

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JULY 2021



Face to Face delivery of DCSWP programmes across communities in the Central Area has now resumed. Delivery of programmes remains subject to Government, HSE and Sport Ireland Return to Sport guidelines.

Online/Social Media Supports:

- Twitter: [@dccsportsrec](#)
- Facebook: [DublinCitySportandWellbeing](#)
- Instagram: [@dublincitysportandwellbeing](#)

Dublin City Sport & Wellbeing Virtual Hub

Dublin City Sport & Wellbeing Partnership Virtual Hub support continues virtually via dcwsphub.ie

Central Area Highlights July 2021:

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. In September it is planned that the following schools in the Central area will be taking up the programme:

- Mount Carmel, Kings Inn St.
- Colaiste Mhuire, Cabra

Hike and Bike – Youths age 11+ years

The Hike and Bike training programme takes advantage of DCC's green spaces and outdoor facilities during the summer months by bringing young people age 11- 18 years (mixed) to

the Phoenix Park to undergo training every Wednesday from 2pm. The programme will conclude with a hike through the park followed by a 10K Bike Ride on July 28th. The programme is delivered in partnership with the Central area Just Ask (Just A.S.K) Project which aims to transform the lives of children and young people aged 6-18 years who are often living in extremely challenging circumstances. Through designated programs as well as personal and family support, Just A.S.K provides weekly activities for up to 120 children, teens and their families.

Central Area Sports Camps –Adults age 18+ years

The Henrietta multi-sport sports camp concludes on 26th July. The camp commenced on 5th July and offered sporting opportunities for adults age 18+ in Athletics, Cricket, Boxing, Football and Rugby every Monday.

Football Academy - Youths age 10-21 years

Mary's Lane Pitches in Dublin 7 has played host to Football skill programmes every Saturday from 26th May. The programme which is aimed at young people in the area age 7-14 years (mixed) concludes on 31st July.

Football Youth At Risk – Males age 10-21 years

Youth At Risk is the DCSWP core programme aimed at youths age between 10-21 years. The programme takes place throughout the year but takes on particular focus in the summer months in order to provide young people with viable opportunities to take part in sport and physical activity in a fun and safe environment.

In the Central Area Football 5-a-side tournaments are delivered every Wednesday in Mary's Lane Pitches D7 from 4-6pm in partnership with Brádog Youth Services, Stoneybatter Youth Services and An Garda Síochána as part of the Youth Justice Project. This programme is targeted at males age 16+ years.

Outdoor Gym - All Target Groups

The Aughrim Street Outdoor Gym initiative provides an opportunity for people in the community to stay fit and active in a safe environment. The programme is a multi-sport initiative delivered every Tuesday evening from 6pm and Friday morning from 10am targeted at teenagers (age 16+) and adults (mixed).

Pilates and walking group - All Target Groups

This Central area programme allows participants age 16+ years to enjoy an all-round workout starting with a pilates warm up and moving on to a long-distance walk. The programme is delivered every Friday until 6th August from 11am – 1pm and has a very positive social element with participants meeting and enjoying well deserved refreshments and a socially distanced chat in the Phoenix Park at the end of their route.

Forever Fit – Underactive/Older Adults age 55+ years

Forever Fit is DCSWP's core programme targeting adults age 55+. In the Central Area the ongoing Heels and Wheels walking and cycling programme aimed at mixed older adults commenced in early May in Ierne Social Club, Drumcondra every Monday and Tuesday from 10am (from Clontarf pitches).

Bike For Life - Underactive/Young Adults

Bike For life is DCSWP's core programme targeted at underactive people. Bike Polo is a new alternative sport based on traditional Horse polo and is targeted at people of both genders age 15-40. In the Central Area Bike For Life/ Bike Polo programmes commenced from 16th May and are ongoing every Wednesday from 6-8pm and Saturday from 1-6pm.

Youth Fit – Youths At Risk

Youth Fit is DCSWP's core programme focussed on providing opportunities for young people age 10-21 years to take part in sport & physical activities and initiatives.

In the Central Area fitness classes aimed at females age 13-16 years commenced on 8th June and focusses on promoting positive health & wellbeing amongst young women in the Ballybough area. Programme delivery takes place in Ballybough Youth & Community Centre astro pitches every Tuesday and Thursday from 12 – 1pm.

Rowing / Water Sports - All Target Groups

The Central Area water sports programme aims to bring older adults (mixed age 50+ years) and young people (mixed age 12+ years) together to enjoy rowing in the outdoors in DCC's Islandbridge rowing facility and in the Eastwall Water Sports Centre. Programme delivery take place every Wednesday from 9.30am in DCC's Municipal Rowing Centre, Islandbridge/ and from 10.30am in Eastwall Water Sports Centre until 29th July.

