

## NORTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JUNE/JULY 2021



Face to Face delivery of DCSWP programmes across communities in the North Central area has now resumed. Delivery of programmes remains subject to Government, HSE and Sport Ireland Return to Sport guidelines. Full details on community programmes can be found on the following forums or by contacting Dee O'Boyle, Dublin City Sport & Wellbeing Partnership. Contact details can be found at the end of the report.

#### **Online/Social Media Supports:**

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

#### **General Update:**

##### **Dublin City Sport & Wellbeing Virtual Hub**

Dublin City Sport & Wellbeing Partnership Virtual Hub support continues virtually via [dcwsphub.ie](https://dcwsphub.ie)

##### **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 in the North City 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 of the programme is currently limited due to safety reasons, plans are in place to further expand delivery as restrictions ease.

In the North Central area the following schools have taken part in GAGA in 2020/2021:

- St. Mary's Holy Faith, Killester, D5
- Our Lady of Mercy College, Beaumont, D9

## **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 programmes. Trial programmes are currently ongoing in parks across the city.

## **Training**

- Online Safeguarding Training to support compliance in local clubs and organisations resumed with Safeguarding 1 Training on 15<sup>th</sup> 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.
- Dublin City Sport & Wellbeing Partnership was recently invited to apply for the CARA 'Xcessible' Bronze medal award. The Xcessible CARA programme enables Local Sports Partnerships to provide meaningful opportunities for people of disabilities to excel in sport and physical activity on a long-term, sustainable] basis.
- DCSWP has 12-18 months before the submission of evidence of compliance is required.
- DCSWP Administrative staff recently completed its 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 31<sup>st</sup> March on the DCC website and all social media platforms. It was also communicated via email to National Governing Bodies, DCSWP Sport and Co-funded Officers, clubs on the DCSWP database and on the Dublin City Council website. Clubs across the city were then afforded three weeks to submit applications before the closing date of Friday 23<sup>rd</sup> April.

180 applications were received for 2021. A working group has been established to assess submissions and decisions on applications will be submitted to clubs in due course.

## **North Central Area Programme Report June/July**

### **➤ North Central Area Walking/Running Programmes**

The summer months provide the ideal opportunity for DCSWP and Co-funded officers to deliver walking and running programmes particularly given current restrictions. Programme details are outlined below:

#### **1. Couch to 5k (In partnership with Athletics Ireland)**

**Age group:** Adults

**Gender:** Mixed

**Date/time and location:** 6 week programme - Tuesday 8<sup>th</sup> June for a 6 week period from 6.30pm – 8.30pm in Rockfield Park. Beaumont and Mondays from 6.30pm – 8.30pm in Father Collins Park, Clongriffin.

**Programme Start Date:** 8<sup>th</sup> June

**Programme End Date:** 13<sup>th</sup> July

#### **2. Get Dublin Walking (In partnership with DCC's Community Section)**

**Age group:** Adults

**Gender:** Mixed

**Date/time and location:** Mondays and Wednesdays at 11am in Edenmore Park. Thursday at 10am in Elmfield Park, and Mondays from 10.30am in Father Collins park.

#### **June/ July DCSWP North Central Area Older Adults Programme(s):**

The following Chair aerobics Older Adult programmes is delivered in partnership with Priorswood Pastoral Active Group and is focussed on older adults age 55+ (mixed):

**Date/time and location:** Wednesdays from 10.30am in Priorswood Park

**Programme Start Date:** June 9<sup>th</sup>

**Programme End Date:** N/A - Ongoing

➤ **North Central Area Youth Programmes June/July**

Youth At Risk/Youth Fit is the DCSWP core programme targeting young people in the North Central area age 10-21 years. The programme focuses on providing outlets and opportunities for young people to get involved in and enjoy the many benefits that sport and physical activity provides. During the summer months Officers look to develop programmes that can maximise outside facilities water facilities and green spaces. Officers work closely with local youth services/projects and community groups to deliver these programmes:

