

**Housing, Community & Emergency Services Department  
South East Area Office**

**To the Chairperson and Members of the  
South East Area Committee**

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**Report of the Director of Services, South City**

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**Grand Canal**

A meeting was held on 16<sup>th</sup> January with Waterways Ireland representatives and Councillors to discuss ongoing management and maintenance of the canals in the city and to agree a new structure for interaction between Waterways Ireland and DCC. A further meeting was held on 20<sup>th</sup> February 2020 with Waterways Ireland Management to agree the structure of meetings going forward. The first quarterly meeting was held on 14<sup>th</sup> October 2020 via Microsoft Teams. Minutes have now been issued and next meeting is due to be held on 5<sup>th</sup> February 2021 at 11am via Microsoft Teams.

**Portobello Harbour Square**

A meeting took place on the 28<sup>th</sup> January with SEA Councillors to discuss the proposed public consultation for Portobello Plaza. Over the last year, in particular, there have been a lot of complaints regarding anti-social behaviour which is impacting on both the local community and also the environment beside the canal. The scope of the proposed consultation in the midst of the current covid-19 restrictions was discussed and essentially we intend to hold as wide as possible a public consultation to formulate a new vision for Portobello Plaza for the future. A further meeting will be arranged with Councillors towards the end of February to set out some detail on the initial phase of this public consultation.

**Rathgar Village Improvement Plan (VIP)**

Herzog Park, Rathgar – Final Phase

The Rathgar Village Improvement Plan (VIP) was approved by the South East Area Committee in January 2015. One of the main objectives that emerged during the formation of the plan was the redevelopment of Herzog Park. The South East Area Office undertook local consultation and worked with Redscape and Park Services to create a plan which was brought to Part 8 and approved at the January 2017 meeting of the City Council. The final phase of the works planned for 2021 include the re-alignment of the front boundary of the park and the revised car park layout, as set out in the Part 8 permission. It is proposed that the tender for the car park works will issue by end of Q1 2021. Boundary treatment and further landscaping inside the park will be required as part of the works to finish the project in 2021.

**Ranelagh Gardens Park**

Works to light / enhance the main entrance archway were commenced in 2020. A contractor has been appointed and the specification has now been agreed with Public Lighting Section and works were completed at the end of January 2021. Renewal of display boards at entrances to the park may be considered for 2021, subject to finance being available.

**Ringsend Irishtown Local Environment Improvement Plan (LEIP)**

The Ringsend Irishtown Local Environment Improvement Plan (LEIP) was adopted at the June 2017 South East Area Committee meeting. Following that, it was proposed to prepare planning applications under Part 8 of the Planning and Development Regulations, 2001, for the redesign of (1) Library Square and (2) Cambridge Road.

**Library Square:** (Mitchell & Associates) Meetings with internal stakeholders were held during September and October 2018. A meeting was held with local businesses to discuss parking / loading arrangements on 5th December 2018. A presentation was made to area councillors on 13th February 2019 and a preliminary draft design was brought to a public meeting for all stakeholders on Thursday 21st March 2019 in the Ringsend Irishtown Community Centre (RICC). Following a period of consultation up to 19th April 2019, submissions were received and were reviewed by the project team. A revised design was brought before the Public Realm Working Group on 22<sup>nd</sup> October 2019. A meeting of all internal stakeholders was held on 28<sup>th</sup> November 2019 and further meetings were required with key departments. We are currently engaging with Roads Design and Construction Section to establish if they will oversee completion of project to Part 8 stage. In the meantime we are engaging with other internal stakeholders to identify any outstanding issues. When all issues have been resolved satisfactorily, Councillors will be briefed before commencing formal Part 8 process.

**Cambridge Road:** An initial public workshop in relation to Cambridge Road was held on Thursday 30th August 2018 in the RICC. Meetings with Redscape Architects and internal stakeholders took place in September and October and designs were drafted based on consultations which were brought to a second public workshop/meeting on 28<sup>th</sup> November 2018. However, Pre Part 8 report and drawings issued in December 2018 did not meet the requirements of E & T Department. Further information was required in relation to road design and drainage requirements for the proposal in particular. In 2019 Road Design & Construction Section, E & T Department, agreed to take on the completion of the project to Part 8 stage. Detailed meetings are ongoing with between Roads Design & Construction and internal departments with a view to agreeing an overall design before commencing Part 8 planning process. Parks Services Department has requested that a Ground Penetrating Radar (GPR) survey be carried out prior to Part 8 to identify location of underground services and any impact on tree planting. Drainage Department welcomes the provision of additional greening providing a SuDS benefit and a proposed new surface water main is being considered in conjunction with Irish Water. Agreement of the final design for the road has been delayed as we wait for the NTA to finalise the route for the East Coast Trail (ECT) which will either traverse Cambridge Road or run along part of Cambridge Road from Canon Mooney Gardens to Thorncastle Street. Work on GPR survey and preliminary design of new surface water main will continue as we await final decision on ECT route from NTA. This will inevitably delay lodgement of Part 8 planning application. It will be necessary also to bring new design back to local consultation prior to lodgement of Part 8 application which is expected to happen during 2021.

