

## NORTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT MAY 2020

Dublin City Sport & Wellbeing Partnership (DCSWP) on the ground programmes continue to be suspended however supporting people to stay active and healthy during these unprecedented times remains our goal. In doing so have undertaken the following:

- 1) **Temporary Reassignment of Sport Officers** to the North Central Area COVID Community Response Team initiative.
- 2) **Series of online exercise videos** for individuals and families of all abilities that include DanceFit, Yoga, HIIT, Chair Aerobics and Inclusive Family Fun Games. They have been shared and promoted as follows:
  - Primarily on DCSWP social media channels with excellent engagement resulting in a notable increase in followers.
  - Via DCSWP Officers in local communities across the city to ensure as many people as possible can access the workouts.
  - As part of Workplace Wellbeing Day on 1 May 2020 to all staff in Dublin City Council.
  - Due to be included in the Healthy Ireland @ Your Library initiative.
  - <https://www.youtube.com/channel/UCizoRBN5Ns8BKtYWiMX00hA/videos>
- 3) **Stay Home, Stay Active, Stay Healthy.** DCSWP collaborated with Age Friendly Dublin to produce and distribute a new booklet called Stay Home, Stay Active, Stay Healthy. The booklet is a guide for older adults to keep active during the cocooning period as not everyone in the age category will access the online videos as outlined above. To start, 5000 copies of the booklet were distributed to individual homes, community groups, pharmacies etc. The booklet has been well received and was endorsed by the Lord Mayor Tom Brabazon. Stay Home, Stay Active, Stay Healthy can be found on the Dublin City Council Webpage using the following link: -  
<https://www.dublincity.ie/sites/default/files/content/Housing/Documents/OlderAdultsBooklet.pdf>
- 4) **Interactive Zoom Exercise Sessions with the Central Remedial Clinic.** DCSWP Sport Inclusion and Integration Officers are hosting weekly exercise sessions in conjunction with the Central Remedial Clinic (Raheny and Clontarf). Sessions are for two separate groups – the first for individuals aged 19 to 65 years with intellectual, physical and sensory disabilities and the second for wheelchair users. Each session has a different fitness theme that aims to encourage the participants to keep active and healthy covering topics such as the benefits of exercising every day, strength training, making healthy food choices, getting fresh air etc. Additionally, each week the participants are set individual and group challenges that enable them to interact with their families at home and with each other online outside of the weekly session. Originally, this programme was planned for a 5 week duration however due to the

success it is currently being rolled out on an ongoing basis and has been extended to a number of other services across the city.

## **5) Co-funded Team Initiatives**

### *Boxing in the Community*

Starting Monday 11 May 2020 the Boxing in the Community Team will be taking their Start Box programme online via the DCSWP and IABA social media channels. It will run for 8 weeks and consist of basic boxing sessions and interviews with high performance coaches as well as current and former boxers.

Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)

Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)

Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

### *Cricket in the Community*

The Development Officer continues to promote and encourage keeping active and healthy via social media cricket skill challenges and tutorials that can be seen on

<https://twitter.com/cricketleinster>

### *Football in the Community*

The Development Officers are currently carrying out an audit of all Dublin City based football clubs to assess their level of compliance with Safeguarding legislation. Whilst this is an onerous administration task, it is of huge value to re-emphasise this legal necessity.

Twenty-eight clubs in the North Central Area been contacted and an action plan will follow to address any deficits that may become apparent.

The team are also volunteering to deliver prescriptions for Boots Chemists to vulnerable members of the community.

The Officers continue to promote and encourage keeping active and healthy via social media football skill challenges and tutorials.

### *Get Going Get Rowing*

Rowing Ireland continue to promote and encourage keeping active and healthy via social media through the following:

- Online rowing classes, kettlebells and Strength & Conditioning sessions with indoor champion Kenny McDonald.
- Stretching and flexibility exercises with High Performance athletes
- Spotlight on innovative clubs
- Nutritional tips
- Virtual regatta series

## Rugby in the Community

The Development Officer continues to promote and encourage keeping active and healthy via social media rugby skill challenges and tutorials that include:

- The Aldi Play Rugby Teacher Training Course for Primary Schools
- Online Upskilling of club and secondary school coaches

## **CONTACT DETAILS**

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