

## **NORTH CENTRAL AREA COMMITTEE**

### **DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT**

**JULY/AUGUST 2021**



Face to Face delivery of DCSWP programmes across communities in the North Central area has now resumed. Delivery of programmes continues to expand but 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

The programme will be expanded on a citywide basis in September 2021.

## **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 including those in the North Central area.

## **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 has been and programme delivery continues 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 completed 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.

Decisions have now been issued to all club applicants.

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

### **➤ July/August 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:

- **Programme:** Get Dublin Walking (In partnership with DCC's Community Section)

**Age group:** Adults

**Gender:** Mixed

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

This programme will conclude in August with groups travelling to the Dublin Mountains to enjoy a day of Hill Walking.

### **➤ July/ August North Central Area Older Adults Programme(s):**

- **Programme:** Chair aerobics

**Partners:** Priorswood Pastoral Active Group (older adults age 55+ mixed)

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

- **Walking Football**

**Partners:** FAI area officers

**Date/time and location:** Ongoing. Wednesdays from 2pm in Rockfield Park (from 23<sup>rd</sup> July – 25<sup>th</sup> August)

### **➤ July/August North Central Area Youth Programmes**

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:

- **Olympic Multi-Sports Events**

**Age group:** Teenagers (Mixed)

**Partners:** DCSWP Athletics Officers area officers

**Date/time and location:** Fridays from 1pm in Glin Centre, Coolock

- **Youth Integration Football**

**Age group:** Teenagers (Mixed)

**Partners:** FAI area officers

**Date/time and location:** Wednesdays from 4pm in Oscar Traynor Coaching & Development Centre.

- **Kilmore West Youth Project Water Sports Summer Programme**

**Age group:** Teenagers (Mixed)

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

- **FAI North Central Area Youth Project:**

**Age group:** Teenagers (Mixed)

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

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

**Age group:** Teenagers (Mixed)

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

- **Park Yoga Workshops – Donaghmede Park & Father Collins Park**

**Age group:** Under 18 (mixed) exact age limit TBC with Sport Officer

**Date/time and location:** July - August

- **Youth Rowing Programmes**

**Age group:** Under 18 (Female)

**Date/time and location:** 22<sup>nd</sup> and 29<sup>th</sup> July from 2.30pm in Islandbridge Rowing Centre

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

### **➤ Community Sports Days – Donaghmede 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:** Late July?Early August. Full details of time and date TBC.

## **Other Programmes/Events**

### **➤ 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 throughout July and August.

## **Co-Funded Programmes Highlights**

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

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

### **Boxing in the Community:**

General: DCWSP Boxing Officers are currently delivering Starbox programmes and the Olympic Education programme across the city. An update on North Central area activities will be provided in the September report.

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

Cricket Tournament sessions and camps continue to be delivered on a citywide basis over July and August. Participants from all areas of the city including the North Central area will take part in the following all day events:

- Under 11 Dublin City Female Cricket Tournament from 3<sup>rd</sup> -6<sup>th</sup> August in Clontarf Cricket Club.
- Under 13 Dublin City Female Cricket Tournament from 9<sup>th</sup>-12<sup>th</sup> August in Pembroke Cricket club.
- Under 15 Dublin City Male Cricket Tournament from 16<sup>th</sup> – 18<sup>th</sup> August in Ringsend Park and Clontarf Cricket Club.

### **Cricket Club Support:**

Club Cricket sessions for clubs across the city will commence from September including clubs in the North Central area.

### **Football in the Community**

The following football programmes and initiatives will be delivered on an ongoing basis in the area July - August

- 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**

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 Rugby Officers are currently delivering summer camps tag rugby events and blitzes. A full update will be provided in the September report.

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

- **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 in East Wall Watersports Centre & Ballyfermot Youth Services Adventure Centres. Concluding on 10<sup>th</sup> August.

1. **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. Concluding on 12<sup>th</sup> August.

2. **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. Ongoing programme in July/August.

**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)

3. Other highlights include Sport Inclusion Tennis programmes, ongoing online Sports Ability Inclusion and Autism in Sport Education & Training in partnership with CARA.

**Upcoming:**

## **Bike Week 12<sup>th</sup> – 18<sup>th</sup> September 2021**

This year Bike Week will kick off on Sunday September 12th and conclude on Saturday September 18th. DCSWP Officers will be linking in with the event to promote the benefits of cycling in communities through the delivery of key initiatives throughout the week.

Preliminary plans include canal looped cycles in partnership with Fingal, South Dublin and Dun Laoghaire/Rathdown and local initiatives encouraging citizens to cycle as part of their commute or exercise routine on a daily basis. Full details TBC.

Over the next period Bike For Life programmes in the North Central area will help assist adults to get on their bike again and enjoy the sights of the city in the great outdoors in the lead up to Bike Week. .

- The Bike For Life Donnycarney Youth Project programme takes place every Monday from 1pm from Eastwall Watersports Centre.
- The NCA Bike For Life Adult Social Cycling Programme will be delivered every Thursday from 10.30am from Eastwall Watersports Centre

### **Other Highlight events:**

DCSWP will be linking in with other upcoming initiatives in September including National Community Walking Day, European Week of Sport (DCSWP Dublin Sportsfest) and Positive Ageing week (DCSWP Older Adults Day).

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