### **Cabbage Garden**

The Cabbage Garden Stakeholders Group met on the 28<sup>th</sup> January. A contractor has been selected to work on the pitch refurbishment and we are hoping that this work will take place in March. However, the impact of level 5 Covid restrictions on the pitch refurbishment project is yet to be determined. We are also liaising with the Social Inclusion Section in regard to a proposed mural on the wall in Cathedral Lane. The Planning Department advises that since the location is sensitive being close to the Cathedral, it is envisaged that the mural will reference the history of the area, be suitable in terms of colour and also focus on the theme of diversity. The wall is owned by the Iveagh Trust and our next step is to meet with an artist to come up with a concept which we can share with local stakeholders and the Planning Department.

We have also met the City Council Play Officer, Debby Clarke to explore play opportunities for the Cabbage Garden as this was a key requirement from the Public Consultation that we held in 2019. Debby is going to work on some ideas and hopes to revert by the end of February with some proposals that we can hopefully progress in conjunction with local schools. In addition, we have recently carried out some pavement repairs and tree pruning in the New Street Gardens and Waste Management's Public Domain crew carried out a detailed clean-up of the area in the last week. Our objective is to continue to work for the betterment of the Cabbage Garden and to improve community linkages in the area when the Covid restrictions

allow. We are also keen to resume events in the Cabbage Garden that were so successful in 2019

### **Rosary Hall**

It is necessary to carry out remedial works for the acquired premises at Rosary Hall. Consultant Architects and Quantity Surveyors have been engaged to determine and coordinate the full extent of works required on site. A drone & topographical survey have been concluded.

It is now anticipated that works could cost in the region of €300,000 including mechanical & electrical works, fire safety works, some remedial works and lift replacement. As outlined to the members last year, an approach was made by the adjoining developer to rebuild the community facilities and upgrade the pitch to an All Weather facility if they could add to their co-living scheme on the Kenilworth site. However, due to procurement legislation Dublin City Council is not in a position to deal exclusively with this developer.

The Area Manager has written a detailed report to the Executive Manager, Planning and Property Development Department requesting that development levies accrued from the Harold's Cross Area, which are considerable, be utilised to assist in the refurbishment of Rosary Hall. The Development Department has confirmed that they will provide €50,000 towards the project and the Deputy Chief Executive has agreed to provide €75,000 towards works costing circa €125,000. These priority works will involve rewiring the entire facility, fire safety matters and replacing all fire alarms and escape lighting. Tender Documents will be prepared for these works by the consultant architect and the Councillors and community will be informed of all relevant timelines.

### **Age Friendly Initiative Harold's Cross**

The inaugural meeting of the Age Friendly Committee took place on January 28th 2020 and was well attended. A draft report was submitted by the Harold's Cross Village Community Council (HCVCC) in conjunction with Rob Chester, Area Community Officer and it was agreed to progress a number of these proposals funding permitting. In tandem, it is proposed to hold a workshop to further engage with the residents and ensure particularly any elderly resident who was not consulted has an opportunity to contribute to the process and be included. A further meeting took place March 10th and was well attended and the plan to date was reviewed. Obviously with ongoing restrictions the facilitation of a workshop to get the views of the wider community remains deferred till guidelines permit.

A subgroup under the Housing SPC has been convened to look at the city-wide Age Friendly Strategy. Under this structure, submissions for funding may be advanced, including the Harold's Cross project.

Due to the current government guidelines and restrictions all physical meetings are currently postponed until further guidelines allow for larger meetings. Meetings are currently taking place online. A meeting took place on Nov 4<sup>th</sup> and a further took place on Dec 10<sup>th</sup>. The next meeting is scheduled for Feb 4<sup>th</sup>.

A defibrillator has been installed in Harold's Cross as part of the Age Friendly Initiatives.

The Committee congratulated the HX Grow Hub for winning a City Neighbourhood Award and the group continues to grow in numbers.

