

DUBLIN SPORTSFEST 2018 REVIEW

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.

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 Physical & Intellectual Disabilities

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

- **Programme:** CRC (Central Remedial Clinic) Football Programme.
Dates/Times: Thursdays 12 – 1pm.
Location: Ballybough Community Centre.
Participants: Mixed 25-50 years.
Partners: HSE/Local Sport Officers.

- **Programme:** CRC Sports Programme.
Dates/Times: Fridays 12 – 1pm.
Location: Ballybough Community Centre.
Participants: Mixed 25-50 years.
Partners: HSE/Local Sport Officers.

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

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.

- Forever Fit programmes are taking place in the Central area over the period;

- **Programme:** Functional Fitness

Dates/Times: Tuesdays 11am – 12 noon.
Location: Ballybough Community Centre.
Participants: Female 65+ years.

- **Programme:** Mobility and Physiotherapy.
Dates/Times: Fridays 10am-12 noon.
Location: Ballybough Community Centre.
Participants: Female 50+ years.
Partners: HSE.

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 Gaelic programme and is being run as a Health & Wellbeing initiative and focuses on encouraging participants to become involved in the sport;
- **Programme:** Gaelic For Girls
Dates/Times: Thursdays 5-6pm
Location: St Laurence O'Toole Recreation Centre, Sheriff Street.
Participants: Females 8+ Years
Partners: DIT. LGFA

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 ongoing in the area and is run in partnership with the 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 Football programme is an ongoing initiative in the Central Area delivered in partnership with Chrysalis Community Drug Programme;
- **Programme:** Football Drop In

Dates/Times: Ongoing. Fridays from 5pm

Location: Aughrim 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:** Sheriff Street Tag Rugby Pop up Club.
Dates/Times: Ongoing. Mondays 3-5pm
Location: St. Laurence O'Toole Recreation Centre.
Participants: Mixed 8 + years.
Partners: Leinster Rugby
- **Programme:** Gaelic fo Ma's
Dates/Times: Ongoing. Tuesdays 7-8 (Ballybough Recreation Centre)Thursdays 5-6pm (Sheriff Street)
Participants: Female 40+ years
Partners: Leinster Rugby

FOOTBALL DEVELOPMENT OFFICER UPDATE

The following football programmes/events/initiatives will be delivered in the Central Area over the period

- Girls Football fitness coaching sessions will take place in St Joseph's Girls Secondary school on Tuesdays from 9.30am-11am
- Secondary School coaching sessions are ongoing in St. Joseph's Secondary Girls School LCA on Wednesdays from 9.30-11.30 pm
- A Youth Service Football coaching programme in ongoing in Aughrim St, Stoneybatter from 3pm-4.30pm on Wednesdays.
- Walking football with the Bohemians 'More than a Club' programme continues in the are over the period every Wednesdays at 11.30pm

- A Drop in Football programmes for boys and girls 6-9 years is being delivered in Aughrim St Sports Hall every Thursdays from 3.30-5pm.
- Girls Football coaching sessions are ongoing in St Joseph's Girls Secondary school every Friday.

RUGBY DEVELOPMENT OFFICER UPDATE

The following rugby programme will be delivered in the Central Area over the period.

- Following the launch of the rugby pop up event on 26th November sessions will be held every Monday in St Laurence O'Toole Recreation Centre from 3pm – 5pm.

BOXING DEVELOPMENT OFFICER UPDATE

- The following Boxing programmes/events/initiatives will take place in the Central Area in December;

A number of Showcase Exhibitions will take place in the National Boxing Stadium with seven schools from the Central Area participating. The Boxing Development team will also deliver the Olympic Education Programme and the Boxing Startbox programme in December. Details of locations/programmes are outlined below;

Showcase Exhibitions Primary Schools

- St Joseph's BNS Fairview, St. Finbarr's BNS Cabra, Central Model National Senior School. Gardiner Street, O Connell's BNS North Circular Road.

Showcase Exhibitions Secondary Schools

- St Joseph's CBS Fairview, St Paul's CBS Brunswick Street, Ard Scoil Rhis, Marino.

Olympic Education Programme

- St Paul's BNS Brunswick Street.
- St Vincent's GNS North William Street -part of GAGA (Get all Girls Active) promotion on December 5th.
- D7 Educate Together Grangegorman, St Joseph's East Wall
- St Joseph's, Fairview
- More schools in the area TBC.

StartBox Classes

- North Dublin Mental Health Group (with John Sweeney).
- St Columba's, Iona Road.

CRICKET DEVELOPMENT OFFICER UPDATE

- The following cricket programmes/events/initiatives will take place in the Central Area in December/January 2019;

- The Cricket Development Officer will liaise with Sport Development Officers in the area to organise the delivery of cricket programs in 2019.
- School coaching visits will be delivered in the following schools during the period;
 - St Vincent's Boys School, North William St. Tuesdays -11.00am-12.30pm).
- Provincial cricket sessions continue on Friday nights from 5.00pm-9.30pm in North County Cricket Club; a number of players from the Central area involved in these sessions in particular players from the Drumcondra area. Players are between 10-18 years of age.
- The 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. Participants attending from the Central area will be from the Drumcondra area.

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