

## CENTRAL AREA COMMITTEE

## DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT OCTOBER 2020



October Dublin City Sport & Wellbeing programmes/initiatives outlined below will be delivered in line with current Level 3 COVID 19 restriction guidelines as set out by Central Government and the HSE. Programmes are subject to postponements or amendments that may be required in the interest of public health safety.

DCSWP continues to support our communities to stay active and healthy in a safe environment. Support is provided via the Partnership's dedicated social media platforms and through the development and distribution of advisory booklets.

### **Social Media:**

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

### **Advisory Booklets:**

These booklets provide critical advice for Older Adults in our communities on how to maintain physical activity and exercise if at home (Stay Home, Stay Healthy, Stay Active) and/or advice on how to return safely to exercise outside the home (Let's Get Moving Again). The booklets are produced by DCSWP in partnership with Age Friendly Ireland, HSE, Irish Society for Chartered Physiotherapists and Local Sports Partnerships.

- Stay Home, Stay Health, Stay Active: <https://www.dublincity.ie/sites/default/files/content/Housing/Documents/OlderAdultsBooklet.pdf>
- Let's Get Moving Again: <https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch>

## **1. DCSWP GENERAL NEWS OCTOBER 2020**

### **Marathon Kids 2020**

This is the second year of DCSWP's collaboration with Marathon Kids, South Dublin County Council and Fingal County Council. Last year over 1500 students at 5<sup>th</sup> and 6<sup>th</sup> class level participated in the 8-week initiative with children running their final mile in Morton Stadium at the conclusion of the programme in November. A similar number of schools have signed up this year across the city including schools based in the Central Area.

This year each school will run their own final mile event due to COVID 19 restrictions. T-shirts, medals and booklets will be supplied to all schools to ensure the incredible achievement of our young participants is acknowledged. An online version of the information booklet and a weekly link to the Marathon Kids interactive page/site will also be provided to support delivery of the programme.

### **Women in Sport 2020**

GAGA is DCSWP's core programme aimed at increasing opportunities for women to participate in sport. DCSWP has secured funding from Healthy Ireland to deliver a Women in Sport initiative in 7 schools covered by Dublin City North Children and Young People's Services Committee (CYPSC).

The multi-sport after-school programme is aimed at teenage girls between the ages of 12-15 years and will be delivered across 24 weeks from September to December with a further 24 week programme planned to commence in January 2021.

- In the Central area the Zumba Women in Sport/GAGA school programme will be delivered in Coláiste Mhuire secondary school, Cabra every Wednesday from 12-1pm aimed at second year students.

### **Orienteering For Young People Programme**

DCSWP is collaborating with Orienteering Ireland to facilitate orienteering programmes aimed at children & teenagers. Orienteering provides great opportunities for young people to develop skills such as problem-solving and teamwork while enjoying themselves as they navigate courses in the great outdoors.

In October, training workshops delivered by Orienteering Ireland will provide Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to young people. Programmes led by DCSWP Sport Officers will then follow in local Dublin City Council parks for young people including participants from the Central area.

### **Fit For All Week 2020**

Fit For All Week is a national initiative aimed at increasing awareness of the importance and benefits of regular exercise and healthy lifestyles for those with disabilities in our communities. DCSWP Sport Inclusion & Integration Officers will be promoting disability in sport via DCC's Sport & Fitness facilities throughout the week, which takes place from 12<sup>th</sup> – 18<sup>th</sup> October.

## **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 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 grant 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 closing date for receipt of applications was Friday 17 July. 151 sports clubs across the city have been approved for funding under the grant scheme for 2020. DCSWP is currently in the process of informing clubs and processing payments.

## **Sport Ireland COVID 19 Club Small Grant Scheme**

The COVID-19 club small grant scheme is part of an overall programme from the Government of Ireland, implemented through Sport Ireland and the Local Sports Partnerships to support the sports sector during the COVID-19 pandemic.

This scheme is designed to support clubs that do not have the finances to implement COVID-19 related hygiene and social distancing protocols. Once approved the grant will cover costs associated with the reopening of clubs. The club grant scheme is designed and intended to support the return to sporting activities only.

Under the scheme Local Sports Partnerships have responsibility for advertising the scheme, collating club information via the Sport Ireland template and making recommendations on funding to Sport Ireland based on the information submitted. 115 applications were received, assessed and recommendations were issued by DCSWP on 14<sup>th</sup> September. These recommendations are due to be discussed at a Sport Ireland board meeting in early November where a final decision on all applications will be made.

## **‘Get Physically Active’ Sport Inclusion Programme**

DCSWP Sport Inclusion and Integration Officers continue to host 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:

<b>Day</b>	<b>Time</b>	<b>Service</b>
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.

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

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

### **Disability & Inclusion Training**

- In partnership with CARA, Ireland the online Disability & Inclusion Training programme was recently launched. This is part of a series of online Disability in Sport training programmes already in operation. Training will commence from 6<sup>th</sup> October.