DCC's Age Friendly Section has secured a small grant from Age Friendly Ireland to purchase tablets for residents in care settings and a sub-committee will work on identifying possible recipients in the Harold's Cross Area. It has been agreed by the Elected Members that further monies will be allocated to this Age Friendly initiative in the Discretionary Funding for 2021.

### **Pearse Memorial Park Crèche**

The crèche extension was to be financed by the Crumlin Childcare Crèche and with DCC agreeing to project manage the construction works in conjunction with consultant architects. The build element after tendering was to cost in the region of €305,000. The crèche has reserve funding themselves, a 50k grant from Pobal and, €25k from discretionary funding and had sought a loan from Clan Credo of €125,000. The works had been tendered by our Parks & Landscape Services Division and was to be project managed by this section. A separate hurling wall project has been tendered by Parks and will be paid for by DCC. A further licence extension of five years (10 years in total) was agreed at the December Area Committee meeting and was agreed at the January council meeting.

The crèche management has indicated that due to the uncertainty around the reopening of the crèche which will impact significantly on their ability to repay a loan, they are not in a position to continue with the project at this juncture.

A €45,000 grant had also been issued by Pobal but unfortunately, the extension on the government grant ran out and they have been unsuccessful in getting this extended. The result is that the funding has been rescinded and they have been asked to return the €45,000 as 90% fulfilment of the Pobal capital.

The Area Manager has met with the crèche manager and architect to see how the project might be 'future proofed' in the event that the extension can proceed in the coming years. The Area Manager will continue to meet with the crèche management to see how the new licensed area can be best utilised to assist with social distancing as the children have returned.

Discretionary Funding of €25,000 was granted to the group in 2017 towards the cost of the crèche and as the 'future proofing work' and 'boundary works' have now been costed at €44,900 it is the board's intention to utilise these monies for these works which fall within the spirit of the funding. Works have been ongoing over the last few months but there has been a short delay in the completion of the works at the crèche due to issues regarding the access gate to the park but the works concluded in December 2020.

### **Rutland Grove**

Meeting took place on 30th January with traffic engineers, Les Moore from Parks, Area Manager and staff and Cllr. Pat Dunne. It was agreed at the meeting that Traffic Section would look again at the feasibility of putting dedicated parking as per Part 8. Should it be possible to implement, the design would need to be progressed and costed. Parks are also prepared to look at enhancements at the entrance with additional trees etc.

Traffic have indicated that staff are currently seconded to be involved in DCC's Covid Mobility Interventions and are working on very fast rapid interventions throughout the city.

Therefore, they have very little spare resources at present to be involved with any possible Rutland Grove parking changes, as other Covid Mobility projects are taking priority.

The Area Manager and Public Domain Officer met with the secretary of Rutland Grove Association to discuss ongoing levels of anti-social behaviour. As a result, signage is to be upgraded at the entrance to the Bring Centre to assist with prosecutions. Extra security measures are also being considered at this entrance.

Planters were installed at the entrance to Rutland Grove to enhance the environment and assist with ongoing illegal parking at the entrance and have been well received by community.

### **St. Pancras, Mount Tallant**

Inspections and snagging are still being completed. However, due to Covid 19 restrictions DCC inspectors are not carrying out visits. Accordingly, these units are unlikely to be available for letting until end February/ beginning of March. Dublin City Council has now agreed to purchase a further four one-bed units.

### **Choice Based Lettings**

As previously advised, in recent months it has become difficult to allocate units in Grove Road and Rathmines Avenue flat complexes through the standard Housing Allocations Scheme. Accordingly we have decided to allocate current and upcoming void units in these complexes under a Choice Based Letting Scheme. Vacancies in Grove Road and Rathmines Avenue are currently being advertised on the Dublin City Council Website and there has been a good response from applicants expressing an interest in these vacancies. We expect to be in a position to advertise further vacancies in Rathmines Avenue in late February or early March. We will advise Councillors as vacancies are advertised.

#### South East Area Community Development

Please find below a list of current initiatives taking place in the South East Area organised or supported by the Community Development Team of the South East Area Office (three LEAs combined).

#### **Active IT Society**

We are supporting the provision of Mr. Fiann O'Nuallain (Consultant Gardner/Horticulturalist) to assist with an online monthly gardening course run by the Active IT Group based in the Terenure Enterprise Centre. The sessions will prepare attendees for the coming Spring/Summer season with the focus on organic and sustainable planting.

