

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MAY 2021



Delivery of DCSWP programmes for May 2021 remain subject to Covid-19 public health restrictions. With the new roadmap for reopening announced on Thursday 29th April, the number of face to face DCSWP programmes will slowly resume across our communities. Limited re-engagement with schools has commenced following the return to education

Supporting communities across the city to stay active and healthy regardless of age, ability or background remains a priority for Local Authorities. Over the past year DCSWP has focused on exploring and developing new and innovative ways to deliver on the fundamental goals set out in STRIDE, the strategic vision for the delivery of sport and physical activity in Dublin City.

DCSWP is currently waiting on official advice on sporting events/gatherings etc from Sport Ireland. Sport Officers and Co-funded Officers are currently putting plans in place while awaiting on official confirmation. The June report will be more area specific in relation to upcoming programmes and initiatives.

Online/Social Media Supports:

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)
- Dublin City Sport & Wellbeing Partnership Virtual Hub: dcwsphub.ie

Dublin City Sport & Wellbeing Virtual Hub

On Monday 15th March 2021 Dublin City Sport & Wellbeing Partnership was proud to announce the launch of the new Virtual Hub. The Hub was created to ensure DCSWP continues the very important work of supporting communities across the city and Dublin City Council staff to stay physically and mentally active in a safe environment during this very challenging time. Once restrictions are eased and lifted the Hub will also provide an invaluable resource in terms of enhancing and supporting face to face programmes.

Delivery of programmes via the Hub kicked off with our Change For Life programme which has been bringing people across the city together since 2013 as they embark on an 8-week journey towards health and happiness. Over 2000 people registered for the 2021 online

programme. Regardless of age, gender or ability there is something for everyone including fitness classes, nutrition talks and weekly challenges.

The programme concluded for 2021 in early May. An update on further Hub programmes will follow in the next report.

GAGA (Get All Girls Active) - Supporting Women In Sport

The Woman in Sport 'GAGA' (Get All Girls Active) has resumed following the return to on-site education. Five schools DCSWP applied for and secured funding to roll out this initiative which led to the development and delivery of a school physical activity and exercise programme aimed at teenage girls aged 12-15 years. The programme is a wellbeing project led by Children & Young People's Services Board and delivered in partnership with DCSWP, Healthy Ireland, Tusla and Pobal. While the return has been limited to two schools for safety reasons plans are in place to further expand delivery as restrictions ease.

Keep Well Campaign

'Keep Well', the Healthy Ireland and Central government backed national campaign was launched in October last year. The campaign aims to highlight the critical importance of minding ourselves both physically and mentally during these uncertain times. 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.

With older people in our communities facing a lengthy cocooning period, supporting their physical and mental health in the confinement of home became a matter of priority for DCSWP from the start of the crisis.

Keep Well has provided a great opportunity for DCSWP to continue to prioritise older and more vulnerable people and further enable them to stay active and healthy in the safety of their own homes.

When planning the online Keep Well Older Adult programme, careful consideration was given to how DCSWP could best support people to keep active virtually. Officers worked closely with individuals to ease any concerns - advising on issues around technology and engaging with coaches familiar to many of our participants.

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.

- DCSWP reports weekly metrics to the LGMA via DCC's Transformation Unit and the Housing & Community section.
- The final two Keep Well initiatives are in the planning stages and will commence following the easing of current restrictions.

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 parks and green spaces in the city.

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

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 & 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 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. DCSWP Sport Officers and Administrative staff are currently completing their Xcessible training to support the application.

Sport for Young People – Small Grant Scheme 2021

Sports clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body have been invited to apply for financial assistance from the Sport for Young People – Small Grant Scheme (4-21 years of age) which is funded and administered by Sport Ireland and the Dublin City Sport & Wellbeing Partnership.

The scheme, its purpose and information on the application process, was advertised on 31st March on the DCC website and all social media platforms. It was also communicated via email to National Governing Bodies and over 180 clubs on the DCSWP club database.

Clubs across the city were then afforded three weeks to submit applications before the closing date of Friday 23rd April.

Decisions on the 170 applications received for 2021 will be submitted in due course.

Co-Funded Programmes

Engagement with schools and delivery has resumed in keeping with restrictions. School programmes (Athletics, Boxing, Cricket, Football, Rowing and Rugby) delivered by DCSWP co-funded officers will continue and expand.

Online supports for all age groups continue.

Upcoming:

DCSWP events/programmes will be supporting and linking in with the following national and international programmes

Date:	Programme/Event/Initiative	Target Group:
1- 31 May	Bealtaine Festival	Age & Opportunity
15th May	Walk to School Safely	Green Schools An Taisce
31st May - June 6th	European Mile	Athletics Ireland
14-20 June	Men's Health Awareness Week	Mens Health Forum In Ireland
21st June	International Day of Yoga	United Nations

- Development of upcoming face to face programmes are in the planning stages with covid-safe outdoor summer multi-sport programmes for communities remaining a priority.

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