

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

DECEMBER 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.

Highlights included the Lord Mayor's Liffey Paddle event delivered in partnership with Ballyfermot Youth Services, Dockland's Fitfest on National Fitness Day run in partnership with Ireland Active, Sports Stadium at Dalymount Park, Sports History, Glow Sports, City Hall Yoga which provided six free yoga sessions for members of the public over the week, and Girls 5 Fest football tournament in Irishtown stadium organized in partnership with the FAI.

A full evaluation of the event is currently being carried out by the Project Manager to assess the event's impact. Feedback is being sought from the various partners that supported and participated across the week and the information collated will be used as a foundation to make recommendations and inform decisions in relation to 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 hosted a reception in the Mansion House, Dublin to thank those involved in the events' planning and execution on Tuesday 20th November.

GAGA (Get All Girls Active)

GAGA is an initiative aimed at engaging female participation in sport and physical activity. There are two strands to the initiative; the first comprises of focused 6-8 week sport/physical activity programmes in communities around the city targeting teenage girls; the second is an online campaign #GAGA day to increase female engagement via live dance-fit classes, prize giving for uploads of photos/videos plus a citywide Glow Fit event. In 2017, the first year of the initiative,

#GAGA day was a huge success trending at number 5 in Ireland on the day. #GAGA day took place on December 5th 2018.

As a Local Sports Partnership we will be linking #GAGA into the women in sport 20x20 “If she can’t see it, she can’t be it” Campaign <https://20x20.ie> . This campaign is an all-inclusive movement to shift Ireland’s cultural perception of women’s sport by 2020 with a 20% increase in media coverage of women in sport, a 20% increase in female participation at all levels of sport and a 20% increase in attendance at women’s games and events.

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. Payment has now been received for all approved applications.

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

CHANGE FOR LIFE (CORE)

Underactive Adults

DCSWP Sport Officers will combine resources to deliver a community based health related fitness programme to members of the public in north Dublin. The programme will run in tandem with the Operation Transformation TV show in January and combines weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life.

- **Programme:** Operation Transformation
Dates/Times: January and February 2019. Dates, times and location TBC.
Location: Belcamp/Priorswood Park.
Participants: Mixed 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 comfortably complete a 5k run at its conclusion.

- The following locally supervised Couch to Parkrun Walking/Running programmes continue in December in the North Central Area.;
- **Programme:** Couch to Parkrun.
Dates/Times: Tuesdays & Thursdays. 9.30am.
Location: Belcamp/Priorswood Park (until 20th December).

Participants: Mixed 18+

- **Programme:** Couch to Parkrun
Dates/Times: Ongoing. Wednesdays. 10.00am
Location: Artane/Kilmore
Participants: Mixed 18+

FIT 4 CLASS (CORE)

Primary School Children

Fit 4 Class is a core programme delivered by DCSWP aimed at keeping primary school children fit and active. 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 area Boxing Development Officer, the following Bronze Boxing programmes are being rolled out throughout primary schools in the area during November;
- **Programme:** Fit For Class
Dates/Times: Ongoing. Tuesdays 10am – 12pm
Location: Scoil Fhursa, Kilmore West
Participants: Male.
- **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 Older Adults dance programmes are delivered over two half day workshops in the North Central Area during the period;
- **Programme:** Older Adults Exercise Dance Programme.
Dates/Times: Tuesday, December 11th and Thursday, December 13th. (Ierne Sports & Social Club). Thursday 17th January 2019 and Saturday 19th January 2019 (Kilbarrack Community and Parish Centre).
Location: As above.
Participants: Mixed Older Adults.

- The following Forever Fit Aqua Fit class caters for older adults in the Coolock, Kilmore, Beaumont and Artane areas;
 - **Programme:** Older Adult swimming.
Dates/Times: Ongoing. Tuesdays 2pm .
Location: Coolock Swimming Pool.
Participants: Female Older Adults.

- 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: Female Older Adults.

- The following Forever Fit Aqua Fit class caters for older adults in the Coolock, Kilmore, Beaumont and Artane areas;
 - **Programme:** Aqua Fit – Senior Citizens
Dates/Times: Ongoing. Tuesdays 3-4pm.
Location: Northside Pool.
Participants: Mixed Older Adult.

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.

- In partnership with St. John of God's, Kilmore and St. David's National School Artane and jointly funded by Swim Ireland, the following GAGA programmes is 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.

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 Indoor Football Thrive programme in the North Central Area. The course will finish on 20th December and restart on 10th January 2019.
- **Programme:** Indoor Football
Dates/Times: Ongoing. Thursdays 3-4pm
Location: Kilmore West Recreation Centre
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 partnership with KCCP, S 17 Youth Services and HSE Reach Out programme the following water sports programme is being delivered in the National Aquatic Centre, Blanchardstown in December.
- **Programme:** Swimming and Watersports Programme.
Dates/Times: TBC.
Location: National Aquatic Centre
- In partnership with KCCP, S17 Youth Service & HSE Reach Out Programme the following Water 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.
- In conjunction with Kilmore West Afterschool Project the following football programme is ongoing in the North Central Area . 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. 5-12 years
Partners: Kilmore West Afterschool Project

GENERAL:

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

- The following course, commencing in January 2019, will provide Child Protection Level 1 Training for volunteers in sports;
 - **Programme:** Child Protection Level 1 Training
Dates/Times: Dates TBC
Location: Clongriffin Junction Community Centre
Participants: Males 18+

- The following Bootcamp programme is ongoing in Coolock;
 - **Programme:** Bootcamp Class – Circuit Fitness
Dates/Times: Wednesdays 1-1.45pm
Location: Glin Centre Coolock.
Participants: Mixed 18+

- In partnership with Athletics Ireland, two new Athletics Officer have been recently appointed. Reporting on athletics programmes, events and initiatives in the area will be provided in 2019.

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 North Central Area.

For further information on Boxing programmes in the North Central Area please contact the Boxing Development Officer at noelkarenburke@gmail.com

Cricket Development Officer Update

The Cricket Development Officer continues to liaise 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 North Central Area in the following school during this period:

➤ 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.
- Our annual Dublin City U12, U14 and U17 Christmas and New Year Camps will be taking place on the 27th and 28th of December and the 2nd and 3rd of January in North County Cricket Club from 10.00am-16.30pm where we have participants from all Dublin City areas. Participants attending from the North Central area will be from the Clontarf/Raheny area.

Football Development Officer Update

For details of Football events /initiatives and programmes in the North Central Area please contact Jimmy Mowlds, 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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