**1. Kilmore West Youth Project Water Sports Summer Programme**

**Age group:** Teenagers

**Gender:** Mixed

**Date/time and location:** Tuesdays from 2pm in Ballyfermot Youth Services Adventure Centre

**Programme Start Date:** 13<sup>th</sup> July

**Programme End Date:** 20<sup>th</sup> July

**2. FAI North Central Area Youth Project:**

**Age group:** Teenagers

**Gender:** Mixed

**Date/time and location:** Wednesdays from 12pm. Various venues in the area. TBC

**Programme Start Date:** 16<sup>th</sup> June

**Programme End Date:** 7<sup>th</sup> July

**3. North Central Area YouthFit multi-sport summer project:**

**Age group:** Teenagers

**Gender:** Mixed

**Date/time and location:** Wednesdays at 12pm. Various venues in NCA TBC

**Programme Start Date:** 16<sup>th</sup> June

**Programme End Date:** 7<sup>th</sup> July

**4. North Central Area Bike for Life Programme**

**Age group:** 18+

**Gender:** Mixed

**Date/time and location:** Wednesdays from 1pm in Eastwall Water Sports centre

**Programme Start Date:** 16<sup>th</sup> June

**Programme End Date:** 21<sup>st</sup> July

#### **5. Wicklow harbour open water fun swims and pier jumps.**

**Age group:** Mixed Under 18 – exact age limit TBC with Sport Officer

**Programme Start Date:** July TBC

**Programme End Date:** August TBC.

#### **6. Park Yoga Workshops – Donahgmede Park & Father Collins Park**

**Age group:** Mixed Under 18 – exact age limit TBC with Sport Officer

**Date/time and location:** July & August, Exact dates and times TBC. Donahgmede Park & Father Collins Park.

**Programme Start Date:** Early July TBC

**Programme End Date:** August

### **Other Programmes/Events**

#### **1. Introduction to Open Water Swimming**

The open water swimming programme runs for 4 weeks offering swimming lessons in Northside pool prior to 4 weeks of outdoor swimming in Clontarf baths and finally 3-4 sessions of open water swimming in Clontarf & the Forty Foot, Sandycove. The programme is delivered in partnership with Eastern Bay Swim Club & Healthy Ireland Fund:

**Age group:** Adults 18+ (Mixed)

**Date/time and location:** Coolock Swim Pool, Clontarf Baths, Clontarf Sea and the Forty Foot.

**Programme Start Date:** Late June TBC

**Programme End Date:** August

## **North Central Area Community programmes June/July**

### **➤ Community Sports Days – Donahgmede Park/ Father Collins Park.**

This community and sports focussed day will offer a variety of sports workshops for local children. Sports include volleyball, cricket, tag rugby & athletics. The one-off events will be delivered in partnership with DCSWP co-funded officers (Cricket Ireland, Leinster Rugby and Athletics Ireland)

**Date/time and location:** Mid July. Full details of exact date and time TBC.

## **Co-Funded Programmes Highlights**

### **Athletics in the Community:**

Athletics Officers are currently planning summer camps and events. A full update will be provided in the July report. Athletic Officers are currently supporting DCSWP Officers in the delivery of Couch to 5k walking and running programmes as outlined above.

### **Cricket in the Community:**

Cricket Schoolyard sessions continue on a citywide basis during June in the lead up to the school holidays.

- In the North Central area the programme is being delivered in St. John of God's, Kilmore every Tuesday from 11am – 1pm. The target group is female between the ages of 7-12 years.
  - The Dublin City male U11 District Tournament will take place in Pembroke Cricket Club on June 30<sup>th</sup>. This is an all day event commencing from early morning.
  - Cricket Ireland summer camps for 2021 are TBC at the time of writing the report.
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### **Boxing in the Community**

In Boxing the 4 week non- contact Boxing programs continue for the month of June aimed at 4th 5th and 6th class students in the following North Central area schools

- St.Francis NS Priorswood (mixed)
- St.Joseph's NS Coolock (mixed)
- O.L.I. NS, Darndale (mixed)
- Chiarain's Donnycarney (Boys)

## **Football in the Community**

The following football programmes and initiatives will be delivered on an ongoing basis in the area over in June and July:

- School sessions continue in June in St. John Of God's Girls NS Artane and St. Benedict's, NS, Kilbarrack Boys and Girls
- The Girls Emerging Talent Programme will be delivered in the AUL Complex, Clonshaugh aimed at 13-15 level.
- Football Training for girls age 12-18 years in the area will take place at the MGL Academy Training Centre, Oscar Traynor Road.
- Safe Guarding Training will be delivered in the following clubs in the area:
  - Raheny United FC
  - Clontarf FC,
  - St. Columban's, Darndale FC
- Coach Education: PDP1 will be delivered in John Vianney FC
- Coach Education: PDP 1 & 2 will be delivered in Clontarf FC Club Coaches
- Camp Staff Education training will take place for local coaches leading upcoming Summer camps.

