

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

19TH NOVEMBER 2018

DUBLIN SPORTSFEST 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 the event will take place over the next number of weeks to fully assess its impact. Feedback will be sought from the various partners 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 payment has been received for over 98% of approved applications.

More information can be found at: www.dublincity.ie/smallgrantscheme2018

CHAMPIONS (CORE) **Adults With Intellectual and Physical Disabilities**

- The following 'Football for All' Champions programmes are being delivered in the area November;
- **Programme:** Football For All
Dates/Times: Thursdays 10am-11am
Location: Clontarf Pitches
Participants: Male 18 +
- **Programme:** Multi Sport Programme
Dates/Times: Thursdays 11am – 12 noon.
Location: Ballybough Community Centre
Participants: Male 18 +

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 complete a 5k run at its conclusion.

- Locally supervised Couch to Parkrun Walking/Running programmes aimed at 18 years+ will be run throughout November in the North Central Area. Details of the programme which will link in the Remembrance Run on 11th November are listed below;
- **Programme:** Couch to Parkrun
Dates/Times: Tuesdays & Thursdays. 9.30am
Location: Belcamp/Priorswood Park
Participants: Mixed 18+
- **Programme:** Couch to Parkrun
Dates/Times: Wednesdays. 10am
Location: Artane/Kilmore
Participants: Mixed 18+
- **Programme:** Couch to Parkrun
Dates/Times: Wednesdays. 10am
Location: Artane/Kilmore
Participants: Mixed 18+
- **Programme:** Darndale Walking to Jogging Programme
Dates/Times: Mondays 10am-11am

Participants: Mixed 18+ .

- **Programme:** Priorswood Couch to Parkrun
Dates/Times: Tuesdays 9.30am – 10.30am. Thursdays 9.30am – 10.30am
Participants: Mixed 18+ .

FIT 4 CLASS (CORE)

Primary School Children

Fit 4 Class is a core programme delivered by DCSWP. The programme ensures that 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 conjunction with the newly appointed local Athletics Officer the following Fit 4 Class programme is being delivered throughout November;
- **Programme:** Scoil Cathriona Daily Mile
Dates/Times: Wednesdays (during school hours)
Location: Scoil Cathriona, Glasnevin.
Participants: Mixed.
- Details of other ongoing Fit 4 Class programmes are detailed below
- **Programme:** Fit For Class
Dates/Times: Ongoing. Fridays 1pm- 2.30pm
Location: Scoil Íde, Kilmore.
Participants: Female.
- **Programme:** Fit For Class
Dates/Times: Ongoing. Thursdays 9-11am
Location: St. David's NS, Artane
Participants: Male.

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 class is being delivered in the North Central Area and focuses on Yoga and Mindfulness for Older Adults;
- **Programme:** Older Adults Exercise
Dates/Times: Ongoing Thursdays 10.30am – 11.30am
Location: Donnycarney/Beaumont Local Care Centre
Participants: Older Adults (Females)

- The following Forever Fit Aqua Fit and swimming classes cater for older adults in the Coolock, Kilmore, Beaumont and Artane areas;
 - **Programme:** Aqua Fit – Senior Citizens
Dates/Times: Tuesdays 3-4pm.
Location: Northside Swimming Pool
Participants: Mixed Older Adults
 - **Programme:** Adult Swimming Classes
Dates/Times: Tuesdays 2pm.
Location: Coolock Swimming Pool
Participants: Female Older Adults
- The following Forever Fit exercise workshop will be delivered in partnership with Age & Opportunity Ireland;
 - **Programme:** Older Adult Exercise Class
Dates/Times: December 11th & 13th (half –day workshop).
Location: Ierne Sports & Social Club.
Participants: Mixed Older Adults
- Delivery of the following Functional Fitness Forever Fit programme is ongoing in Ballybough;
 - **Programme:** Functional Fitness
Dates/Times: Tuesdays 11am-12 noon
Location: Ballybough Community Centre.
Participants: Females 60+

GAGA (CORE)

Underactive Adults

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.

