

## **SOUTH CENTRAL AREA COMMITTEE**

### **DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT JULY 2020**

As part of Phase 3 of the National Roadmap for reopening society, DCSWP on the ground programmes will gradually resume over the next few weeks.

All planned programmes/initiatives outlined below will strictly adhere to the Covid 19 restriction guidelines and recommendations as set out by Government to ensure a safe return to the delivery of our services.

DCSWP social media platforms and online supports continue during this phased return to support people to stay active and healthy in a safe environment. Support is provided via all social media platforms, zoom and whatsapp.

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

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

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

Below are highlights of upcoming DCSWP activities in July/August

#### **1) 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 launched a virtual couch to 3km walk/jog programme. Running for 8 weeks, participants receive a weekly plan consisting of 3 sessions and a certificate of completion at the end. The programme is now in its second week and there has been a very positive response with over 2,000 people taking up the challenge.

#### **2) Sport for Young People Small Grant Scheme**

The Sport for Young People Small Grant Scheme is available 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 scheme is funded by Sport Ireland and administered by Dublin City Sport & Wellbeing Partnership.

Applications for the grant opened at the end of June 2020 via the DCSWP social media channels as above. The provisional closing date for receipt of applications is Friday 17<sup>th</sup> July.

### **3) GAISCE Summer Programme**

A number of young people in the South Central area have registered for the GAISCE summer programme. The local DCSWP Sport Officer will be liaising with and assisting this group to ensure it can continue with current restrictions and/or identify potential Covid 19 related amendments.

### **4) St. Ultan's Aftercare**

The Cherry Orchard St. Ultan's Aftercare service has been working with young people throughout the Covid 19 crisis with the assistance of the local DCSWP Sport Officer.

DCSWP continues to play a supportive role during the transition period as the group begins to implement plans for the remainder of the summer months during phase 3 and 4 of the Government reopening roadmap.

The St. Ultan's group will also be participating in DCSWP's canal kayaking sessions every Thursday over the next few weeks in partnership with Ballyfermot Adventure Centre

### **5) Réalta Drug Rehab Summer Programme**

DCSWP is assisting the Réalta Nua Drug rehab CTC group in the planning of its summer programmes during phase 3 and 4 of the Government reopening roadmap.

Currently plans are in place for the group to participate in canal kayaking sessions every Thursday in partnership with Ballyfermot Adventure Centre.

### **6) Walking Leader 2/Bike Leader Courses**

DCSWP is currently liaising with local youth services following requests for a Bike Leader Course and Walking Leader 2 course. Details TBC

### **7) Summer Diving Programme**

The under 18 summer diving 1 programme will be delivered throughout July and August in partnership with Diving Ireland. Participants will be identified through Ballyfermot Youth Services. Pool and open water snorkelling and diving lessons as well as theory-based seminars on the sport will be provided.

### **8) First Aid Training**

First Aid Covid 19 Bag-Valve training and general First Aid upskilling will be provided for staff in Ballyfermot Leisure Centre throughout July and August.

### **9) Fitness Classes/Door-Step Challenge**

DCSWP Officers in the South Central area continue to encourage people, regardless of age or ability to remain active and healthy in the safe environment of their homes.

During the Covid 19 lockdown, the South Central area door-step fitness challenge brought people in local communities together every week while still supporting the stay home, stay safe message. This initiative continues over the next period to ensure everyone in the

community can remain safe, healthy and connected. In addition fitness classes in local centres will resume in the locations listed below:

<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Target group</b>
Fitness and better balance door step exercise class	Monday	2-3pm	Dolphins barn	50+
Boxercise/zoom door step exercise class	Tuesday	1-2pm	Fatima f2	18+
Fitness and better balance door step exercise class	Wednesday	2.30-3.30pm	Bulfin court, Inchicore	50+
Fitness and better balance door step exercise class	Thursday	9.30-10.30am	Annamore court	4.+
Fitness class /zoom door step exercise class	Thursday	1-2pm	Fatima f2	18+
Fitness class /zoom door step exercise class	Friday	1-2pm	Fatima f2	18+

#### **10) Hiking/Walking Community Programmes:**

Over the next few weeks DCSWP Sports Officers across all areas will be collaborating to deliver a series of community outdoor walking and hiking programmes. The programmes will target existing walking groups and aim to get people active in the outdoors during the summer months.

Outings will take place in numerous venues across Dublin from St. Anne's Park to Fairy Castle and Three Rock Mountain.

The maximum number of walkers will be 12 per group and all C-19 protocols will be in place before/during and after each walk/hike.

#### **11) 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 one group for a duration of 5 weeks. However due to its success, 'Get Physically Active' is currently being delivered on an ongoing basis. Group numbers are limited to 10 - 40. This initiative is delivered 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)

Some participants in the Central Remedial Clinic and National Learning Network programmes reside in the South Central Area of the city.

#### **12) 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 South Central Area.

#### **13) Child Vision Virtual Summer Camp Collaboration**

DCSWP Sport Inclusion and Integration Officers are teaming up with Childvision to deliver sports and physical activity "Goalball" sessions for their online summer camp running in July. Individuals from the South Central area will participate in this citywide event.

#### **14) Down Syndrome Dublin Collaboration**

DCSWP Sport Inclusion and Integration Officers are teaming up with Down Syndrome Dublin to deliver sports and physical activity sessions for their online summer camp running in July. Individuals from across Dublin will participate in the camps and will include participants from the South Central Area.

## **15) CO-FUNDED TEAM INITIATIVES**

### **Athletics in the Community**

- As Covid restrictions continue to ease, DCSWP Athletics Development Officers have been liaising with athletics clubs across the city on a weekly basis weekly providing event specific support and advice regarding protocols in areas such as coaching documents, videos tutorials and sample sessions.
- Online workshops/seminars delivering event specific workshops for Athletic coaches via zoom have been ongoing since June. Each workshop covers 2 events in a 90 minute programme and includes a Q&A and discussion segment at the end. Sessions are recorded and can be used as an ongoing reference guide for coaches to ensure a safe return to Athletic events.

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### **Boxing in the Community**

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- August 10th remains the return date for the physical delivery of boxing programmes. The IABA is currently preparing protocols to ensure a safe return for boxing in the community and separate protocols around school initiatives. Once these safety protocols are communicated officers will commence plans for autumn programmes.
- To support the reopening of boxing clubs in the South Central Area the Boxing Development Officer has completed 30-minute videos focusing on one boxing club per week within the DCC area. The interviews focus on club history and provide insight into each clubs' plans for reopening. These short videos hope to promote interest in the sport, explore their individual legacy and provide a support network for clubs across the city.

### **Cricket in the Community**

The Cricket Officer continues to engage with players across the city at U11, U13, U15, U17, and U19 level. Players include both males and females from 9-18 years of age. Players from the South Central area will be attending DCC cricket camps over the next period at the following venues;

- Dublin City Summer Camp - 20<sup>th</sup>-23<sup>rd</sup> of July from 10.00am-16.00pm in the Phoenix Park
  - Dublin City girls camp from 4<sup>th</sup>-7<sup>th</sup> August from 10.00am-16.00pm (Venue TBC)
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- The U11 District tournament takes place from 27<sup>th</sup>-31<sup>st</sup> of July from 10.00am-17.00pm in Pembroke CC. Members of the Dublin City team will be from the Drimnagh area and from other cricket clubs in the area.

### **Football in the Community**

- As part of the preparation for a safe return to Football, Development Officers in the South Central area are currently assisting local clubs, youth services and summer schools around planning and policies. The team is supporting clubs/teams in areas such as session planning, facilities set up (social distancing) and best practice. All advice provided is based on F.A.I and Government best practice.
- The FAI Club Audit Child Welfare programme commenced in June and FAI Development Officers will continue to deliver the programme to support local clubs in the area around the critical issue of child safety and welfare. Since the launch of the audit almost 80% of clubs in the South Central Area returned have been deemed compliant.
- FAI Officers continue to promote and encourage people to keep active and healthy via social media, providing football skill challenges and tutorials.
- The Football Community Boots Delivery project commenced in June in the South Central Area. This volunteer work continues over the next period with volunteer teams delivering prescriptions for Boots Chemists to vulnerable members of the community.
- FAI Officers Women's Development Officers are providing weekly coach education through webinars for coaches involved in the female game.

'Future Stars' the newly designed football programmes for girls aged 4-8 and 9-12 years old have recently been developed. This new venture will be rolled out from September 2020 aimed at increasing female participation. In the South Central area Future Stars will focus on female participation between the ages 4-8 years.

