

NORTH 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 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)
- 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>

DCSWP NEWS NOVEMBER 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 North Central area the following schools are currently participating in the 2020 programme:

SCHOOL	NCA Location
Scoil Íde GNS	Kilmore
Scoil Fhursa BNS	Kilmore
Glasnevin ETNS	Griffith Avenue, Drumcondra
St. John of God's GNS	Artane
St. David's BNS	Artane
St. Fiachra's SNS	Beaumont
Scoil Chiáran's BNS	Donnycarney

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 in St. Anne's Park provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to young people across all areas. Due to exiting restrictions programmes led by Sport Officers remain in the planning process.

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.

Decisions on recommendations issued were finalised at the November Sport Ireland and official correspondence will be circulated to clubs regarding those decisions in due course.

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)
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Participants in the Central Remedial Clinic and National Learning Network programmes include those residing in the North 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 programme is delivered in partnership with DCSWP's HSE Health Promotion & Improvement Officer.

The Women in Sport 12 week multi-sport after-school programme commenced in September and is aimed at teenage girls between the ages of 12-15 years. In the North Central area the following schools are taking part in the Women in Sport/GAGA initiative:

- Our Lady Of Mercy College, Beaumont every Friday from 9.30am.
- 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 continue to participate in the GAGA rugby school programme in partnership with Leinster Rugby
- Kickstart Level 1 safeguarding and education will be delivered in Our Lady of Mercy College, Beaumont by DCSWP's Women's Football Development Officer every Wednesday from 9.30am.

A further 12 week programme Women in Sport programme is planned for January 2021

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 providing event specific support and advice regarding protocols in areas such as coaching documents, videos tutorials and sample sessions.

DCSWP Athletics Officers continue to engage with schools across the city in relation to athletics programmes including Marathon Kids.

- In the North Central area the Athletics Officer will be delivering a 4 week primary school athletics training programme in St. David's BNS, Artane. Full details on start dates and times TBC.

Boxing in the Community

THE IABA Boxing Officer continues to deliver non-contact boxing programmes as part of the Startbox School Boxing programme. The programme has been successfully adapted to ensure young people honing boxing skills in a safe environment

The Startbox programme for 2020 incorporates boxing style fitness strength and core skills.

In the North Central area the 5 –week Startbox Bronze Programme is being 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 – age 11-12 years every Friday at 11am (From 13th November)
- St.Joseph's National School, Bonnybrook – mixed students age 11-12 years every Monday at 11.00am (from 16th November)
- St. David's, Artane – male students age 15-17 years every Wednesday at 11.00am (from 11th November).

The NW area Boxing Development Officer has plans in place to deliver the Bronze programme in other schools aimed at students from 3rd- 6th class in the area for the remainder of 2020.

Note: The Development of Boxing Programmes for Young People age 7-10 years.

DCSWP management has met with the area Boxing Officer to discuss above. This issue remains on the agenda for the post-Covid period. IABA Officers continue to engage with primary school children via the Startbox non-contact programme.

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 in Clontarf Cricket Club
- 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.
- Provincial Cricket Sessions for U15 girls from the North Central area will take place in Clontarf Cricket Club every Friday from 3-6pm.

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

- Women in Football FAI Development Officers are delivering FAI Coaching and training sessions in North Central schools as part of the Woman in Sport initiative (see above).
- Both DCSWP Women in Football Officers have recently assisted in the development of the Soccer Sister online virtual hub which aims to support and inspire young women in football through various online initiatives.

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 has been temporarily suspended but restrictions permitting will resume in Coolock every Tuesday at 11am in Glin Road Centre.

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

Rugby programmes continue in the following North Central Area schools over the next period with Covid protocols in place:

- St Davids CBS, Artane aimed at boys at 1st year level every Tuesday.
- Scoil Chaitriona, Coolock Aldi Play Rugby aimed at girls at 4th, 5th and 6th class level every Thursday.
- Scoil Mhuire, Marino Aldi Play Rugby aimed at boys at 4th 5th & 6th class level every Thursday

CONTACT DETAILS

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