

**The Chairman and Members of
North West Area Committee.**

Meeting: 20th October 2020

Item No: 13

Dublin City Sports & Wellbeing Partnership (DCSWP) Report

October Dublin City Sport & Wellbeing programmes/initiatives outlined below will be delivered in line with current Level 3 COVID 19 restriction guidelines:

Social Media:

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

Advisory Booklets:

Stay Home, Stay Healthy, Stay Active) and/or advice on how to return safely to exercise outside the home (Let's Get Moving Again) for Older Adults. 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>

DCSWP GENERAL NEWS

Marathon Kids 2020

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. This year the programme has also encouraged students at 3rd and 4th year level.

Women in Sport 2020

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.

Orienteering For Young People Programme

In October, training workshops delivered by Orienteering Ireland provided DCSWP Sport Officers to young people. Programmes led by Sport Officers will follow this training in Dublin City Council parks.

Sport For Young People Small Grant Scheme

The purpose of the scheme is to provide opportunities for young people aged 4 – 21 years to participate in sport and physical activity.

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

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. 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.

Get Physically Active' Sport Inclusion Programme

Weekly zoom exercise sessions for individuals aged between 19 and 65 years with intellectual, physical and sensory disabilities.

| 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 programmes include those residing in the North West 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.

Disability & Inclusion Training

- In partnership with CARA, Ireland the online Disability & Inclusion Training programme was recently launched. Training commenced from 6th October.

DCSWP CO-FUNDED TEAM PROGRAMMES/INITIATIVES

Athletics in the Community

- DCSWP Athletics Officers continue to liaise with athletics clubs across the city on a weekly basis weekly. As schools return, DCSWP Athletics Officers continue to engage with schools in the area in relation to athletics programmes including Marathon Kids.

Boxing in the Community

The 5 –week 'Covid Buster Non-Contact' Startbox Programme will be delivered in the following schools:

- St. Kevin's BNS, Finglas every Monday at 11.30am (3rd class students), 12.15pm (4th class students) and every Thursday at 12.15pm (5th class students)
- St. Malachy's BNS, Finglas every Tuesday at 10am (3rd class students), 10.45am (4th class students) 11.30am (5th class students) and 12.15pm (6th class students).
- Our Lady of Victories BNS, Ballymun every Friday at 11am (4th class students), 12.15pm (5th class students) and 1pm (6th class students).

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.
- 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 girl's citywide cricket provincial sessions continue in Clontarf Cricket Club every Friday from 5pm-9.30pm.

Football in the Community

- Local Co-funded officers are also re-engaging with schools and youth groups in the North West 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.
- 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.

- Otago Strength & Balance Exercise Programme
The OTAGO initiative which is a specialised falls prevention programme for older adults will resumes in September/October in partnership with HSE primary care physiotherapists. The programme continues in the North West area in Poppintree Sports & Fitness Centre every Wednesday at 11am.

Rowing in the community -Get Going Get Rowing

- . 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 CDET B 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. School rugby programmes are ongoing in the following North West area schools:
- Our Lady of Victories GNS, Holy Spirit GNS, Ballymun (Next semester), St Finian's National School, Virgin Mary BNS Ballymun, Fionnbarra Naofa BNS, D7 Educate together

CONTACT DETAILS:

| Name | Role | Contact Information |
|------------------|--------------------------------------|--|
| Shauna Mc Intyre | General Manager, DCSWP | shauna.mcintyre@dublincity.ie |
| Aideen O'Connor | Programmes & Services Manager, DCSWP | aideen.oconnor@dublincity.ie |
| Colin Sharkey | Office Manager, DCSWP | Colin.sharkey@dublincity.ie |
| Derek Ahern | Sport Officer, DCSWP | Derek.ahern@dublincity.ie |
| Paul Donnelly | Sport Officer, DCSWP | Paul.donnelly@dublincity.ie |
| Eileen Gleeson | Sport Officer, DCSWP | eileen.gleeson@dublincity.ie |
| John McDonald | Sport Officer, DCSWP | John.mcdonald@dublincity.ie |

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|--------------------|---|--|
| Lisa Kelly | Sport Inclusion & Integration Officer, DCSWP | Lisa.Kelly@dublincity.ie |
| Nuala O'Donovan | Sport Inclusion & Integration Officer, DCSWP | Nuala.odonovan@dublincity.ie |
| Colette Quinn | Development Officer, Athletics | colettequinn@athleticsireland.ie |
| Gerard O'Donnell | Development Officer, Athletics | gerardodonnell@athleticsireland.ie |
| Neil | Development Officer, F.A.I. | |
| Keith O'Halloran | Women's Development Officer, F.A.I. | Keith.ohalloran@fai.ie |
| Juliet Shortt | Development Officer, Rugby | juliet.short@leinsterrugby.ie |
| Fintan Mc Allister | Development Officer, Cricket | Fintan.mcallister@cricketleinster.ie |
| Noel Burke | Development Officer, Boxing | noelkarenburke@gmail.com |
| Aoife Byrne | Development Officer, Rowing | Aoife.byrne@getgoinggetrowing.ie |

Dee O'Boyle

dee.oboyle@dublincity.ie