 5-6pm.
  
- A Walking Football for women programmes aimed at women trying to improve their fitness levels will be delivered in Inchicore Community Centre every Tuesday 11-11.45.

### **South Central General**

- A Sprog Soccer programme for 4 to 8 year olds held in the YMCA on Wednesday’s at 9.30am with 80 children participating. The programmes also runs in St Catherine’s sports centre on Mondays with 20 kids taking part.
  
- A School Futsal programme will be delivered in St. Catherine’s Sport Centre Catherine’s primary school students (Mixed).

- A club development programme will provide coaching clinics and sessions for clubs in the south inner in St Catherine's on Monday afternoons. In addition, Kick Start Coaching courses will commence on October 20<sup>th</sup>.
- A Girls nursery academy blitz will take place during the period for 4 to 6-year-old girls who attend soccer programme in Donore Avenue on Thursdays from 315 to 4pm
- A 4 week programme will be delivered in St Brigid's school in the Coombe area to encourage greater female participation.
- A late night league will be run in St. Catherine's Sport Centre every Monday from November onwards.

### **Rugby Development Officer Update**

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer at [gareth.murray@leinsterrugby.ie](mailto:gareth.murray@leinsterrugby.ie).

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