

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT JUNE 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 via the following:

1) Ongoing Temporary Reassignment of Sport Officers to the North Central Area COVID Community Response Team initiative.

2) Online Presence

DCSWP Sport Officers continue to engage with local community groups and previous programme participants via tutorials, skill challenges and exercise sessions across social media channels, on zoom and via Whatsapp.

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

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

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

3) 'Get Physically Active' Sport Inclusion Programme

DCSWP Sport Inclusion and Integration Officers are hosting weekly zoom exercise sessions for individuals aged between 19 and 65 years with intellectual, physical and sensory disabilities. As part of the programme, each session has a different fitness theme covering topics such as the benefits of exercising every day, strength training, making healthy food choices, getting fresh air etc. The participants are also set weekly individual and group challenges, which encourage them to interact with their families at home and with each other in between sessions. The programme began as a partnership with the Central Remedial Clinic for one group and for a duration of 5 weeks. However due to its success, 'Get Physically Active' is currently being delivered on an ongoing basis, to groups with between 10 and 40 participants, in conjunction with the following service providers.

Day	Time	Service
Monday	11:30am	National Learning Network (Dublin 7 & 15)
Monday	2pm	National Learning Network (Ballyfermot)
Tuesday	12:30pm	St. John of Gods Liffey Services (Dublin 6, 8,10,12 & 24)
Tuesday	3pm	Central Remedial Clinic (Raheny, Killester, Clontarf)
Wednesday	11am	Central Remedial Clinic (Raheny, Killester, Clontarf)
Thursday	2pm	National Learning Network (Ballyfermot)

The Central Remedial Clinic programme has recently been expanded to include a dedicated boxercise class that is proving extremely popular with participants.

4) Spina Bifida Hydrocephalus Ireland (SBHI) Collaboration

DCSWP Sport Inclusion and Integration Officers are teaming up with SBHI to deliver sports and physical activity sessions for their online summer camps running from Monday 29 June 2020 until mid-August. Individuals from across Dublin will participate in the camps including the North Central Area.

5) Sport for Young People Small Grant Scheme

The Sport for Young People Small Grant Scheme is available once annually to sports clubs operating within the administrative area of Dublin City Council that are affiliated to a National Governing Body of Sport. The purpose of the scheme is to provide opportunities for young people aged 4 – 21 years to participate in sport and physical activity. The grants are funded and administered by Sport Ireland and Dublin City Sport & Wellbeing Partnership. The scheme will be open for applications at the end of June 2020 via the DCSWP social media channels as above.

6) Be Active Day

On Saturday 28 June 2020 Sport Ireland are co-ordinating a National Be Active Day via the 29 Local Sports Partnership in the country. On the day, the nation are being asked to 'Get Your Household Active' and upload photographs and videos to Sport Ireland's and the County Local Sports Partnership social media channels using the hashtag #BeActive. Promotion of the initiative will commence on 16 June 2020.

7) Virtual Couch to 3K Walk/Jog Programme

On 29 June 2020, in conjunction with the three other Dublin based Local Sports Partnerships (Fingal, Dún Laoghaire-Rathdown and South Dublin) DCSWP is launching a virtual couch to 3km walk/jog programme. Running for 8 weeks, participants will receive a weekly plan consisting of 3 session plans and will receive a certificate of completion at the end. The programme will be promoted on social media from 16 June 2020 and registration is via Eventbrite.

8) Co-funded Team Initiatives

Athletics in the Community

The Development Officer's key priority at present is supporting clubs as one of the first sports to return to activity in phase one of the government roadmap of easing restrictions.

Boxing in the Community

On Monday 11 May 2020 the Boxing in the Community Team began running their Start Box programme online via the DCSWP and IABA social media channels. Running for 8 weeks, the programme consists of basic boxing sessions and interviews with high performance coaches as well as current and former boxers. See above DCSWP social media handles.

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>

Assisting clubs in the North Central area i.e. Clontarf Cricket Club is also a key priority around areas such as return to training/playing, coaching sessions, planning local cricket camps if possible, attaining new members, engaging with the local community and targeting new schools in the wider community for the Autumn period.

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. Over 200 clubs across Dublin have been contacted and an action plan will follow to address any deficits that may become apparent.

The team are continuing to volunteer for Boots Chemists by delivering prescriptions to vulnerable members of the community. They also continue to promote and encourage keeping active and healthy via social media football skill challenges and tutorials.

Get Going Get Rowing

The Development Officer continues to promote and encourage keeping active and healthy via social media and is supporting clubs as one of the first sports to return to activity in phase one of easing restrictions.

Rugby in the Community

The Development Officer is currently prioritising the return to rugby and sustainability of the sport in the North Central through the following:

- Online upskilling workshops aimed at local coaches and players
- Designing a 'Return to Rugby' modified camp in conjunction with Clontarf Rugby Club
- Producing both short and long term plans for growing and sustaining rugby in the area.

CONTACT DETAILS

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