

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

Meeting: 16th March 2021

Item No:10

DCSWP HIGHLIGHT EVENTS & PROGRAMMES

With schools beginning to return in March and April, DCSWP and Co-funded officers will commence re-engagement subject to public health advice and recommendations.

Dublin City Sport & Wellbeing Virtual Hub

DCSWP is proud to announce the launch of our Virtual Hub on Monday 15th March. In the lead up to the launch there has been strong promotion around on the Hub and will include zoom taster sessions. Once launched the Hub will initially focus on the delivery of our annual Change For Life 8-week programme.

The Hub will provide information/ biographical videos on DCSWP and Co-funded Officers, links to pre-existing content, promotion on upcoming events, weekly challenges, multi-sport zoom classes and nutritional advice. The Hub was developed in order to maintain high levels of participation in programmes and to keep people in communities across the city active and healthy both mentally and physically.

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

Registration for Change For Life commenced on Monday 8th March. .

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 were 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>

Keep Well Campaign

'Keep Well', the Healthy Ireland and Central Government backed national campaign was launched in October last year. Keep Well is described as a 'call to action' to everyone across society whether at individual, organisational or voluntary level to support people in discovering the many ways we can work together to build community resilience.

When planning the online Keep Well Older Adult Programme, careful consideration was given to how DCSWP could best support people to keep active virtually.

The initiative commenced on Monday 25th February with 90 older adults (age 55 plus) signing up to take part. Chair-based fitness classes were chosen with adaptations in place to ensure the programme is fully inclusive.

The classes are delivered every Monday, Wednesday and Friday from 11.30am and provide a mixture of fitness, pilates and yoga geared towards improving strength and balance.

The final two Keep Well initiatives are in the planning stages and will commence following the easing of current restrictions.

Lord Mayor's 5 Alive Challenge 2021

Details of the last two races of the Lord Mayor's 5 Alive challenge 2021 are as follows:

- **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 27th and Sunday 28th March 2021

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>

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. 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.

The committee will continue to meet around certain issues including Teacher Training.

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 for the next few weeks will be delivered online via the Virtual Hub. Activities will include walking, circuit classes, dance classes and Sit Fit classes.

Training

- Online Safeguarding Training to support compliance in local clubs and organisations resumed with Safeguarding 1 Training on 15th February. Training is provided by DCSWP Officers. Safeguarding 2 and 3 will be advertised following this and further programmes will be delivered on an on-demand basis.
- In partnership with CARA, the online Disability and Inclusion and Autism in Sport Training Programmes 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.
- Dublin City Sport & Wellbeing Partnership has recently been invited to apply for the CARA 'Xcessible' Bronze Medal Award. Through the Xcessible programme CARA enables Local Sports Partnerships to provide meaningful opportunities for people of disabilities to take part, sustain participation and excel in sport and physical activity.

DCSWP has 12-18 months before providing evidence of our work and journey to the Xcessible committee.

Co-Funded Programmes

With level 5 restrictions still in place face-to-face, many athletics, boxing, cricket, rowing and rugby programmes are temporarily suspended.

Online Co-funded Highlights - Boxing in the community

DCSWP Boxing Co-funded Officers are currently delivering short 'zoom-boom' Startbox online boxing tutorials. Boxing legends Michael Carruth and Paul Quinn are tutoring young enthusiasts via the IABA Youtube Channel (see link below).

The programme commences with various warm up exercises and finishes with cool down advice. In between classes, officers are sharing their expertise in relation to footwork and awareness skills. <https://www.youtube.com/channel/UCWCJty6SYFt5zBEIAsnVAUg>

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