

## SOUTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT SEPTEMBER 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>

## **Halloween 2020**

DCSWP Sport and Co-funded Officers continue to work closely with partners in the South Central area to ensure the delivery of ongoing and upcoming community programmes:

- During the Halloween break, DCSWP Officers will be working with Ballyfermot Youth Services to provide introductory skate boarding lessons for young people and with St. Ultan's Aftercare group to support and assist the service in the delivery of outdoor education games as part of their daily exercise sessions.
- Halloween FAI, IRFU and Cricket Ireland citywide camps are in the planning stages with delivery subject to Government restrictions.

## **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 South 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 3<sup>rd</sup> and 4<sup>th</sup> 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.

### **Women in Sport 2020**

GAGA is DCSWP's core programme aimed at increasing opportunities for women of all ages and abilities to participate in sport and physical activity. The initiative is ongoing throughout the year but takes on a strategic focus during the Winter months in schools and communities across the city:

- In the South Central area DCSWP Officers are working closely with TUI Dublin via the Developing Women in Sport Training programme. Full details on times and dates TBC.

### **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 provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of

orienteering to young people. Programmes led by Sport Officers will follow this training in Dublin City Council's parks.

### **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. 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. 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 South 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 South 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 commenced from 6<sup>th</sup> October.

## **DUBLIN CITY SPORT & WELLBEING SOUTH CENTRAL PROGRAMME HIGHLIGHTS OCTOBER 2020**

### **Dive Ireland Junior Diver 1 Star Programme**

This scuba diving training programme for males and females in the South Central area age 14-21 years has been delivered throughout the summer in collaboration with Dive Ireland. The programme will conclude in November when young people take their final dive for 2020.

### **Trails Walking Challenge**

This series of community trail walks targeted at existing walking groups in the South Central area has temporarily ceased due to COVID Level 3 but plans are in place for its resumption once restrictions ease.

All challenges are designed to support participants to progress gradually along walks in the scenic surroundings of the Dublin and Wicklow Mountains.

Group members will attend onsite sessions prior to the roll out of the programme and expert guidance will be provided along all routes to ensure trail walkers embrace the challenge in a safe and supportive environment.

### **Training & Development**

- Online Safeguarding training and pitch/centre COVID compliance training (in partnership with Ballyfermot United FC) will resume for coaches and players over the next period.
- First Aid Response community training will be delivered in Ballyfermot Sports & Fitness Centre. Full details on times and dates TBC due to restrictions.

## **Bike Maintenance Programme**

The Bike maintenance advisory programme was delivered as part of National Bike Week 2020 which is a celebration and promotion of all things relating to the joy of cycling. The programme continues in Ballyfermot over the next period for under 18 bike enthusiasts.

## **Community Fitness Classes**

- Boxercise and zoom classes continue every Wednesday every Tuesday from 13<sup>th</sup> September in the Fatima F2 Astro Pitch facility for participants age 18+
- Fitness and Better balance door step challenges aimed at the over 50's continue every Wednesday from 14<sup>th</sup> September in Bulfin Court, Inchicore and every Thursday from from 10.30-11.30am in the Rialto church gardens.
- General fitness and zoom classes are ongoing every Thursday and Friday from 16<sup>th</sup> September from 1-2pm in the Fatima F2 Astro Pitch facility from 1-2pm for participants age 18+.

## **Local DCSWP Support**

DCSWP Sport Officers in the South Central Area continue to support local communities in the following areas;

- Ongoing delivery of 'Let's Get Moving Again' booklets for Older Adults (developed in partnership with the HSE as a follow up to the 'Stay Home, Stay Active, Stay Healthy' lockdown response initiative.
- Providing support and information for various community groups in the area.
- Ongoing monitoring and support to GAISCE President Award applicants
- Ongoing contact with range of community groups, identifying their needs subject to direction by Government Guidelines and Management direction.

## **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.
- DCSWP Officers continue to re-engage with schools in the South Central area to provide support in relation to athletics initiatives including the Marathon Kids programme

## **Boxing in the Community**

IABA covid protocols are now in place, allowing DCSWP Co-funded officers to re-engage safely with schools in the South Central area in relation to the delivery of non-contact boxing programmes:

- This year the Startbox school programme has been condensed to 5 weeks as part of the Covid-19 adherence policy and guidelines. Despite current restrictions his programme continues to offer young people in the area the opportunity to engage with amateur boxing and enjoy the many benefits Ireland's most successful Olympic sport can offer. The first phase of the 2020 programme took place following the back to school period and was a massive success in the South Central area with over 300 school students at primary and secondary level taking part. The programme is now entering its second phase rollout in schools across the area.

## **Cricket in the Community**

- Cricket sessions aimed at players across the city at U11 level continue every Friday from 5.30 -9pm.
- With school's returning for the new term, primary school cricket sessions will be delivered across the South Central Area.
- Citywide Mid –term Cricket camps remain in the planning stages for the October break. 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. Local Co-funded officers are also re-engaging with schools and youth groups in the South 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.

**The indoor Health Promotion programmes below are planned for communities in the South Central area over the next period but may at the time of the October area meeting have been postponed due to COVID-19 health and safety restrictions:**

- **Men on the Move** is a free physical activity programme that is aimed at adult men who have been inactive for a while and are looking to get back to exercising and improving their fitness levels. It involves twice weekly exercise sessions made up of a combination of aerobic, strength & flexibility components. In the South Central the Men on the Move programme is delivered in Chapelizod every Wednesday at 2pm in Lionsville Hostel.
- **Women's Mental Health & Wellbeing Programme** is a 10-week lifestyle change programme providing physical assessments and chair aerobics classes. The programme is aimed at women with mental health difficulties in the Cherry Orchard area who have been referred by the Rehabilitation Mental Health Services.
- **Fatima Fit** is an active community exercise initiative aimed at adults of all age groups and fitness levels. This class takes place in the F2 Centre, Rialto every Wednesday from 12pm and aims to help participants to improve their core strength and flexibility regardless of current fitness levels.

## **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 CDET group to incorporate rowing into any pre-existing inter-school sports leagues.

## **Rugby in the Community**

- Leinster Rugby Officers continue to support local 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.

- Halloween rugby camps for all players at primary school level, both male and female, remain in the planning stage.

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