#### **Allotments**

Annual licences for allotments at Herbert Park, Ringsend Park and Blarney are due for renewal on 1<sup>st</sup> February. Many allotment holders are currently availing of our free online Sustainable Gardening Course which covers topics including growing your own food, wildflower areas, cuttings, digging without damaging your back and planting for biodiversity.

#### **Biodiversity Projects**

The planned biodiversity projects at Portobello and Rathmines Park have had to be put on hold until Level 5 restrictions have been lifted. In the case of Portobello, work however continues on the community patch at Synge Street, with support for ourselves.

#### **COVID Volunteer Response**

The South East Area Office continues to liaise closely with all local Community Response Teams in assisting those who are isolating or in need of assistance in the community. Some teams remain very active. For example, Ranelagh Community Response operating from the kitchen of our sheltered housing scheme, Woodstock Court, deliver 70 meals a day, 7 days a week. This included every day over the Christmas period. We are also using the services of Serve the City who are providing Volunteers to cases assigned to them from DCC.

#### **Crumlin Open Spaces**

We are supporting a project under Blooming Crumlin/Crumlin Clean Up Group to look at an audit of the open space environment of the Crumlin Area in conjunction with the South City Partnership. The housing estates have large mostly unused green spaces that require a focus and long term planning and sustainability. The initial brief will be to map the area and look at a broad proposal for better usage of these amenity spaces.

#### **Harold's Cross Writer in Residence**

We are supporting a *Writer in Residence* who will deliver a series of online lectures and talks and will be forming a group of interested participants from Harold's Cross and the wider area. The project will commence with the first online session on the 2<sup>nd</sup> of February and the initial eight student/attendees.

#### **HX Growing Hub**

The project is compiling a comprehensive programme of activities for 2021, centred around growing vegetables and ornamental plants. The group are also proposing to work with the new

Educate Together School, with the provision of 'sowing kits' and 'grow boxes'. They also envisage utilising existing and new Planter Boxes supplied by DCC for these projects. The newly supplied poly tunnels will start to be utilised from February onwards.

### **Military Road Nature Haven**

This partnership project between Dublin City Council, the local community, St. Louis Senior Primary School and St. Marys Primary School will promote and reintroduce more biodiversity into this urban setting with biologist and radio/TV personality, Eanna Ní Lamhna acting in an Ambassadorial role. Custom made pollinator and wildflower planter boxes, bird boxes and bat boxes were to be in place early January with planting to take place shortly after. However, due to level 5 restrictions and school closures, the launch of this project has had to be postponed until a later date.

### **New born Knitting**

New born Knitting is a community initiative set up by members of Let's Walk & Talk to provide baby blankets, cardigans, hats and teddies for new born babies and their older siblings in refugee camps on the Greek island of Samos. This initiative will be piloted in selected sheltered housing schemes including Verschoyle Court, Ranelagh Close, Woodstock Court and Charlemont Court now in early 2021, once Level 5 restrictions have been lifted.

### **'Our Light into Dark' Children's Art Exhibition**

This project is organised by Dublin City Council in partnership with the Holy Trinity Church and Kildare Place National School in Rathmines and comprises over 200 art works from local children, highlighting goodwill and community spirit in response to what have been difficult times of late. These paintings and art pieces are currently being exhibited on the railings of the Holy Trinity Church on Belgrave Road.

### **Poddle River History Project**

This proposal was originally scheduled to take place last year, with a series of discussions/meetings with Historian in Residence Cathy Scuffil. This will now go ahead online, the talks are titled 'Down By The River Poddle', groups and individuals who expressed an interest around the redevelopments are Ravensdale Park and the Poddle River will be asked to join the sessions.

### **Ranelagh Arts Centre**

Ranelagh Arts have been given the keys for their new premises at 6a Ranelagh Close which they hold under licence agreement from Dublin City Council.

### **Ringsend & Irishtown Community Centre Community Programmes**

We have been providing support to some of the valuable activities run by Ringsend & Irishtown Community Centre including the Men's Shed, Quarantine Quiz, Older Person's Movie and Bingo Clubs and their After Schools Programme.

### **Tidy Town Groups**

Most of the Tidy Towns Groups have been contacted to offer them supports for their environmental projects. While many groups are currently reluctant to be too active, many are making plans for a potential reopening later in the spring and we will be assessing individual projects as agreed.

### **Youth Projects**

We will be providing ongoing supports for the CLAY and BRU Youth Projects, much of their work is now taking place online, however it is vital to keep a link some of the targeted Youth at Risk within the area, especially those under the Youth Diversionary Project in CLAY.