### **Get Going Get Rowing**

- Rowing Ireland remains dedicated to supporting its clubs and while COVID 19 on the water restrictions have been lifted, social media channels continue to promote the benefits of the sport and the importance of remaining physically active by running virtual competitions and setting weekly indoor rowing challenges.
- In terms of safety measures, Rowing Ireland has established a COVID-19 Working Group which communicates updates to clubs across the city every week. In addition the 'Safety While Rowing' protocol has been amended to align with Government recommendations.
- Plans for the 4-week learn-to-row summer camps in July and August are currently been put in place. Camp activities will take place in DCC's Municipal Rowing Centre, Islandbridge.
- Rowing Ireland has recently launched a podcast series with rowing athletes from across the country offering coaching webinars and sharing nutritional recipes. The
- The rowing Ireland Coach Education system is currently undergoing a complete review and relaunch.

### **Dublin Municipal Rowing Centre Activity Update**

- Dublin Municipal Rowing Centre, as with all DCC sports, fitness and leisure centres experienced a lengthy hiatus in the provision of activities and services to the public. However due to the nature of the activities delivered by the centre, the facility is well positioned to offer a summer programme with all Covid 19 safety measures fully observed. Rowing Programmes are currently being advertised aimed at Youth Groups, Community Programmes and groups engaged by Sports Officers from the DCSWP.
- Summer Camps

In August the centre will run its annual summer rowing camps. Participation numbers will be reduced and camp times amended to comply with restrictions.
- Yoga Programmes.
  - Yoga classes have resumed outdoors and will continue over the next number of weeks with reduced numbers. Guidelines remain subject to change and may result in an earlier return to programming in the Riverside Studio.
  - In August (phase 4) Yoga classes will resume in the Riverside studio, following national guidelines and as per the centre's risk assessment.
- Cycling Programmes
  - Cycling programmes will be delivered by qualified bike leader staff in the centre in line with guidelines provided by Cycling Ireland. Risk assessments will be in place to ensure safe supervision and adherence to social distancing.
- Walking Programmes
  - The centre is aiming to offer a series of local walks in partnership with the DCC Historians in Residence throughout August. Participant numbers will be reflective of the Government Phase 4 guidelines.

### **Rugby in the Community**

- Leinster Rugby Development Officers are supporting clubs and schools in the South Central Area to return to play safely by liaising with club safety officers and preparing guideline documents. These documents will be available to download on the updated Leinster Rugby website shortly. This work was undertaken to ensure the website is fully accessible and visible to all relevant stakeholders.

## Health Promotion in the Community

The DCSWP HSE Health Promotion and Improvement Officer delivers and promotes health and physical activity programmes across the City that are consistent with the actions outlined in the National Physical Activity Plan & Healthy Ireland.

- **General News**

***Let's Get Moving Again* booklet** – as a follow up to the success of the Stay Home Stay Healthy Stay Active booklet created in response to the Covid 19 crisis, the Health Promotion and Improvement Officer will be partnering with HSE Primary Care Physiotherapists and other Local Sports Partnerships to help produce another booklet to support older adults being active at home post Covid-19.

- **Health Promotion and Improvement Core Programmes South Central Area**

The following core programmes/initiatives will restart in phase 3 in the South Central area and will, restrictions permitting, continue through phase 4 while adhering to strict new social distancing and health & safety guidelines. Specific Locations in the area TBC.

- **Heads Up Programme** - planning & facilitation of a new mental health & wellbeing programme for unemployed men to improve their mental & physical fitness in partnership with Ballyfermot Chapelizod Partnership.
- **We can Quit Smoking Community Programme** - provision of physical activity support to community group including BMI, BP and waist circumference assessments plus developing and leading weekly walking sessions.
- **Men on the Move National Programme** - a community-based intervention focusing on a physical activity, mental wellbeing & weight management programme for men.
- **Otago Strength & Balance Exercise Programme** - coordination of specialised falls prevention programme in partnership with HSE primary care physios to lead exercise classes with suitably screened participants.

- **Citywide Health Promotion & Improvement Programmes**

The following programmes will be rolled out on a citywide basis across all 5 electoral areas (school programmes dependent on number)

- **Falls Prevention NCT for older adults** - facilitation of health days providing fitness assessments in strength, flexibility & balance for older adults in a community setting.
- **Playground Markings Stencil Programme** - promotion & development of programme in primary schools including provision of stencil packs designed to maximise play potential in play areas of schools.

- **Schools Physical Activity Programme** - facilitation of healthy lifestyle programme to be delivered to students in school setting. Physical activity guidelines included plus delivery of walk/jog programme & pedometer challenge.
- **Community Health Fairs** - support events such as Men's Health Awareness Week, Positive Aging Week, etc. Provision of health checks including BMI, body fat % and blood pressure in addition to PA advice.

## **CONTACT DETAILS**

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