

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES MAY - JUNE 2019

CHAMPIONS DAY 2019

The Champions Programme is a core programme targeted at adults with intellectual, physical and sensory disabilities. The programme aims to promote inclusion and encourage participation through the delivery of multi-sport initiatives. Champions Day 2019 takes place on Tuesday 14 May in Ballyfermot Sports and Fitness Centre and Thursday 16 May in Cabra Parkside. The aim of the event is to provide taster sessions in various sports and provide a pathway to DCC facilities and existing local clubs. Activities confirmed to date include tennis, rugby, tai chi, frisbee and table cricket. Champion's programmes are ongoing in the South Central Area in the lead up to the 2 day events. Details are outlined in the next section.

BIKE WEEK 2019

Bike Week is a week-long National event celebrating and promoting cycling. In 2019 Bike Week will take place from 9th – 17th June. Dublin City Sport & Wellbeing Partnership has sourced funding via the Environment & Transportation Department and will use this to deliver a number of bike related activities across the city during this week including the following:

- A 'Bike Skills Training Day' is scheduled for Tuesday 25 June in Sundrive Velodrome, Eamonn Ceannt Park. This is a partnership programme with local Primary Schools and the Irish Cycling Centre.
- Sport Officers in the North Central Area will deliver a BMX road skills training day and Sprocket Rocket workshops during Bike Week on Tuesday 25 June and Wednesday 26 June from 10am – 7pm in St. Anne's Park.
- Primary school cycle skills sessions will be delivered on Thursday 27 June from 9.30am in Clontarf pitches aimed at 10-13 years.

GO FOR LIFE 2019

The Go For Life Games is a core Dublin City Sport & Wellbeing Partnership programme targeted at older adults and delivered in partnership with Age & Opportunity and the HSE. The aim of the programme is to engage and involve older people in recreational sport. The emphasis is on participation and fun - the games are played in a non-competitive environment with all participants encouraged to umpire their own game.

The 2019 Go For Life North and Southside regional finals take place in Ballyfermot Sports & Fitness Centres (Southside) on 21 May and in Cabra Parkside Community and Sports Centre (Northside) on 23 May. Successful teams will then progress to the National Go For Life Games in Dublin City University on 8 June.

SMALL GRANTS SCHEME **2019**

Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body are invited to apply for financial assistance from the Sport For Young People Small Grants Scheme (10-21 years of age). The Grant Scheme is funded and administered by Sport Ireland and the Dublin Sport & Wellbeing Partnership. The scheme supports clubs in some of the following;

- Purchase of Equipment
- Administrative costs
- Training and coaching courses

Applications for the small grants scheme will be advertised in the next few weeks via email, national and local newspapers, social media and the Dublin City Council website.

2. DCSWP CORE PROGRAMMES MAY - JUNE 2019.

Below are highlights of ongoing core programmes and events ongoing in the area over the next period. For full details of programmes in the area please contact the DCSWP Office or local Sport Officers. Contact details are listed at the end of the report.

FIT 4 CLASS (CORE) **Primary School Children**

In partnership with Athletics Ireland the Fit For Class programme 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 programmes are being delivered in local schools in partnership with the Athletics Development Officer during the period;
- **Programme:** Fit 4 Class Athletics
Dates/Times: Thursdays 10.30am – 12 noon
Location: St. Brendan's BNS, Coolock
Participants: Males age 7-10 years
Partners: Athletics Ireland

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 Group Exercise
Dates/Times: Ongoing Thursdays 10.30am – 11.30am
Location: Donnycarney /Beaumont Local Care Centre
Participants: Older Adults (Mixed) 65 + years

- The following Aqua Fit and swimming classes continues in the area throughout the period;
 - **Programme:** Aqua Fit – Senior Citizens
Dates/Times: Tuesdays 3-4pm.
Location: Northside Swimming Pool
Participants: Female 65+

GAGA (CORE)

Teenage Girls

The GAGA 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.

- The following GAGA programmes are delivered in partnership with the women's FAI Football Development Officer and the Leinster Rugby Development Officer
 - **Programme:** GAGA Football
Dates/Times: Thursdays 9.30am – 11.30pm
Location: Our Lady of Consolation, Donnycarney
Participants: Females

 - **Programme:** GAGA Tag Rugby
Dates/Times: Thursdays 9.30am – 12.30pm
Location: Our Lady of Consolation, Donnycarney
Participants: Females

GO FOR LIFE (CORE)

Older Adults

The Go for Life Games involve three sports that can be played in singles, pairs and teams:

- *Lobbers - adaption of Petanque and Boules*
- *Flisk - adaption of Frisbee and Horseshoe Pitching*

- *Scidil - adaption of Ten-Pin Bowling and Skittles*

The emphasis of the Games is on participation and fun. They are played in a non-competitive way (as much as possible!) with participants encouraged to umpire their own game. The following Go For Life taster/training sessions will be delivered in the area over the next period;

- **Programme:** Go For Life Training
Dates/Times: Fridays 2-3pm
Location: Kilmore West Recreation Centre
Participants: Mixed older adults

THRIVE (CORE) **Difficulties**

Adults With Mental Health

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 Swimming and Water Safety sessions aimed at young men experiencing mental health issues and dealing with issues of substance misuse and addiction, general fitness and walking sessions for adults 18+years and Thrive Indoor Football sessions;

Programme: Thrive Swimming and Water Safety
Dates/Times: Wednesdays 1pm
Location: Coolock Swimming Pool
Participants: Male 18+ years
Partners: HSE, Swim Ireland and Kilbarrack Coast Community Programme

- **Programme:** Thrive Indoor Football.
Dates/Times: Ongoing. Thursdays 3-4pm
Location: Kilmore West Recreation Centre
Participants: Male 18+ years
Partners: HSE

YOUTH FIT (CORE)

Youth at Risk (10-21 Years)

Youth Fit programmes are multi-sport and fitness initiatives aimed at young people aged 10 - 21 years and over. The purpose of the programme is to provide preventative outlets for young people in the North Central Area.

