

NORTH 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 Healthy, 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 5th and 6th 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 North Central Area. Approximately 3000 school children in the Dublin city area will be taking up the challenge this year.

This year the programme has also encouraged students at 3rd and 4th year level to get involved. 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 on-line 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.

The following schools in the North Central have taken up the 2020 Marathon Kids challenge;

- Scoil Íde GNS, Kilmore
- St. John of God GNS, Artane,
- St. David's BNS, Artane
- St. Fiachra's SNS, Beaumont
- Scoil Chiaráin CBS, Donnycarney

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 for January 2021.

- In the North Central area the Women in Sport/GAGA rugby school programme will be delivered St.Mary's Holy Faith, Killester secondary school on Thursday 15th/22nd October from 12.15pm – 1.15pm and on Friday 16th/23rd October from 11.15pm – 12.15pm.

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 North Central area.

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 14th 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:

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 North 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 North 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 6th 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 North Central area.

2. NORTH CENTRAL AREA DUBLIN CITY SPORT & WELLBEING CORE PROGRAMMES/INITIATIVES OCTOBER 2020

Trails Walking Challenge

The fortnightly community trails walking programme aimed at existing adult walking groups in the North Central 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 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

Full details TBC.

Let's Get Walking Edenmore

DCSWP is committed to supporting communities across the city to stay active in the colder months through our Autumn/Winter walking programmes. The North Central area walking programme will take place in Edenmore Park every Monday at 11am every Monday from 19th October – 9th November.

Back on your Bike

The Back On Your Bike programme is delivered by DCSWP North Central area Sport Officers and is aimed at novice adult cyclists in the area looking to take up or resume a very beneficial form of exercise for the heart and mind during the Autumn/Winter period. The programme will focus on building confidence on the bike and educating participants on road safety knowledge. Cyclists will meet every Tuesday at 10.30am at the East Wall Sports Centre. Bikes and safety gear are provided by DCC/DCSWP.

2. 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.

The Startbox programme for 2020 will incorporate boxing style fitness strength and core skills. In the North Central area the 5 –week Startbox Bronze Programme will be delivered in the following schools :

- The Donahies Community School – mixed students age 15-17 years every Tuesday at 9.40am (From 20th October).
- St. Francis Primary School, Priorswood – mixed students age 9-10 years every Wednesday at 1pm (From 11th November).
- O.L.I Darndale Primary School – mixed students age 10-11 years every Thursday at 11am (From 19th November)
- St.Malachy's B.N.S, Raheny – students age 11-12 years every Friday at 11am (From 13th November)

Cricket in the Community

- Cricket Coaching courses aimed at coaching young cricketers between 5-11 years will be delivered in the area every Saturday from 9-5pm in November. Venue TBC.
- Primary school cricket sessions continue in the North Central Area in Belmayne Educate Together every Monday from 1pm-3.30pm and St. David's CBS every Friday from 1pm – 2.30pm.
- Citywide mid –term Cricket camps are in the planning stages for the October break from 10am – 5pm. Full details TBC and subject to COVID 19 restrictions.
- The under-13 girls cricket provincial sessions continue in Clontarf Cricket Club every Friday from 5pm-9.30pm.

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 North 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 citywide 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.

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.

- **Men on the Move** is a free physical activity programme that is aimed at adult men who have been inactive for a period of time and are looking to resume regular exercising and improving their fitness levels. The programme involves twice weekly exercise sessions made up of a combination of aerobic, strength & flexibility components. In the North Central area the Men on the Move programme will be delivered in Coolock every Tuesday at 11am (from September 15th) in Glin Road Centre.

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 (26th-31st 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 identify player potential.
- Rugby touch/tag coaching programmes will be delivered in St.Mary's Holy Faith, Killester every Tuesday from 20th October from 11.15am -4pm (at various times to accommodate COVID restrictions on group numbers).
- Rugby development programmes continue in North Central schools for the next period in St. Davids CBS, Artane (2nd year level) and Greenland's National School Clontarf (5th and 6th class level) every Thursday and Monday respectively.
- The Clontarf Girls Coach Workshop focuses on developing skills for young coaches around the implementation of scrum and lineout rules for girls age 14-18 years. The programme takes place every Wednesday from 21st October in Clontarf Rugby Club.
- Tag Rugby programmes will be delivered in Maryfield College, Coolock for 1st year students every Thursday from 5th November.

CONTACT DETAILS

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