

## CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 2020

All planned programmes/initiatives outlined below strictly adhere to the Covid 19 restriction guidelines and recommendations set out by Government to ensure Dublin City Sport & Wellbeing Partnership (DCSWP) services are delivered in a safe environment.

DCSWP social media platforms and online supports continue to support people to stay active and healthy in a safe environment via 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)

#### **DUBLIN SPORTSFEST 2020**

This is the third year of DCSWP's annual flagship event, Dublin Sportsfest. This flagship event is scheduled to take place during European Week Of Sport (23rd – 30th September). The aim of Dublin Sportsfest is to reinforce DCSWP's goals which are to engage with people of all ages and abilities in our communities through sporting events and activities, to encourage participation and to increase the profile of the Partnership.

Despite current restrictions the planning of Sportfest 2020 and all DCSWP programmes and events continues with contingency plans in place to ensure that compliance with Central Government/HSE advice remains a priority. The highlight event for this year's Sportfest is the 'Be Active Bingo' night on Saturday 26th September (further information below).

Sportsfest 2020 is planned to coincide with the following international and national initiatives over the week;

- ✚ **Bike Week 2020** - DCSWP Officers will deliver 15 bike programmes throughout communities across the city.
- ✚ **Social Inclusion/Positive Aging Week 2020**- Pop up taster session for older adults and people with disabilities will be provided during the week by all DCSWP Officers and DCSWP's dedicated Sport Inclusion & Integration Officers.
- ✚ **National Fitness Day 2020** (Thursday 24<sup>th</sup> September) – DCSWP Officers will link with DCC Sport & Fitness Centres to deliver on this annual celebration of physical activity.
- ✚ **European Sports Day for Primary Schools 2020** (Friday 25th September) – DCSWP Sport and Co-funded Officers will partner to deliver taster sport sessions in local primary schools as part of this European one-day initiative.
- ✚ **National Walking Day** (Sunday 27<sup>th</sup> September) - Walking programmes are due to be facilitated by DCSWP Officers across the city on the day to encourage people of all

ages and abilities to walk at the distance and time of their choice. Groups will be limited to a maximum of 15.

### **DUBLIN SPORTSFEST HIGHLIGHT EVENT – BE ACTIVE BINGO**

On Saturday 26 September 2020 DCSWP, with support from Sport Ireland, wish to pay tribute to the spirit and resilience of our communities by hosting a 'Be Active Bingo' interactive online event to coincide with European Be Active night.

Robust contingency plans implemented during the event concept stage means the Be Active Bingo night can go ahead virtually and participants can take part in the comfort and safety of their own homes.

The event will be community focused, family friendly, inter-generational, all-inclusive, COVID compliant and fun filled while also incorporating the national guidelines for physical activity for adults and children.

Tickets for 'Be Active Bingo' will go on sale in early September and the event will be supported by a strong communications/social media campaign in the lead up period. Information on registration and activities on the night can be found on DCSWP's social media channels and at the dedicated website: [www.dublinsportsfest.ie](http://www.dublinsportsfest.ie).

100% of the funds raised from sale of tickets (€5 each) will be going back into local sports and activity groups in Dublin City communities.

### **CENTRAL AREA DUBLIN CITY SPORT & WELLBEING PROGRAMMES/INITIATIVES SEPTEMBER 2020**

#### **1) Active Age Health & Fitness Programme**

Participants in this programme meet every second Thursday at 10am. The programme is being delivered in the all-weather pitches in Clontarf in partnership with local active age groups and is supported by staff from DCC's Ballybough Community Centre.

#### **2) Bike Week 2020 - Bike Polo**

Local Youth Groups in the North Strand are being introduced to Bike Polo every Wednesday and Saturday evening over the next period. This is a partnership venture between DCSWP Sport Officers in the area and Dublin Bike Polo.

- Mountain Biking sessions continue in the coming weeks every Thursday evening aimed at mixed participants between the ages of 14-30.

