

CENTRAL AREA COMMITTEE
DUBLIN CITY SPORT & WELLBEING PARTNERSHIP
REPORT NOVEMBER 2020



Following the introduction of COVID 19 Level 5 restrictions on Wednesday 21st October, the delivery of a number of Dublin City Sport & Wellbeing Partnership's programmes have been temporarily affected.

However despite these restrictions DCSWP services continue to adapt and evolve in order to provide opportunities for people in our communities to remain active and healthy regardless of age or ability. In addition many programmes for the end of 2020 and into 2021 are in the planning stages.

Online, outdoor, community and school programmes will be delivered by our dedicated DCC and Co-funded Sport officers over the next few weeks in line with Central Government/ HSE guidelines and recommendations.

Grant supports are also being progressed by DCSWP to support local sports clubs to continue the very important work they carry out in the community (more details below).

Online/Social Media Supports:

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

Details on how to either access links or contact area Sport Officers on online programmes can be provided via the DCSWP office at dee.oboyle@dublincity.ie

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>

DCSWP GENERAL NEWS NOVEMBER/DECEMBER 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 South East Area.

Approximately 3000 school children in the Dublin city area will be taking up the challenge this year led by DCSWP officers.

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 is available to support delivery of the programme.

In the Central area the following schools are currently participating in the 2020 programme:

SCHOOL	ADDRESS
*St Brigid's GNS	Old Finglas Road, Glasnevin, Dublin 11
Scoil Mobhí	Mobhi Road, Glasnevin
Glasnevin ETNS	Griffith Avenue, Drumcondra
St. Catherine's GNS	Rathoath Road, Cabra West
Holy Family school For The Deaf	Navan Road, Cabra West
Gaelscoil Bharra	Faussagh Avenue, Cabra West
Our Mary Help Of Christians GNS	Navan Road, Cabra
Broombridge Educate Together	Bannow Road, Cabra

**St. Brigid's GNS/DCSWP Marathon Kids journey can be followed on social media as they progress towards their goal:*

- @stbrigids_gns
- @dccsportsrec

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 across all areas. Programmes led by Sport Officers are in the planning process following this training and will be delivered 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 14th September. These recommendations are due to be discussed at a Sport Ireland board meeting in 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 Central area of the city.

Disability & Inclusion Training

DCC/DCSWP is proud to have signed the National Sport Inclusion and Disability CARA charter which sets out five key areas people with disabilities are seeking on order to lead a healthy and active lifestyle.

DCSWP has two Sport Inclusion & Integration Officers dedicated to deliver on this goal as well as focussing on integrating minority groups in the community via our programmes.

In partnership with CARA, 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 6th October.

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 Central area the Zumba Women in Sport/GAGA school programme continues 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 provided Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to young people. Programmes led by DCSWP Sport Officers now follow in local Dublin City Council parks for young people including participants from the Central area.

CENTRAL AREA DUBLIN CITY SPORT & WELLBEING PROGRAMMES/INITIATIVES NOVEMBER 2020

Cabra Community College Marathon Challenge

The second 26 day challenge commences in November 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.

Trails Walking Challenge

The fortnightly community trails walking programme aimed at existing walking groups in the area continues over the next period. All challenges are 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

In the Central area Trail Walking programmes are delivered every Thursday from 10 am for participants age 25-75 years.

Dublin 1 Young Men's Health Pilot Programme Challenge

This initiative is part of DCSWP Youth At Risk core programme and provides a positive space for young men from Hardwicke Street to focus on and improve mental and physical health and wellbeing through introductory yoga, meditation, cycling, walking, kayaking & swimming programmes.

The programme commenced during Social Inclusion week with participants cycling from Hardwicke Street to Clontarf pitches and continues every Tuesday from 10 am over the next period.

After- School Fitness Sessions

Drop-in online fitness sessions previously delivered in St.Michan's centre, Church street continue to support young male participants in the area age 14 years + every Friday from 3pm.

Mount Carmel GAA Programme

This GAA development programme is delivered in partnership with St.Brendan's GAA every Wednesday from 1.30 – 3.30pm and is targeted at females age 12 years + in Mount Carmel secondary school.

Healthy Ireland/HSE Wellbeing & Fitness Programme

This 8 week programme is currently being delivered online for participants age 18 years + every Friday from 10am in partnership with Health Ireland and the HSE.

DCSWP CO-FUNDED TEAM PROGRAMMES/INITIATIVES NOVEMBER 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 delivered by Boxing Officers in the following local schools for students age 10-12 years;

- D7 Educate Together every Monday at 12 noon (mixed).
- Presentation College, George's Hill every Tuesday at 9.15am (Females).
- Central Model National Senior School every Wednesday at 12.30pm (mixed)
- St Paul's Boys National School every Friday at 12.30pm
- St John Bosco's, Navan Road every Friday at 10am.

Follow on programmes will commence with other age groups in the coming weeks. The local Boxing Co-funded officer hopes to finalise start dates for the programme in other schools in the area over the next period including the North Dublin National Muslim School, Cabra.

Cricket in the Community

- Primary school cricket sessions continue in the Central Area in St. John Bosco's National School every Friday from 10.30am -12.30pm and Scoil Mobhi, Glasnevin every Wednesday from 1-2.30pm.
- The NEIC cricket development programme is in the planning stages for when restrictions are eased in December. 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 Central area.

Women In Football Development

- With the FAI Soccer Sisters programme cancelled due to restrictions DCSWP's two dedicated Women's Development Officers have produced and developed online skill session programmes that young female soccer enthusiasts can take part in from the safety of home.
- The FAI Emerging talent programme continues in schools and clubs in the area aimed at females age 10-15 years.

Rowing in the community -Get Going Get Rowing

- The Get Going...Get Rowing programme delivers rowing classes and coaching courses to secondary school students. Under Level 5 restrictions, school age children are able to continue participating in non-contact rowing programmes with slight adjustments for distancing and sanitising processes. Approximately 600 students will take part in classes across the city.
- Rowing Ireland is also working on establishing a virtual All-Ireland inter-schools rowing league. This will begin on a regional basis and progress to national level. The aim is to include all programme participants across Ireland including rowing students in the Central area.

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.
- Rugby touch/tag introductory programmes continue 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.
- The Central area Rugby Development Officer will continue to deliver rugby programmes for females at 5th and 6th class level in schools in the Central area over the next period.

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
John Sweeney	Sport Officer, DCSWP	john.sweeney@dublincity.ie
Michelle Waters	Sport Officer, DCSWP	michelle.waters@dublincity.ie
Mitch Whitty	Sport Officer, DCSWP	Mitchell.whitty@dublincity.ie
David Phelan	HSE Health Promotion & Improvement Officer	Davidphelan6@mail.dcu.ie
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
Ian Hill	Development Officer, FAI	ian.hill@fai.ie
Tommy Carberry	Development Officer, FAI	Tommy.carberry@fai.ie
Keith O'Halloran	Women's Development Officer, FAI	Keith.ohalloran@fai.ie
Pearl Slattery	Women's Development Officer, FAI	Pearl.slattery@fai.ie
Ray McCabe	Rugby Development Officer	Ray.mccabe@leinsterrugby.ie
Stephen Maher	Rugby Development Officer	stephen.maher@leinsterrugby.ie
Fintan Mc Allister	Development Officer, Cricket	Fintan.mcallister@cricketleinster.ie

REPORT BY:

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie