

## **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 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 highlight 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.

Informal feedback was sought immediately from event partners and to date it has been very positive. A formal 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 4<sup>th</sup> 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 20<sup>th</sup> 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 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 years of age to participate in sport & physical activity.

120 applications were received and 112 were approved for payment. 98% of applications have been paid to date. More information can be found at

## **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
  
- The CHAMPIONS GAISCE Bronze awards event for participants who commenced the GAISCE programme in March will take place in City Hall Over the next few weeks. Details TBC

## **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 Dance Class  
**Dates/Times:** Ongoing. Tuesdays 11am – 12.30pm  
**Location:** St. Patrick's Choir School  
**Participants:** Primary School Children
  
  - **Programme:** Fit 4 Class  
**Dates/Times:** Week days - delivered in St. Patrick's Primary School  
**Participants:** 5<sup>th</sup> and 6<sup>th</sup> Class Students  
**Partners:** St. Patrick's primary school
  
- Fit 4 Class Athletics programmes are ongoing in Scoil Isagáin, Crumlin.
  - **Programme:** Athletics Programmes  
**Dates/Times:** Tuesdays 9.30am – 11.30am  
**Participants:** Males 7-10 years

## **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 provide introductory boules sessions for members of Ballyfermot United Sport and Leisure Club;
  - **Programme:** Introductory Boules  
**Date/Times:** Fridays .10am.  
**Location:** Ballyfermot United Sport and Leisure Club.  
**Participants:** Female Older Adults. 60 years +
  
- Details of other ongoing Older Adults programmes in the South Central Area are listed below;
  - **Programme:** Forever Fit  
**Dates/Times:** Tuesdays 2.30 – 4pm.  
**Location:** St. Lorcan O'Toole  
**Participants:** Mixed 55 +
  
  - **Programme:** Chair Yoga  
**Dates/Times:** Ongoing. Thursdays 2pm- 3.30pm.  
**Location:** St. Lorcan O'Toole  
**Participants:** Female 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.

- **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 delivered in November/December. Following completion participants will commence in a competitive league. Details are outlined below;
  - **Programme:** Late Night League  
**Dates/Times:** Thursdays 8 – 9.30pm  
**Participants:** Females 12 – 16 years.

- A primary schools cross-country event will take place in St Anne's Park on Wednesday December 5<sup>th</sup> from 9am – 1pm.
- GAGA primary school dance classes will be delivered on December 5<sup>th</sup> in St. Patrick's primary school, D8 and Loreto primary school, Crumlin.

## **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*'.

- In the lead up to the Remembrance Run on 5<sup>th</sup> November a number of local community walking groups were delivered to encourage participation and increase ability in the build up to the event. The intention is to launch a new phase of the initiative and link it to the core Change For Life programme. Details below;
  - **Programme:** Ballyfermot Walkers  
**Dates/Times:** Ongoing Mondays and Wednesdays 7pm  
**Location:** Ballyfermot Church
- In partnership with local Sport Officers, qualified staff in the Community Training Centre will deliver the following walking course for learners. The local Sport Officers will provide a field trip once sufficient fitness levels have been achieved;
  - **Programme:** Kylemore Community Training Centre  
**Dates/Times:** Fridays mornings. September – December.  
**Location:** Kylemore CTC.  
**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

## GENERAL:

- Below are details of ongoing and upcoming activities, events and programmes running in the South Central Area during the period;

## GAISCE AWARDS:

- **Programme:** Gaisce Awards Programme (D10 Youth Group).  
**Dates/Times:** Ongoing. Times/Dates agreed with participants.  
**Participants:** Mixed 15 – 26 years.  
**Location:** D 10 Youth Services
- **Programme:** Gaisce Awards Programme (St John Of God's Menni Services).  
**Dates/Times:** Ongoing. Times/Dates agreed with participants  
**Participants:** Mixed 18 – 26 years  
**Location:** St. John of God's Menni Services

## SAFEGUARDING COURSES:

- **Programme:** Safeguarding 3 Designated Liaison Person Course Area groups  
**Dates/Times:** Friday 23<sup>rd</sup> November.  
**Participants:** Mixed 18+
- **Programme:** Safeguarding 2 Children's Officer Training Officer Training Course  
**Dates/Times:** Friday 30<sup>th</sup> November  
**Participants:** Mixed 18+

## FIRST AID COURSES

- **Programme:** First Aid Training for DCC Sport & Leisure Employees.  
**Dates/Times:** 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> December.  
**Participants:** 18+

## CHRISTMAS EVENTS - SOUTH CENTRAL AREA

- **Event:** Christmas Santa Outing delivered in partnership with D10 Community Group.  
**Dates/Times:** Friday 14<sup>th</sup> December  
**Location:** Causey Farm.  
**Participants:** Mixed 4-9 years . **Partners:** D 10 Youth Services
- **Event:** Ice skating in partnership with Blanchardstown on Ice.  
**Dates/Times:** TBC  
**Participants:** Mixed 8-18 years . **Partners:** D 10 Youth Services

### **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**

- Six groups will be participating in a Table Cricket tournament (an indoor miniature version of cricket played on a large tabletop, designed for physically challenged cricketers). The programme takes place in Ballyfermot Leisure Centre on the 19<sup>th</sup> November from 10.30am-12.30pm.
- School coaching visits continue 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 Castle Boys Secondary School. (Wednesdays Tuesdays 1.30am-2.30pm)
- Provincial cricket sessions continue 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.

### **Football Development Officers Update**

- A Sprog Soccer programme for 4 to 8 year olds is ongoing 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 children taking part.
- A School Futsal programme will be delivered in St. Catherine's Sport Centre for primary school students (Mixed).
- A club development programme will provide coaching clinics and sessions for clubs in the south inner in St Catherine's, Marrowbone Lane on Monday afternoons. The delivery of Kick Start Coaching courses also continues.

- Late Night Leagues will be running for boys and girls for a 4 weeks period commencing on Monday, November 12<sup>th</sup> in St. Catherine's , Marrowbone Lane from 8-10pm.

For further information on football events/initiatives/programmes please contact the South Central Area football development officers. Contact details are listed below.

### **Get Going ... Get Rowing Lookback and Upcoming Initiatives**

- The rowing highlight in October was the Indoor Rowing #Blitzit held in Trinity College, Dublin on Thursday October 25th. Over 650 participants from 23 schools participated. The event is an opportunity for the students who take part in the Get Going ... Get Rowing programme to put their newly acquired rowing skills to the test in a 2000m team event.
- Students were asked to #show their stripes in support of the #20x20 which supports increasing awareness, participation and attendance at female sporting events. See the website at the link below for action shots of the event;
- (<https://www.getgoinggetrowing.com/2018/10/25/4th-indoor-rowing-blitz-in-trinity-25-october-2018/>)
- Following the mid-term break, rowing programmes are being delivered in 8 schools. 3 of the schools will have the option of participating in the TrY Coaching workshop option to develop their Transition year student's coaching skills.
- A 'virtual' row around the world initiative continues with student rowers from Australia, UK, US and South Africa. Participants are currently rowing their way through Iran. Students are encouraged to our students to clock up the metres to complete the world wide trip.
- The Rowing Officer will also support the #GAGA (Getting All Girls Active) Day on Wednesday 5<sup>th</sup> December 2018 making sure all our rowing students are getting active and having fun.

### **Rugby Development Officer Update**

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer . Contact details are listed below.

### **Football Development Officers Update**

- 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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