

DUBLIN SPORTSFEST

- **General:**

Dublin Sportsfest 23rd – 30th September 2018

From 23rd – 30th September the first ever Dublin Sportsfest week took place across the city. The week-long event was scheduled to coincide with the European Week of Sport.

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 and promote 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.

A full evaluation of Sportsfest will take place over the next number of weeks to fully assess the events' impact. Feedback will be sought from the various partners and stakeholders that supported and participated across the week and the information collated will be used as a foundation to inform decisions about the future of the event and/or the planning of Sportsfest going forward.

The Lord Mayor of Dublin, Nial Ring, who officially launched Sportsfest in Irishtown Stadium on 4th September and participated in many of the events throughout the week will host a reception in the Mansion House, Dublin to thank those involved in the events' planning and execution on Tuesday 20th November.

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 98% of the applications approved have submitted payment.

More information can be found at:

www.dublincity.ie/smallgrantscheme2018

CHAMPIONS

Adults with Intellectual Disabilities

The following Champions programmes deliver fitness programmes in the Central Area for individual's with physical and mental disabilities;

- **Programme:** Work options – Working with People With Disabilities
Dates/Times: Fridays from 2nd November – 14th December. 10am.
Location: Aughrim Street Community Centre
Participants: Mixed 18+
Partners: Work Options.
- **Programme:** Football For All & Multi Sport Programme.
Dates/Times: Thursdays 10-11am (Football For All). Thursdays 10-11am (Multi-Sport)
Location: Clontarf Pitches (Football For All)/Ballybough community Centre (Multi-Sport)
Participants: Male (Football For All). Mixed (Multi- Sport). 18+
Partners: Work Options

COACH TO PARKRUN

Under Active Adults

Participants are encouraged to steadily improve their running ability so that they can comfortably negotiate a 5k run by the end of the 8-week programme.

- The following Couch to Parkrun programme aims to deliver open and supported basic training sessions to encourage sustainable participation.
- **Programme:** Elmfield Couch to 5k
Dates/Times: Tuesdays and Thursdays. 11am.

Participants: Mixed 30 - 55
Partners: Respond & Community

FIT FOR CLASS (CORE)

Older Adults

In partnership with Athletics Ireland, DCSWP equips each primary school in the Central Area with a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games.

- **Programme:** HSE Revisiting Schools
Dates/Times: TBC.
Participants: Mixed Primary School Children

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 event is being run as part of Age & Opportunity's Arts & Culture Programme. This programme encourages older adults to explore their creativity through dance workshops;
- **Programme:** Age & Opportunity Dance Workshops.
Dates/Times: 11th – 13th December.
Participants: Mixed 60-80.
Partners: Age & Opportunity.
- The following Forever Fit cycling programme takes participants on a scenic coastal route every Wednesday morning;
- **Programme:** Back on Bike – Active age Cycle.
Dates/Times: November – December. Wednesdays and Sundays from 10am.
Location: Eastwall Sports Centre.
Participants: Mixed 60-84 years
Partners: NEIC & Ierne Bowling club.
- Other Forever Fit programmes taking place over the period are outlined below;
- **Programme:** ILAC Chair Aerobics
Dates/Times: Fridays. 10am.
Location: ILAC Centre.
Participants: Mixed 60-84 years

Partners: HSE

- **Programme:** Functional Fitness
Dates/Times: Tuesdays 11am – 12pm
Location: Ballybough Community Centre
Participants: Female 60+ Years

GAGA (CORE)

Teenage Girls

The programme is aimed at teenage 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 programmes are being run from mid November as a Health & Wellbeing initiative aimed at teenage girls;
- **Programme:** Bradóg Youth Services/Hardwicke Street Teenage Girls Programme
Dates/Times: Mondays in November. 5.30pm
Location: Hardwicke DCC Centre
Participants: Females 14-16 years.
Partners: Bradóg Youth Services
- **Programme:** Gaelic For Girls
Dates/Times: Thursdays 5-6pm
Location: St Laurence O'Toole Recreation Centre
Participants: Females 9+ Years
Partners: DIT. LGFA

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.

- The following 'Get Dublin Walking' programme is run in conjunction with Ierne Bowling Club & Get Ireland Walking. Over 45 participants are currently involved in the event. It is one of the biggest 'Get Dublin Walking' success stories and is delivered by trained volunteers. Full details are listed below;
- **Event:** Ierne Walking Cub
Dates/Times: Tuesdays at 10am throughout October.
Location: Commencing at Ierne Social Club
Participants: Mixed 45 -85 years
Partners: Ierne Social Club and Get Ireland Walking

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

- The following THRIVE Yoga programme is run in conjunction with HSE Details of the programme are outlined below;
- **Event:** Yoga/Sport & Mental Health
Dates/Times: Ongoing Thursdays and Fridays. 12 – 1pm.
Location: Ballybough Community Centre
Participants: Mixed 20-60 years
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.