#### **3) Change For Life 'Let's Get Moving' For Underactive Adults**

This 'Let's Get Moving' programme is aimed at underactive adults in the community and delivered by DCSWP's dedicated HSE Health Promotion and Improvement Officer.

'Let's Get Moving' is a follow up to the Stay Home, Stay Healthy, Stay Active, initiative which was rolled out as a response from DCSWP/HSE to community lockdown during the Covid-19 crisis.

- In the Central area Let's Get Moving walking/general exercise groups continue to meet every Wednesday at 10am at George's Street centre, Lower Dominick Street.

#### **4) Get All Girls Active (GAGA ) 2020**

GAGA is DCSWP's core programme dedicated to providing opportunities for women of all ages and abilities to become involved in sport and physical activity. The programme runs throughout the year but takes on a strategic focus from October-December as female students return to school.

- In the Central Area Larkin College, Dublin 1, will play host to this year's GAGA multi-sport programme every Monday evening. Full details TBC.

#### **5) Heels & Wheels Walking/Cycling Groups**

The Heels & Wheels initiative was established in the Central Area as part of DCSWP's 'Get Dublin Walking' core programme. In the past a large number of participants assembled to enjoy organised walks and cycles led by trained volunteers. Despite current restrictions the Heels & Wheels programme continues to be delivered with group numbers and protocols amended to observe Covid 19 safety measures.

- Ierne Social Club, Drumcondra is the starting point for the Heels and Wheels walking group every Tuesday at 10am. Participants are between the ages 45-85 years.
- The Heels and Wheels Active Age cycling group commence their journey at the East Wall Watersports Centre every Monday at 10am. Participants are between the ages 50-85 years.

#### **6) Trails Walking Challenge**

A series of community trail walks aimed at existing walking groups in the Central area continue every second Thursday from 10am. All challenges have been designed to support participants to progress gradually along walks in the scenic surroundings of the Dublin and Wicklow Mountains. Group members attend an onsite session prior to the roll out of the programme and expert guidance is provided along all routes to ensure novice trail walkers embrace the challenge in a safe environment. (Participants ages 25-75 years).

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

Participants in the Central Remedial Clinic and National Learning Network programmes include those residing in the Central area of the city.

#### **8) Spina Bifida Hydrocephalus Ireland (SBHI) Collaboration**

- DCSWP Sport Inclusion and Integration Officers are teaming up with SBHI to deliver physical activity sessions for their online groups in September. Individuals from across Dublin will participate in the camps including the Central Area.

#### **9) Inclusive Water Sports**

- DCSWP Sport Inclusion and Integration Officers are delivering adapted and inclusive water sports in East Wall Centre. The following groups and organisations from across the city will be participating in upcoming programmes;

- CRC Raheny/Clontarf
- St. Michael's House
- Vision Sports Ireland
- Raheny All Stars
- Down Syndrome Dublin

#### **10) Adapted Couch to Park Walk and couch to parkrun Programme**

- This is a four- week outdoor couch to park walk programme delivered in St. Anne's park within covid regulations with participants from all areas in the city.

#### **11) Boccia;**

- This four- week outdoor boccia programme takes place in St. Anne's park within covid regulations with participants from all areas in the city. The programme is delivered in partnership with St. Michael's House. .

## **DCSWP CO-FUNDED TEAM PROGRAMMES / INITIATIVES SEPTEMBER 2020**

### **Athletics in the Community**

- DCSWP Athletics Officers continue to liaise 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.
- As schools return DCSWP Officers will re-engage and provide support in relation to school athletic programmes.

### **Boxing in the Community**

IABA covid protocols are now in place, allowing DCSWP Co-funded officers to re-engage safely with schools in the local area in relation to the delivery of boxing programmes.

### **Cricket in the Community**

- Cricket sessions aimed at players across the city at U11 level continue every Friday from 5.30 -9pm.
- Cricket camps are in the planning stages for the October mid-term break. Full details TBC.
- The Champions programme is aimed at engaging adults with physical, intellectual and sensory disabilities in sport and physical activity. Table cricket adjusts the game to allow people of all abilities to enjoy the sport. The table cricket tournament is scheduled to take place in Ballyfermot Sport & Fitness Centre in October. Full details TBC.

