

## SOUTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT DECEMBER 2020



At the time of writing this report on 1<sup>st</sup> December the movement from level 5 to level 3 Covid 19 restrictions had commenced.

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 programme 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 to continue the very important work they carry out in the community.

#### 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>

## **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.

### **CFL 2021**

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 Full details on South 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

## **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 closely continue to work closely with TUI Dublin via the Developing Women in Sport Training programme.

## **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 14<sup>th</sup> 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.

## **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 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 6<sup>th</sup> October and continues. The first online training programme of 2021 will be delivered on Thursday 14<sup>th</sup> 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.
- SIIO officers 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.

## **Community Fitness Classes**

Online Fatima and Beyond Zoom exercise online classes will continue to support South Central Area communities to maintain fitness/physical activity levels:

- Boxercise and zoom online classes continue every Monday, Tuesday and Thursday from 10am.
- Area exercise classes outlined in the October report will resume following the lifting of restrictions on December 1<sup>st</sup>.

## **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 DECEMBER 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 engage with schools in the South Central area to provide support in relation to athletics initiatives.

### **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 third phase rollout in schools across the area and will continue in the new year.

### **Cricket in the Community**

- Primary school cricket sessions will be delivered in the following South Central Areas schools:
  - Scoil Una Naofa, Kimmage every Tuesday from 1.30pm -2.30pm (mixed students)
  - Drimnagh Castle BNS every Tuesday from 10.30am – 12.30pm (males)

### **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 continue to engage with schools and youth groups in the South Central area.

### **Women In Football Development**

- Safeguarding 1 Training (via zoom) continues for Female focused football clubs across the city.
- PDP 1 Female Coaching Training programmes (via zoom) to support future coaches will be delivered over the next few weeks. Target group is 16 + years.

### **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 Health Promotion programmes outlined below have been temporarily suspended due to Level 5 COVID restrictions but plans are in place for their resumption after December 1<sup>st</sup>.**

- **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 will be 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 is scheduled to take 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 delivery of school rowing initiatives has now resumed. Six schools across the area are currently engaged with a further ten schools confirmed for January 2021 including schools from the South Central area. The programmes is aimed at secondary student age 12-18 years.
- Plans for the virtual rowing competition which is delivered every year in in the planning stage for January 2021.

### **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 for the continuing non-contact Covid safe programmes. 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.

### **CONTACT DETAILS:**

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