- The following Youth Fit programme is run in conjunction with the Hay Garda Diversion Project. Open days will take place in Mountjoy square and Fairview Park in December. Details of the programme are outlined below;
 - **Programme:** Bike Polo Introduction
Dates/Times: December. Times and dates TBC.
Location: Mountjoy Square & Fairview Park.
Participants: Males 13-16
Partners: Hay Garda Diversion Youth Project and Bradóg Youth Services.
 - The following Youth Fit Ice Skating programme is an annual event run in conjunction with Blanchardstown on Ice.
 - **Programme:** Ice Skating Programme
Dates/Times: December. Times and dates TBC.
Location: Blanchardstown
Participants: Mixed 10-18 years.
Partners: Local Youth Services
 - **Programme:** Football Drop In
Dates/Times: Fridays from 5pm
Location: Aghrim Street/Grangegorman
Participants: Male 16+ years.
Partners: Chrysalis
 - The following rugby programme is an ongoing initiative in the Central Area delivered in partnership with Leinster Rugby. The programme is delivered to a number of schools in the area;
- Event:** Leinster Rugby School's programme

Dates/Times: Fridays 12.00-1pm (Larkin college) Fridays 9-10am and Tuesdays 2.30-3.30pm (O'Connell's).

Partners: Leinster Rugby

GENERAL

Below are details of events, initiatives and programmes being delivered in the Central Area over the period;

- **Programme:** Recover through Sport - returning from addiction.
Dates/Times: Wednesdays from 31st October – 19th December. 11am.
Location: Aughrim Street Community Centre.
Participants: Mixed 18 + years.
Partners: Chrysalis Community Project.
- **Programme:** Move For Health
Dates/Times: Wednesdays from 2nd November. 12pm
Location: ILAC Centre
Participants: Mixed 40 + years.
Partners: HSE.
- **Programme:** Markets Area Walking Group
Dates/Times: Thursdays. 11 am
Location: St. Michan's & Stoneybatter.
Participants: Mixed 30 + years.
Partners: HSE.

FOOTBALL DEVELOPMENT OFFICER UPDATE

- Below are details of football initiatives/events and programmes in the Central Area over the coming weeks;
- A Football For All Programme every Thursday from 10am – 11.15am will be delivered in Clontarf over the next few weeks in partnership with CRC (Central Remedial Clinic).
- Two Late Night leagues will be run over the next few weeks in Ballybough Community Centre on the following dates;

9th/16th/23rd/30th November from 7pm to 9pm.
 - A Girls Football Programme will take place in St Laurence O' Toole Girls National School every Wednesday morning from 10am – 12pm in St Laurence O' Toole DCC Sports and Recreation Centre Sheriff
 - A Coach Education PDP 2 Course will be delivered over the next month every Saturday and Sunday from 9.30am to 4.30 pm on Clontarf Sports Pitches.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of rugby events/initiatives and programmes in the Central Area please contact the local Rugby Development Officer.

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.

- The following schools in the Central Area will be participating in the StartBox Silver Programme (in-school / onsite programme) and transitioning to the Gold Programme (Inter-schools training programme in the National Boxing Stadium)
 - Ard Scoil Rhis Transition Year's Marino
 - St Josephs Transition Year's Fairview
 - St Pauls Transition Year's Brunswick Street
 - St Josephs Transition Year's Primary Fairview
 - O' Connells Transition Year's Primary North Circular Road
 - Central Model Senior National School Gardner Street
 - Finbarrs BNS Cabra

CRICKET DEVELOPMENT OFFICER UPDATE

- The Cricket Development Officer continues to liaise with Sport Development Officers in the Central Area in relation to the running of cricket programs over the coming months.
- School coaching visits will take place in the area in the following schools over the next month;
 - Stanhope Street – Mondays Thursdays (10.50pm-12.10pm)
 - St Vincent's Boys School, North William St. (Tuesdays 11.00am-12.30pm)
- Provincial cricket sessions will take place from October-April on Friday nights from 5.00pm-9.30pm in North County Cricket Club. A number of players from the Central area are

involved in these sessions in particular players from the Drumcondra area. Players are between 10-18 years of age.

- The annual Dublin City U12 and U14 Cricket Camp will be taking place from the 30th of October until the 2nd of November in North County Cricket Club from 10.00am-16.30pm. Participants are from across the city. Players from the Central Area will be predominantly from the Drumcondra area.

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