## **Rowing in the Community**

In Rowing on the water sessions have resumed in the Municipal Rowing Centre in Islandbridge. Upcoming citywide summer camps will commence on 28<sup>th</sup> June. 'Rowkyo' the citywide rowing initiative which sees young rowing enthusiasts make their way virtually to the Tokyo Olympic Games has also resumed.

## **Rugby in the Community**

Leinster Rugby Officers are currently planning programmes, summer camps tag rugby events and blitzes. A full update will be provided in the July report. The Rugby Officer in the area will be working with DCSWP in the delivery of the community park day events as outline above.

## **Sport inclusion & Integration Update (Citywide initiatives which include participants from the North Central area)**

1. **Sports Ability** is a weekly adapted and inclusive watersports programme. Individuals from across Dublin age 12-17 years and 18 years plus will participate in the programme. The following groups and organisations will be participating:
  - CRC Raheny/Clontarf
  - St. Michaels House
  - Vision Sports Ireland

- St. John of Gods
- Brothers of Charity, St. Vincents Centre,
- CDETB
- NLN: National Learning Network
- Down Syndrome Dublin

**Date/time and location:** Tuesdays East Wall Watersports Centre & Ballyfermot Youth Services Adventure Centres . Times TBC

**Programme Start Date:** 14<sup>th</sup> June

**Programme End Date:** 10<sup>th</sup> August

2. **The Sports Ability Adapted Rowing programme** is delivered in Islandbridge Municipal Rowing Centre. Individuals with Disabilities from across Dublin age 18 + years will participate in rowing. The following groups and organisations will be participating:

- CRC
- St. John of Gods

**Date/time and location:** Thursdays, Rowing Centre, Islandbridge. Times TBC.

**Programme Start Date:** 1<sup>st</sup> July

**Programme End Date:** 12<sup>th</sup> August

3. **The Sports Ability Adapted Multi-sports programme** is targeted at individuals with Autism from across the city age 18+ years.

**Date/time and location:** Tuesday afternoons, Donaghmeade Park, Dublin 13.

**Estimated Number of Programme Participants ( per session):** 12 participants

**Programme Start Date:** 15<sup>th</sup> June 2021

**Programme End Date:** 20<sup>th</sup> July 2021

4. **The Sports Ability Summer Camp** aimed at children with physical disabilities involves a week of multiple adapted sports for children aged 6-12 years.

**Date/time and location:** IWA Sport Clontarf, St. Anne's Park and East Wall Watersports Centre. Monday 5<sup>th</sup> July – Friday 9<sup>th</sup> July 2021

**Programme Start Date:** 5<sup>th</sup> July 2021

**Programme End Date:** 9<sup>th</sup> July 2021

5. **The Sports Ability Summer Camp for visually impaired children** is a two week adapted multi sport event for children aged 6-12 years. This will be delivered virtually



with DCSWP Sport Inclusion and integration Officers SIO's providing online videos and activities for children with Vision Impairments.

**Date/time and location:** Monday 5<sup>th</sup> July – Friday 11<sup>th</sup> July 2021 (Virtual Event)

**Programme Start Date:** 5<sup>th</sup> July 2021

**Programme End Date:** 11<sup>th</sup> July 2021

- 6. The Sports Ability 'Learn 2 Cycle' programme** is aimed at individuals with physical disabilities, mental health difficulties, ethnic minority groups and women from the Travelling Community from across the city age 6 upwards. SIO's are delivering this programme in conjunction with Cycling Ireland. Due to popular demand extra courses had to be facilitated. There remains a large waiting list for this course.