### **Adapted Couch to Park Walk and Couch to Parkrun Programme**

This a four-week outdoor couch to park walk programme continues and is delivered in St. Anne's park. Participants are from all areas of the city including the Central area.

## **2. CENTRAL AREA DUBLIN CITY SPORT & WELLBEING PROGRAMMES/INITIATIVES OCTOBER 2020**

### **Cabra Family Challenge 2020**

This Central area physical activity family day will take place during the school mid-term break and will focus on building problem solving, communication and team-work skills amongst participating families in a challenging but fun environment.

### **Cabra Marathon Challenge in Cabra Community**

This 26 day challenge commences on 5<sup>th</sup> October and is targeted at Transition Year students from Cabra Community College. Students are encouraged to focus on competing only with themselves as they seek to improve their daily time over the 26 week period.

### **National Learning Network Phibsboro Programme**

The National Learning Network Phibsboro Programme provides services for people who require specialist support. This weekly walking programme is aimed at young adults and commences on 6<sup>th</sup> October in Mount Bernard Park, Cabra East. Times TBC. Sessions will be organised on a morning/afternoon basis to ensure safety around social distancing.

### **Activator Pole walking and tone programme**

These weekly sessions in Cabra Parkside are aimed at older adult groups identified in the local area. The dynamic programme blends walking drills with activator pole exercises with focus on improving participants' mobility and strength. Music is played throughout these

sessions as a motivational tool to help lower anxiety levels and encourage and facilitate social interaction.

### **Trails Walking Challenge**

The fortnightly community trails walking programme aimed at existing walking groups in the area continues over the next period. 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 sessions prior to the roll out of the programme and expert guidance is provided along all routes to ensure trail walkers embrace the challenge in a safe and supportive environment

## **3. DCSWP CO-FUNDED TEAM PROGRAMMES/INITIATIVES OCTOBER 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 Athletics Officers continue to engage with schools across the city in relation to athletics programmes including Marathon Kids.

### **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 non-contact boxing programmes as part of the Startbox School Boxing programme.

Startbox for 2020 will incorporate COVID 19 boxing style fitness skills and deliver the Olympic Education programme after which young participants will receive completion certificates.

In the Central area the programme will be provided by Boxing Officers in the following local schools from Monday 12<sup>th</sup> October for students age 10-12 years;

- D7 Educate Together every Monday at 12 noon (mixed).
- St. Finian's Boys National School every Tuesday at 12.30pm
- Central Model National Senior School (mixed)
- St. Laurence O'Toole Boys National School every Thursday at 12.30pm (x 2 classes)
- St Paul's Boys National School every Friday at 12.30pm

Other schools expected to engage in StartBox during this period include St Joseph's in Fairview and St John Bosco's, Navan Road. Follow on programmes will commence with other age groups in the coming weeks.

## **Cricket in the Community**

- CricHITT (Cricket Fitness Sessions) after-schools programmes aimed at encouraging teenage girls to get involved in the sport are in the planning stages for schools in the Central area.
- Primary school cricket sessions continue in the Central Area in St. John Bosco's National School every Friday from 10.30am -12.30pm.
- Citywide midterm Cricket camps are in the planning stages for the October break from 10am-5pm. Full details TBC and subject to COVID 19 restrictions.

## **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. Local Co-funded officers are also re-engaging with schools and youth groups in the Central area.

## **Women in Football Development**

- As part of Football People Fare (Football Against Racism in Europe) Action Week this online initiative will be delivered by FAI officers in schools across the city aiming to educate young people on the issues of racism in sport.
- The FAI Emerging talent programme continues in schools and clubs in the area aimed at females age 10-15 years.
- Halloween Aviva mid-term camps are scheduled to take place and are aimed at young female soccer players age 6-14 years.
- Other ongoing women in football development initiatives during the next period include after-school programmes, Girls In Green, Future Stars, Female Leadership, Coaching PDP 1 and various Glow Football events.

## **Rowing in the community - Get Going Get Rowing**

- The Get Going Get Rowing Programme delivers rowing sessions in schools and on-the-water sessions in Islandbridge. The DCSWP Rowing Ireland Officer is aiming to return to schools after the October midterm break (26<sup>th</sup>-31<sup>st</sup> October), depending on COVID-19 restrictions.
- On-the-water sessions continue for rowing students across the city between the ages of 12-18.
- The Rowing Officer is working towards creating a virtual inter-school league to replace cancelled events and in this regard is collaborating with teachers in the CDETB group to incorporate rowing into any pre-existing inter-school sports leagues.

## **Rugby in the Community**

- Leinster Rugby Officers continue to support 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.
- U14-U16 female Halloween camps are scheduled to take place in Clontarf Rugby Club from 10am – 1pm. Full details TBC. This event will be an opportunity for officers to grow the sport by connecting with local schools and identifying player potential.
- Rugby touch/tag introductory programmes will be delivered in Dominican College, Glasnevin every Monday, Wednesday and Friday from 11.30 am – 1pm aimed at encouraging female participation at first year level. Each programme will run for a two week period.

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