- **Programme:** Youth Fit Multi-Sport Programme
Dates/Times: Mondays 6.30pm – 8pm
Location: St. Paul's Youth Centre, Artane

Participants: Males age 8-12 years
Partners: St. Paul's Youth Services

- **Programme:** Primary School Swimming Programme – St. David's BNS
Dates/Times: Ongoing. Fridays 11am-1pm
Location: Coolock Swimming Pool
Participants: Male age 10-12 years
Partners: Swim Ireland

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- **Nutrition & Wellbeing Workshop**

- This workshop is a follow up from the Change For Life programme which was rolled out in communities in the North Central area from January to March. The workshop takes place on 22nd May in the Grange Woodbine Sports & Recreation centre and will be delivered to over 90 older adults.

- **Active School Week**

- As part of Active School Week DCSWP officers will be providing a structured programme of events in the following schools in the area throughout June;
- St. John of God's (10 – 14 June)
- St. David's BNS, Artane (10 – 14 June)
- St. Fiachra's SNS, Beaumont (17 – 21 June)
- Scoil Chiaraín, Donnycarney

- **Family Fun Day**

- A Family Fun Day comprising of multi-sport activities for children in the North Central area in Collins Park/Celtic Park Green on Sunday 9th June from 2 – 4pm.

2. DCSWP CO-FUNDED PROGRAMMES MAY - JUNE 2019

BOXING DEVELOPMENT OFFICER UPDATE

- The StartBox Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits take place from 13 May to 26 July from 12pm-2pm.
- The StartBox Olympic Education Programme is an interactive educational programme about Ireland's involvement in the Olympic Games and Ireland's Olympic heroes - their achievements, successes, failures and most importantly their values. 3D replica medals and presentation are used in the programme to stimulate interest

in the sport and inspire future participation. Bookings are currently being taken for the 2019 programme which will take place from 10 to 28 June.

ATHLETICS DEVELOPMENT OFFICER UPDATE

- The two citywide Athletics Officers have been rolling out Fit For Class programmes in schools across the city upskilling teachers in the delivery of the programme. The programme continues until the end of the school period.
- Run, Jump and Throw Workshops are being delivered from 10 May to 24 May in Irishtown Stadium for males and females age 16+.
- The Daily Mile, an initiative aimed at encouraging pupils to walk and run daily via teaching staff is being promoted in schools across the city by DCSWP Sport Officers in partnership with Athletics Officers.
- Athletics Officers are currently engaging schools in relation to the primary school cross-country event in Albert College Park, Glasnevin, Dublin 9.
- A primary schools athletics Teacher Training Workshop will be delivered in mid-June. Times and details TBC.
- Athletics Ireland Summer Camps will be delivered over the summer period on Morton Stadium and Irishtown stadium. Full details TBC.

CRICKET DEVELOPMENT OFFICER UPDATE

- The Cricket Development Officer continues to deliver schoolyard cricket sessions in the following schools in the North Central area over the next period;
 - Northbay ET, Kilbarrack (Thursdays 11am – 12.30pm)
 - Ard Scoil Ris SC, Marino (Mondays 4pm – 5pm)
 - Howth Rd. National School, Clontarf (Mondays 11am – 12.30pm)
- The citywide primary schools Leprechaun Cricket Cup Competition continues on a weekly basis in various schools including schools listed above.

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.

ROWING DEVELOPMENT OFFICER UPDATE

Get Going....Get Rowing

- Rowing Ireland is now in the summer term. Water taster sessions continue to be delivered for school students in Islandbridge.
- The 3-day Festival of Rowing took place in Grand Canal dock on May 9, 10 and 12. This event was proudly supported by Dublin City Sport and Wellbeing Partnership.

The event showcased and promoted rowing as a sport and offered participants the opportunity to gain experience on the water in this city centre facility.

- Rowing Ireland also continues to deliver the indoor rowing element to a number of schools across the city. Once the summer term finishes at the end of May preparations will commence for the Learn to Row summer camps in July and August.
- The student World Indoor Rowing Challenge continues and students are now in Kenya (virtually), having rowed a cumulative 14m metres.

RUGBY DEVELOPMENT OFFICER UPDATE

- The Northside girls Tag Rugby blitz will take part on Thursday 30th May from 10am – 1pm. 12 schools will participate (age 10 – 12 years).

FURTHER DETAILS

For details or queries on any of the programmes/initiatives outlined above please contact Dee O'Boyle, DCSWP at (01) 222 5433/dee.oboyle@dublincity.ie

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