**Date/time and location:** Tuesdays 1.30- 2.15pm(Disability), 2.30pm- 3.15pm(ethnic minority group), 4pm-4.45pm (Disability)  
Wednesdays 11am-11.45am, (Travelling community)

**Programme Start Date:** 15<sup>th</sup> June 2021

**Programme End Date:** 27<sup>th</sup> July 2021

- 7. Other highlights include ongoing online Sports Ability Education & Training in partnership with CARA.**

**Upcoming:**

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

From 1 June	Marathon Families	Partnership project between Marathon Families, DCSWP, Fingal County Council and KBC. Adaptation of Marathon Kids programme. More info at <a href="https://marathonkidsireland.ie/marathon-families/">https://marathonkidsireland.ie/marathon-families/</a>
14-20 June	Men's Health Awareness Week	Men's Health Forum In Ireland
21 June	International Day of Yoga	United Nations International Mental Health/Wellbeing Project

**CONTACT DETAILS**

Name	Role	Contact Information
Shauna Mc Intyre	General Manager, DCSWP	<a href="mailto:shauna.mcintyre@dublincity.ie">shauna.mcintyre@dublincity.ie</a>
Aideen O'Connor	Programmes & Services Manager, DCSWP	<a href="mailto:aideen.oconnor@dublincity.ie">aideen.oconnor@dublincity.ie</a>

Colin Sharkey	Office Manager, DCSWP	<a href="mailto:colin.sharkey@dublincity.ie">colin.sharkey@dublincity.ie</a>
Derek Ahern	Sport Officer, DCSWP	<a href="mailto:derek.ahern@dublincity.ie">derek.ahern@dublincity.ie</a>
Daniel Russell	Sport Officer, DCSWP	<a href="mailto:daniel.russell@dublincity.ie">daniel.russell@dublincity.ie</a>
Fergal Scally	Sport Officer, DCSWP	<a href="mailto:fergal.scally@dublincity.ie">fergal.scally@dublincity.ie</a>
Olivia Shattock	Sport Officer, DCSWP	<a href="mailto:olivia.shattock@dublincity.ie">olivia.shattock@dublincity.ie</a>
John Sweeney	Sport Officer, DCSWP	<a href="mailto:john.sweeney@dublincity.ie">john.sweeney@dublincity.ie</a>
John McDonald	Sport Officer, DCSWP	<a href="mailto:john.mcdonald@dublincity.ie">john.mcdonald@dublincity.ie</a>
Lisa Kelly	Sport Inclusion & Integration Officer, DCSWP	<a href="mailto:lisa.Kelly@dublincity.ie">lisa.Kelly@dublincity.ie</a>
Nuala O'Donovan	Sport Inclusion & Integration Officer, DCSWP	<a href="mailto:nuala.odonovan@dublincity.ie">nuala.odonovan@dublincity.ie</a>
Darren Taaffe	Citywide Sport Officer, DCSWP	<a href="mailto:darren.taaffe@dublincity.ie">darren.taaffe@dublincity.ie</a>
Robert Abbey	Citywide Sport Officer, DCSWP	<a href="mailto:robert.abbey@dublincity.ie">robert.abbey@dublincity.ie</a>
Colette Quinn	Development Officer, Athletics	<a href="mailto:colettequinn@athleticsireland.ie">colettequinn@athleticsireland.ie</a>
Gerard O'Donnell	Development Officer, Athletics	<a href="mailto:gerardodonnell@athleticsireland.ie">gerardodonnell@athleticsireland.ie</a>
Heather Jameson	Development Officer Football For All (Disability), North City	<a href="mailto:heather.jameson@fai.ie">heather.jameson@fai.ie</a>
Keith O'Halloran	Development Officer, F.A.I.	<a href="mailto:Keith.ohalloran@fai.ie">Keith.ohalloran@fai.ie</a>
Neil Keoghan	Development Officer, F.A.I.	<a href="mailto:neil.keoghan@fai.ie">neil.keoghan@fai.ie</a>
Ray Mc Cabe	Development Officer, Rugby	<a href="mailto:Ray.mccabe@leinsterrugby.ie">Ray.mccabe@leinsterrugby.ie</a>
Fintan Mc Allister	Development Officer, Cricket	<a href="mailto:Fintan.mcallister@cricketleinster.ie">Fintan.mcallister@cricketleinster.ie</a>
Noel Burke	Development Officer, Boxing	<a href="mailto:noelkarenburke@gmail.com">noelkarenburke@gmail.com</a>
Aoife Byrne	Development Officer, Rowing	<a href="mailto:Aoife.byrne@getgoinggetrowing.com">Aoife.byrne@getgoinggetrowing.com</a>

**REPORT BY:**

*Dee O'Boyle*

Dublin City Sport & Wellbeing

[dee.oboyle@dublincity.ie](mailto:dee.oboyle@dublincity.ie)