NORTH CENTRAL AREA COMMITTEE -DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

DCSWP HIGHLIGHT EVENTS & PROGRAMMES JULY - AUGUST 2019

DUBLIN SPORTSFEST 2019

Following on from last year's success DCSWP's flagship annual event, Dublin Sportsfest 2019 will take place during European Week of Sport (September 22 – 29). The focus will be on encouraging participation across all ages, backgrounds & abilities and, importantly, sustainability. There will also be the added bonus of the chance to showcase DCC's many sport & recreation facilities.

The festival will comprise of a week-long programme of events across many of DCC's facilities, parks and urban spaces.

The DCSWP project team is in place and is currently in the planning stage. A full list of highlight events and programmes will be communicated across all social media channels, websites etc once confirmed.

DOCKLANDS DIP 2019

The Docklands Dip is back for 2019 and will take place on Wednesday 17 July from 10am – 4pm at Spencer Dock. This event is aimed at young people aged between 12 - 18 years.

Participants will have the opportunity to take part in water safety sessions, learn how to jump and dive and try their hand at water polo and kayaking.

SMALL GRANTS 2019

Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body were recently invited to apply for financial assistance from the Sport For Young People Small Grants Scheme (10-21 years pf age). The Grant Scheme is funded and administered by Sport Ireland and the Dublin Sport & Wellbeing Partnership. **SMALL GRANTS2019**

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 pf 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

The scheme closed on Friday 28 June and it is hoped clubs will receive notification by mid-July.

2. DCSWP CORE PROGRAMMES JULY – AUGUST 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.

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 Falls Prevention class is a 6 week programme running until July 24. The initiative is delivered as a partnership venture between our Local Sport Officer and the HSE in the North Central Area. Participants are clients/referrals from local physiotherapists. This is the third programme of its kind this year. From September it is hoped to introduce a beginners intermediate level class.
- **Programme**: Falls Prevention

  Dates/Times: Wednesday 2-3pm

  Location: Santry Community Centre

  Participants: Older Adults (Mixed) 65 + years

GREEN SCENE (CORE) Multiple Groups

Dublin City Sport & Wellbeing Partnership is putting together a schedule of activities to take place on Green Spaces around the City during the summer months. Activities will comprise of multi-sport and physical activities and will target various demographics within the community.

Multi-sport summer Green Scene programmes will be running in the North Central area throughout August in Father Collins Park, Clongriffin, Clare Hall Green Space and Donaghies Green Space, Donaghmeade. 150 particpants are due to take part in these fun days which are delivered in partnership with our FAI, Cricket, Rugby and Athletics Officers. Full details TBC.

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.

Sea swimming sessions will be delivered in August for young people in the area in partnership with local Youth Services. Full details TBC

In partnership with Sphere 17 Youth Services the following Youth Group programmes will run in the next period;

- **Programme**: Youth Group Kayaking/Water Sports/Rafting

Dates/Times: Thursday 25 July/Thursday 8 August 11am – 2 pm

Location: Ballyfermot Youth Adventure Centre

Participants: Mixed Teenagers

- **Programme**: Youth Group Wallclimbing

Dates/Times: Monday 22 July/Monday 29 July. 10-11am/7-8pm

Location: Awesome Walls Centre

Participants: Mixed Teenagers

- **Programme**: Youth Group Swimming

Dates/Times: Tuesday 30 July 11am – 12pm

Location: National Aquatic Centre

Participants: Mixed Teenagers

3. DCSWP CO-FUNDED PROGRAMMES JUNE - JULY 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.

ATHLETICS DEVELOPMENT OFFICER UPDATE

- A Family Fun Day with various athletic activities is scheduled for Sunday 14 July in Markievicz Park, Ballyfermot. Details TBC.

CRICKET DEVELOPMENT OFFICER UPDATE

Dublin City Summer girls camp will take place from 30 July – 3 August from 10am – 4pm. Venue TBC.

FOOTBALL DEVELOPMENT OFFICER UPDATE

School is out for summer but children are encouraged to stay active and learn new skills through the Sports Direct FAI Summer Soccer School programme. This programme will enter its 23rd year in 2019. Every year boys and girls of all abilities sign up for five days of fun and football. While participants will learn new skills and tricks from our FAI Officers, the most important element of the camp is for children to have fun and enjoy themselves. The camps are fully inclusive, so if your child has a disability he/she is more than welcome

Details of camps in the North Central area are listed below. For more information on the camps, testimonials from previous participants and guidelines on how to sign up please visit the FAI website: https://summersoccerschools.ie/

- 15 – 19 July 10:30 – 3pm Kilbarrack, Greendale road
- 22 – 26 July 10:30 – 3pm Killester Hadden Park
- 12 – 16 August 10:30 – 3pm Killester Hadden Park

RUGBY DEVELOPMENT OFFICER UPDATE

For details of rugby developments and events please contact the local Rugby Development Officer. Details are listed below.

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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