### **Walking Trail Map & Guides**

Our series of South East Area Walking Trail Maps & Guides will be promoted in the community throughout spring and summer, with support from local groups. The Donnybrook, Ballsbridge and Harold's Cross trails are firstly being updated. The pre-development work on the new Crumlin Walking Trail will restart in February with the Crumlin Historical Society. These maps have been proving very popular in certain areas over the past year; offering a healthy outdoor and educational activity for young and old.

**In what continues to be very difficult time for local community groups and volunteer organisations, we are very grateful to all those involved in the above for their commitment and efforts.**

**All Information correct as time of publication but are subject to change.**

#### **Waste Management / Environmental Services**

- Ongoing identification & removal of graffiti
- St Patrick's Close pillar to be reinstated 25<sup>th</sup> -29<sup>th</sup> January.
- Leaflet Drops for "Do not feed the birds" suspended pending lifting of Covid 19 restrictions.
- Community Clean ups with Public Domain commenced in South East Area in January. 4/5 shifts available per month. Schedule of dates available for 2021 provided to Public Domain Officer to assign.

#### **South East Area City Neighborhoods competition:**

Schools competition to be awarded following lifting of Covid 19 restrictions

#### **Abandoned Bike Removal**

- Discussions to take place with Traffic Department regarding the terms of the 2021 operation.
- No activity required as yet due to the Level 5 Covid 19 restrictions. Abandoned bikes being identified on an ongoing basis pending recommencement of removals.

#### **Joint Policing Subcommittee (JPC)**

Dates are being penciled in for the quarterly meetings for 2021.

Consideration is being given to allowing the four Oireachtas members to attend when the Dáil and Seanad are not due to sit.

Dates will be circulated as soon as they are available. The March 2021 meeting will likely be in the week following Saint Patrick's Weekend.

## SOUTH EAST AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2021



Delivery of DCSWP programmes for February and March 2021 remain subject to Covid-19 public health restrictions. Due to current Level 5 restrictions which were introduced in the interest of public safety, face to face programmes in schools and in the community have been temporarily suspended.

However supporting communities in the South East area to stay active and healthy regardless of age, ability or background remains a priority for DCSWP. Many of our services and programmes have been successfully adapted and will continue through innovative virtual/online initiatives, social media/online communication forums and through the delivery of advisory booklets 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>

#### DCSWP Virtual Hub

DCSWP continues to seek innovative ways to deliver on its strategic goals in challenging times. In very positive news the service is currently developing a Virtual Hub in order to

maintain high levels of participation in programmes and to keep people in communities active and healthy both mentally and physically.

The Hub will seek to sustain the important connection between coaches, sport officers and participants and will enhance and support face to face programmes when restrictions eventually ease offering a blended approach to the delivery of programmes.

The Hub pilot project will focus on the 2021 8-week Change For Life DCSWP programme and is scheduled to be launched in mid to late February.

### **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 and emulates the format of RTE's Operation Transformation TV show.

The programme was first developed in 2013 when a partnership was developed between DCSWP, 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 is 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.

### **Change For Life 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 with discussions ongoing on issues regarding planning and delivery. Details on 8-week Change for Life South East area programmes will be provided in the 2021 area committee reports on an ongoing basis.

- Change For Life will commence in the South East Area with an advertisement campaign, followed by the registration process. Covid challenges will be overcome by embracing the outdoors with hill and trail walking programmes, online nutrition and exercise programmes and hill/trail walking.
- As reported above the Virtual Hub will help support the roll out of the programme.

### **Keep Well Campaign**

Funding has been secured from Sport Ireland/ Healthy Ireland as part of the Keep Well initiative. This programme will deliver online zoom multi-sport initiatives aimed at adults 18+ (pilates and zumba classes), older male participants over 55 years as part of the 'Men on the Move' initiative (fitness classes focussed on increasing strength, balance and flexibility) and older adults (general fitness, yoga and pilates).

These online programmes are delivered throughout the week in partnership with the HSE/DCSWP Health Improvement Officer and local Home School Liaison Officers in the area. Programme details are as follows:

- Monday to Thursday from 6pm (Adult Fitness)
- Tuesday and Thursday from 7pm (Men on the Move)
- Monday, Wednesday and Friday from 11.30am (Older Adults)

### **Lord Mayor's 5 Alive Challenge 2021**

The Lord Mayor's 5 Alive Challenge is back for 2021! Every year the challenge aims to inspire people to take up regular exercise and find the encouragement to stick to what may be a New Year's Resolution through to the end of March and beyond.

