

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT DECEMBER 2020



At the time of writing this report on 1st December the movement from level 5 to level 3 Covid 19 restrictions had commenced. Formal guidelines on sporting programmes and events are currently being circulated.

In this transition period 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. Prior to the Christmas 2020 break online, adapted outdoor and school programmes will be delivered by our dedicated DCC and Co-funded Sport officers in line with Central Government/ HSE guidelines and recommendations,

Programmes for 2021 including DCSWP's flagship Change For Life initiative and the Lord Mayor's 5-Alive challenge are now in the planning stages (more about Change For Life and LM 5 Alive below).

Grant supports continue to be progressed by DCSWP to support local sports clubs in all areas across the city to continue the very important work they carry out in our communities.

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)
<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](https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch)

Change For Life

Change for Life is an 8 week programme that aims to improve the health of local communities through a partnership approach designed to support people to become more physically active on a regular basis and adopt a healthier diet. The programme runs in tandem with the RTE Operation Transformation TV show.

The programme was first developed in 2013 when a partnership was developed between Dublin City Sport & Wellbeing Partnership, Fatima Groups United, Health Promotion & Improvement, HSE Dublin Mid-Leinster and Dolphin Health Project. This partnership identified a need to tackle the issues of obesity and low physical activity levels in communities across the city in a new and innovative way

While weight loss has always been considered an important aspect of the programme Change For Life also aims to address other health indicators that could be improved through participation such as aerobic fitness, body fat percentage and blood pressure. Improving the psychological well-being of participants was also considered an important outcome of the programme. This all-round approach includes fitness assessments, general exercise classes, a 5K timed walk at the start and end of the programme to establish progress and nutritional/dietary advice.

The programme expanded further in 2020 with the inclusion of a DCC staff Change For Life initiative run by DCSWP Citywide Sport Officers. The programme offered Boxercise, Circuit Training and Bodypump classes. Physical assessments were provided at the start of the programme and were repeated in week 8.

- DCSWP has secured funding from Healthy Ireland to deliver Change For Life in 2021. Given current challenges and potential further/evolving public safety restrictions the programme may commence at a later date and will be delivered in alternative formats to previous years. DCSWP has been informed it has until May 2021 to deliver the programme. .

Planning of these programmes for all areas is in the early stages with discussions ongoing on issues regarding planning and delivery. Full details on 8 week Change For Life North Central area programmes will be provided in the 2021 area committee reports on an ongoing basis.

Lord Mayor's 5 Alive Challenge 2021

In November 2019 the then Lord Mayor of Dublin Paul McAuliffe announced the eighth year of the Lord Mayor's 5 Alive Challenge. Over the years the 5-Alive Challenge has encouraged people to sign up and make a long-term commitment to improve their health and fitness by taking part in some of the great road races held around Dublin.

Over 450 participants signed up for 2020 and were once again supported by our wonderful team of mentors who had completed the challenge in previous years. The mentors ran every

race alongside the participants pacing and encouraging those who were struggling giving the 5Alive experience a unique feeling of camaraderie.

In March following the introduction of Covid 19 lockdown restrictions the 2020 challenge was sadly cut short. However participants continued to receive motivational emails encouraging them to continue on their journey and stay the course in a safe environment via initiatives such as virtual parkrun and the DCSWP Couch to 3k programme.

- In 2021 the 5Alive tradition will continue on a virtual basis. Two of the five virtual road races have been confirmed to date and DCSWP is currently discussing the possibility of linking in with the initiative and offering our 2020 participants the opportunity to complete the challenge they set themselves twelve months ago.
Details TBC

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 processing final 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 meeting. Official correspondence has been circulated to clubs regarding those decision and final payments are being processed by DCSWP.

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 in order to lead a healthy and active lifestyle.

DCSWP has two Sport Inclusion & Integration (SIIO) Officers dedicated to deliver on this goal as well as focussing on integrating minority groups in the community via core 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 and continues. The first online training programme of 2021 will be delivered on Thursday 14th January.
- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme. Full details on times and dates for January TBC.
- DCSWP SIIO's are currently planning 2021 Change For Life programmes. Programmes will be delivered both online and in person (pending restrictions). Activities will include walking, circuit classes, dance classes and Sit Fit classes.
- Get Walking is an innovative walking programme aimed at individuals with memory conditions including Alzheimer's and Dementia. The programme focuses on preventing falls and trips by engaging memory recall and is an initiative delivered in partnership with the HSE in St. Joseph's, Raheny.

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.
- Kickstart Level 1 safeguarding and education continues in Our Lady of Mercy College, Beaumont by DCSWP's Women's Football Development Officer every Wednesday from 9.30am.

A further 6-8 week programme Women in Sport programme is planned for January 2021 in schools across the city including those in the North Central area.

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 Athletics Officers continue to engage with schools across the city in relation to athletics programmes including schools in the North Central area.

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 hone and develop 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 continues in the following schools :

- St. Francis Primary School, Priorswood – mixed students age 9-10 years every Wednesday at 1pm
- O.L.I Darndale Primary School – mixed students age 10-11 years every Thursday at 11am
- St.Malachy’s B.N.S, Raheny – age 11-12 years every Friday at 11am
- St.Joseph’s National School, Bonnybrook – mixed students age 11-12 years every Monday at 11.00am
- St. David’s, Artane – male students age 15-17 years every Wednesday at 11.00am

Cricket in the Community

- Primary school cricket sessions are scheduled for mid to late January 2021 in the North Central area in the following schools;
 - Belgrove NS every Monday from 1pm-3.30pm
 - Howth Road NS every Monday from 10.30am – 12.30pm.
- Provincial Cricket Sessions for U17 girls from the North Central area continue 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

Training initiatives below will be delivered by FAI Development Officers online via zoom but may be subject to changes depending on restrictions.

- Safeguarding 1 Training and PDP1 Female Coaching Training Programmes for Sportslink Ladies Football Club, Santry will be delivered from December 2020. Details TBC.
- Safeguarding 1 training for St. Kevin's FC, Whitehall is in the scheduling process. PDP 1 Coaching Training programmes for the club are also being scheduled to support upcoming female coaches age 16+ years
- The Disney UEFA Playmakers will be launched by the new Disney UEFA Playmakers programme for 5-8-year-old girls on Friday 8th January. Sessions will focus on how football skills and legendary fairy tales can prove a surprisingly powerful combination when teaching young girls lifelong lessons.

The programme is due to be rolled out in Our Lady of Consolation, Donnycarney in the North Central area in partnership with local DCSWP Sport Officers.

Rowing in the community Get Going Get Rowing

- The delivery of school rowing initiatives continues. Six schools across the area are currently engaged with a further ten schools confirmed for January 2021 including schools from the North Central area. The programmes is aimed at secondary school students age 12-18 years.
- Plans for the virtual rowing competition which is delivered every year remains in the planning stages for January 2021.

Rugby in the Community

Rugby programmes continue in the following North Central Area schools over the next period continue with non-contact 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

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