

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

Meeting: 15th December 2020

Item No: 10

DCSWP HIGHLIGHT EVENTS & PROGRAMMES

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:

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 2021

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. The programme expanded further in 2020 with the inclusion of a DCC staff Change For Life initiative run by DCSWP Citywide Sport Officers. DCSWP has secured funding from Healthy Ireland to deliver Change For Life in 2021. .

Lord Mayor's 5 Alive Challenge 2021

Over 450 participants signed up for 2020. In March following the introduction of Covid 19 lockdown restrictions the 2020 challenge was cut short. 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

Disability & Inclusion Training

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.

Women in Sport 2020

The multi-sport after-school programme is aimed at teenage girls between the ages of 12-15 years and is being delivered across 24 weeks from October to mid December with further programmes planned for January 2021.

DCSWP CO-FUNDED TEAM PROGRAMMES/INITIATIVES DECEMBER 2020

Boxing in the Community

The Startbox programme for 2020 incorporates boxing style fitness strength and core skills. In the North West area the 5 –week '*Covid Buster Non-Contact*' Startbox Programme continues 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

- School Cricket sessions continue in St. Brigid's GNS, Finglas every Thursday from 1 – 2.30pm over the next period.

Football in the Community

- The North West area Football officer is part of an FAI Education working group developing supporting programmes for parents/new coaches working with kids aged 4-6 years old in club nurseries/academies.

Women In Football Development

- The FAI Emerging talent programme continues in schools and clubs in the area aimed at females age 10-15 years.
- Other ongoing women in football development initiatives during the next period include after-school programmes, Girls In Green, Future Stars, Female Leadership, and Coaching PDP 1.
- The Disney UEFA Playmakers will be launched on Friday 8th January 2021 for 5-8-year-old girls. Sessions will focus on how football skills and legendary fairy tales can prove a surprisingly powerful combination when teaching young girls lifelong lessons.

Otago Strength & Balance Exercise Programme

The OTAGO initiative which is a specialised falls prevention programme for older adults resumed in September/October in partnership with HSE primary care physiotherapists. The programme has been temporarily suspended due to COVID Level 5 restrictions but will hopefully resume in the North West area in Poppintree Sports & Fitness Centre after the lifting of current restrictions or in the new years.

Rowing in the community Get Going Get Rowing

- Six schools across the city are currently engaged with a further ten schools confirmed for January 2021 including schools from the North West area. The programme 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.
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Rugby in the Community.

School Rugby Programmes continue 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.

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