- In Partnership with St. John of God's, Kilmore/Beaumont and Swim Ireland the following GAGA programmes are being delivered in the area on an ongoing basis;
 - **Programme:** GAGA – Swimming Lessons
Dates/Times: Ongoing/ Fridays 11am-1pm (Kilmore). Thursdays 12 – 2 pm (Artane)
Location: Northside Pool
Partners: St. John of God's & Swim Ireland.
- The following GAGA Gaelic Programme is being rolled out in primary schools in the area throughout November until the beginning of December;

- **Programme:** GAGA – Gaelic football
Dates/Times: Tuesdays 11am-12pm
Location: Local Primary Schools

- In partnership with the FAI the following GAGA football programme is currently being rolled out in primary schools in the area throughout November until the beginning of December;

- **Programme:** GAGA – Soccer Programme.
Dates/Times: Thursdays 9.30am – 12.30pm
Location: Local Primary Schools
Partners: Scoil Íde, Kilmore. St John of God’s, Beaumont.

- A GAGA Transition Year programme is due to be rolled out in secondary schools in the coming weeks. Details TBC.

- In partnership with local schools, the following GAGA multi sports event will take place on 4th December;

- **Event:** GAGA – Multi Sports Event
Dates/Times: December 4th. Times TBC
Location: TBC
Partners: Schools and Youth services. .

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 over the next few weeks as per the October Area report. Details 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 Couch to Parkrun Programme
Dates/Times: Mondays October 8th – November 26th.
Participants: Mixed. 18+

Partners: Suamhnais Clubhouse, Darndale

- **Programme:** Indoor Football
Dates/Times: Ongoing. Thursdays 3-4pm
Location: Kilmore West Recreation Centre
Participants: Male. 18+
Partners: HSE
- **Programme:** Yoga and Mental Health Programme.
Dates/Times: Ongoing. Thursdays 12-1pm. 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.

- In conjunction with Kilmore West Afterschool Project, the following football programme is ongoing in the North Central Area . See full details of the programme are outlined below;
- **Programme:** Afterschool Project
Dates/Times: Ongoing. Wednesdays 1.30-3pm
Location: Kilmore West Recreation Centre
Participants: Mixed Teens 5-12 years
Partners: Kilmore West Afterschool Project
- In partnership with KCCP, S17 Youth Service & HSE Reach Out Programme the following programme will invite local youth services and community groups to take part in multiple water sport activities;
- **Programme:** Swimming & Water Sports
Dates/Times: TBC
Location: National Aquatic Centre
Participants: Mixed
Partners: KCCP, S17 and HSE.

GENERAL:

- Below are details of ongoing and upcoming activities, events and programmes running in the North Central Area in November/December.

- **Programme:** Bootcamp Class
Dates/Times: Wednesdays 1-1.45pm
Location: Glin Centre Coolock.
Participants: Mixed 18+

- **Programme:** Primary School Swimming Lesson and Safety Programmes
Dates/Times: Ongoing. Fridays. 10am
Location: Coolock Swimming Pool
Participants: Mixed
Partners: Swim Ireland

- **Programme:** Child Protection Training Level 1 for Volunteers
Dates/Times: TBC – November/December
Location: Clongriffin Junction Community Centre
Participants: Male 18+.

- **Event:** Athletics School Cross Country Event
Dates/Times: Wednesday 5th December. 9.30am – 1pm.
Location: TBC
Participants: Primary School.

- **Event:** Leinster Rugby School Programme
Dates/Times: Fridays 1pm (Larkin College), Fridays (O’Connell’s secondary School) 9am-10am, Tuesdays (O’Connell’s Secondary School) 2.30pm- 3.30pm.
Participants: 13-17 years
Partners: Coordinated by the local rugby officer.

Boxing Development Officer Update

For details of Boxing events /initiatives and programmes in the North Central Area please contact the local Boxing Development Officer. See contact details below.

Cricket Development Officer Update

Below are details of cricket programmes being delivered in the North Central Area over the next 4 weeks;

- The cricket development officer continues to work with local sports development officers in the area in relation to the delivery of cricket programs for the coming months.
- School coaching visits will be delivered in the following schools in the area in the following schools in the area during this period:

- North bay Educate Together, Kilbarrack (Wednesday's 11.00am-12.30pm)
- St David's CBS, Artane (Wednesday's 2.00pm-4.00pm)
- Provincial cricket sessions continue on Friday nights from 5.00pm-9.30pm in North County Cricket Club; a number of players participating are from the North Central area in particular players from the Clontarf/Raheny area. Participants are between 10-18 years of age.

Football Development Officer Update

For details of Football events /initiatives and programmes in the North Central Area please contact the local Football Development Officer. See contact details below.

Rugby Development Officer Update

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

Contact details

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