### **Football in the Community**

- FAI Officers continue to promote and encourage people to keep active and healthy via social media, providing football skill challenges and tutorials.
- FAI Officers Women's Development Officers have the following programmes in place for the next September/October across all areas in the city. Full details TBC;

### **September:**

- School Sessions
- Club Visits
- Spin Women and Girls workshop
- DCC Sports Fest Events
- Be Active Bingo
- Walking Football For Older Adults
- DCC PUP (Pop Up Participation Programme)
- UEFA Grassroots Week
- DCC Champions Day FFA

- Emerging Talent Programme
- After School: Two new female participation programmes developed and designed during Covid 19 Lockdown:
  - 9-11 Future Stars programme.
  - 12-15 Girls in Green programme.

**October:**

- School Sessions
- First year Futsal Girls
- Show Racism the Red Card initiative
- Club Visits
- Girls U12 National Blitz
- After school, Future Stars and Girls in Green continued
- Emerging Talent Programme
- Halloween Aviva Camps
- Female Leadership Programme (Female Administrators & Coaches)
- PDP1 Coaching Course
- Glow Football events

**Health Promotion in the Community**

The DCSWP HSE Health Promotion and Improvement Officer delivers and promotes health and physical activity programmes across the City with actions that are consistent with those outlined in the National Physical Activity Plan & Healthy Ireland. The following programmes are scheduled in the Central area over the next period:

➤ Otago Strength & Balance Exercise Programme

This specialised falls prevention programme is delivered in partnership with HSE primary care physiotherapists. The Otago trained fitness instructor will lead suitably screened older adults through the 12-week programme. Sessions in the Central area will take place in Poppintree Sports & Fitness every Wednesday from September 16th at 11am and Ballybough Youth & Fitness Centre every Friday from 11.30am.

➤ Move for Health

The 'Move For Health' programme focuses on strength, balance & fitness and is delivered in a fun and sociable environment. A qualified instructor takes participants through a series of gentle exercises once a week for 10 weeks. This initiative is a collaboration between Dublin City Sport & Wellbeing Partnership & HSE Primary Care Physiotherapy Teams. In the Central Area the programme will be delivered in the Killarney Court Community Centre, D1 every Monday at 11.30am from September 14th.

➤ Rowing in the community -Get Going Get Rowing

The Get Going Get Rowing programme delivers rowing classes and coaching courses to secondary school students. While programmes have been scheduled with local schools in

the area, the programme will be operating at a lower than normal capacity for September and October. Rowing Ireland will be working with schools to adapt the 'Get Going..Get Rowing' programme to new circumstances. As some schools will not have access to their P.E facilities, an increased number of sessions will be held on the water in the DCC Municipal Rowing Centre in Islandbridge. The decrease in school numbers for September and October will also allow the Rowing Officer to reschedule some of the on the water sessions that were due to take place in April and May. Sessions will take place during school hours.

The Dublin Area Rowing Blitz takes place annually in Trinity College at the end of October and while current restrictions will not allow this event to take place, Rowing Ireland is exploring the possibility of several small events to honour the tradition.

➤ *Rugby in the Community*

Leinster Rugby Officers are supporting clubs and schools to return to play safely by liaising with club safety officers and preparing guideline documents. These documents are 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.

The 'Scrummy Mummys' rugby programme aimed at increasing female adult participation in the North East Inner City continues every Thursday from 6pm – 7pm in St. Laurence O'Toole's Recreation Centre. The programme is coordinated by the Central Area Rugby Co-funded officer, Stephen Maher with support from local DCSWP Officers.

The NEIC Rugby reactivation programme aimed at women and children will be delivered by Development Officers every Tuesday at 6pm, Wednesday at 12 noon and Thursday at 11am.

## **CONTACT DETAILS**

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