5 Alive has gone virtual for its 9<sup>th</sup> year in view of Covid-19 Health and Safety considerations but the core principles remain the same - the challenge is to complete all 5 races within the and ultimately commit to taking part in regular physical activity. 400 people signed up for the challenge this year. Participants will be taking part virtually meaning they can complete them at any time within the timeframe allowed in whatever location suits and importantly in a safe environment. When all 5 races have been completed LM 5 Alivers will receive medals and the Lord Mayor's scroll.

- First up for 2021 was the Tom Brennan New Year's Day virtual 5k which participants took on between 27<sup>th</sup> December 2020 and 3<sup>rd</sup> January 2021. Next on the agenda is the AXA Raheny 5 mile which can be completed between 25<sup>th</sup> and 31<sup>st</sup> January 2021. DCSWP is supporting our 2021 participants by circulating a number of training plans for multiple levels.

The last three races are still being finalised and details on the following remaining races for 2021 remain at the provisional stage:

- **Irish Runner 5k:** To be completed over the weekend of Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> February 2021
- **KBC St. Patrick's 5k:** To be completed over the St. Patrick's Day virtual festival March 2021
- **Irish Runner 5 Mile:** To be completed over the weekend of Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> March 2021
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Lord Mayor's 5 Alive 2021 participants can share their journey and support others on Facebook at:

<https://www.facebook.com/groups/2798884527016701/?ref=share>

### **Operation Transformation Walks – Get Dublin Walking**

Each year DCSWP's Get Dublin Walking community programmes link in with Operation Transformation national walk initiatives.

As with many other initiatives which previously accommodated large numbers of participants, any plans for similar walks in 2021 had been cancelled for Covid related reasons. Provisional plans were in place for smaller and/or staggered walks and runs. However in late January, following Government announcements on ongoing and potentially further restrictions, all OT walks and runs will be delivered virtually. Further details TBC.

### **Couch to 3k Walk To Jog Programme**

DCSWP walking and jogging initiatives take place throughout the year across our communities but take on a strategic focus from January – March every year as part of our "Couch to 5k" and "Get Dublin Walking" core programmes.

This year DCSWP continues to support communities to stay active via the virtual 6-week "Couch to 3k" 'Walk To Jog' programme which is part of the Keep Well in Your Community/Active Dublin campaign.

Registration for the event commenced Monday 18<sup>th</sup> January and the programme launched on Monday 25<sup>th</sup> January. Over 1000 participants signed up to the virtual challenge which was a huge response to the initiative.

DCSWP's citywide officers are supporting participants on their journey by circulating daily and weekly plans to provide advice on building progress steadily.

### **Orienteering**

In late 2020, DCSWP teamed up with Orienteering Ireland to support young people, families and adults of all abilities to take up something a little different. Orienteering provides great opportunities for everyone to develop important life skills, build self-esteem and learn the benefits of teamwork in the great outdoors. Training workshops delivered by Orienteering Ireland in October 2020 have provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to get groups up and running.

DCSWP has also worked closely with Orienteering Ireland around the use of technology to map parks and locations across the Dublin region that can potentially play host to orienteering programmes and maximise the delivery of this very positive outdoor initiative in the city.

DCSWP continues to engage with Orienteering Ireland around the roll out and delivery of the programme which will commence shortly.

### **Sport Inclusion & Integration**

- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme.
- SIO 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.

### **Training**

- Online Safeguarding Training to support compliance in local clubs and organisations will resume with Safeguarding 1 Training on 15<sup>th</sup> February delivered by DCSWP Officers. Safeguarding 1, 2 & 3 will be advertised following this and further programmes will be delivered on an on-demand basis.
- In partnership with CARA, the online Disability & Inclusion and Autism in Sport Training Programmes were launched in 2020. This is part of a series of online Disability in Sport training programmes already in operation. The programme for 2021 is delivered on the first Tuesday of every month on an ongoing basis.

### **Get All Girls Active (GAGA) – Women in Sport**

- The GAGA 'Gaelic For Ma's' programme is scheduled to commence in late February/early March the across the city. Full details TBC.

### **Co-Funded Programmes**

DCSWP 27 Co-funded officers will continue to work across communities and schools in the Central area in the delivery of Athletics, Boxing, Cricket, Football, Rowing and Rugby programmes from January 2021. With level 5 restrictions currently in place plans have been

temporarily suspended. Engagement with local schools continues in order to resume programmes once restrictions are lifted. Online supports also continue.

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