Sport inclusion & Integration Update:

Sports Ability

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 including participants from the Central Area. The following groups and organisations will be participating:

- CRC Raheny/Clontarf
- St. Michael's House
- Vision Sports Ireland
- St. John of Gods
- Brothers of Charity, St. Vincents Centre,
- CDET B
- NLN: National Learning Network
- Down Syndrome Dublin

Adapted Rowing

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 including participants from the Central Area. The following groups and organisations will be participating every Thursday in DCC's Municipal Rowing centre, Islandbridge

- CRC

- St. John of Gods

Sports Ability Multi-Sport Programme

The citywide Sports Ability Adapted Multi-sports programme is targeted at individuals with Autism from across the city age 18+ years and takes place every Tuesday afternoon in Donaghmede Park.

Learn 2 Cycle

The citywide 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. SIIO'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. Programmes take place on Tuesdays 1.30- 2.15pm (Disability), 2.30pm- 3.15pm (ethnic minority group), 4pm-4.45pm (Disability) Wednesdays 11am-11.45am, (Travelling community).

Upcoming

Other highlights include ongoing online Sports Ability Education & Training in partnership with CARA and upcoming adapted tennis and cricket programmes.

General:

Keep Well/ Keep Active 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.

DCSWP received funding from Sport Ireland for three specific programmes, two of which were halted temporarily due to Covid restrictions but are now due to be delivered.

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 continue in parks across the city.

Health Promotion in the community

- Webinars to 'reboot active communities' will be launched in the coming weeks to support communities to get active as the opening up of society commences.
- Mental Health programmes will be back up and running in all areas over the coming weeks.
- The Yoga For Kids programme is in the planning stages for the summer weeks.
- Full updates to follow in the August report.

Training

- DCSWP online Safeguarding open and closed courses continue in order to support compliance in local clubs and organisations. Training is provided by DCSWP Officers. Safeguarding 2 & 3 is being 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 have now completed 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 2021 applications have now been submitted to clubs/applicants.

Co-Funded Programmes:

Athletics in the Community:

Athletics Officers are currently rolling out summer camps and events. A full update will be provided in the August report. Athletic Officers are supporting DCSWP Officers in the delivery of Couch to 5k walking and running programmes and the Marathon Families initiative.

Boxing in the Community

The Startbox IABA programme has encouraged young boxers in communities in the Dublin City area to take up the sport, have some fun and discover and hone their skills through the Startbox, Bronze, Silver and Gold programme. With the Tokyo Olympics on the horizon interest in Ireland's most successful sport has never been greater and co-funded DCSWP IABA officers continue to provide opportunities for young boxers to get involved in the sport in the Central area.

Startbox programmes in the Central area continue in the following venues over the next period:

- Gardiner Street School (age 10-12 years mixed) every Monday, Tuesday and Friday.
- Community Afterschool Project Mountjoy Square (2 groups mixed age 10 – 12 years) every Monday.
- Cabra Startbox (2 groups – mixed age 10-12 years) every Wednesday.
- Bradóg Youth Services, Dominick Street (2 groups mixed age 10- 12 years) every Tuesday.
- Swan Sheriff Street (3 groups – mixed age 10 -12 years) every Monday and Tuesday.

Cricket in the Community

Cricket highlights for July and August include the citywide U11 male tournament in Ringsend from 26th – 29th July, the citywide Cricket School Of Excellence camps aimed at males and females age 11-15 years from 19th – 29th July in the Phoenix Park and general camps targeted at U11/U13 and U17 level.

Football in the Community

Over the next period the DCSWP Co-funded FAI Officer will continue assisting local clubs in the delivery of summer football camps. In the Central Area the Stella Maris FC girls camp (6-12 years) will take place from 26th – 30th July.

Rowing in the Community

The Get Going Get Rowing Summer Camps are currently being delivered in the Neptune Rowing Club, Islandbridge throughout July and August from 9.30am – 12pm. The programme is targeted at 12 – 18 years (mixed) and is delivered in partnership with Dublin City Council's Municipal Rowing centre and local Sport Officers in the area.

Rugby in the Community

Leinster Citywide Rugby Summer Camps continue from 5th – 9th July (6-12 years mixed) and 19th – 23rd July (6-12 years mixed) in Donnybrook RFC. Preparation for U19's provincial tests commenced on 1st July. School programmes will resume in the late summer.

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