

## CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 2021



Face to Face delivery of DCSWP programmes continue across communities in the Central area. Delivery of programmes, particularly around participant numbers, remain subject to Government, HSE and Sport Ireland guidelines. At the time of writing this report DCSWP was awaiting advice from Central Government/NPHET and Sport Ireland on the resumption of indoor sporting activities. Details of many of the programmes highlighted below are TBC as programmes for Autumn/Winter are currently in the planning stages and estimated programme participation numbers are per session.

#### 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: support continues virtually via [dcwsphub.ie](https://dcwsphub.ie)



#### Dublin Sportsfest /European Week of Sport 23<sup>rd</sup> – 30<sup>th</sup> September 2021

Dublin Sportsfest, Dublin City Sport & Wellbeing Partnership annual flagship event, is now in its 4<sup>th</sup> year. Sportsfest is a celebration of the joy and benefit regular sport and physical activity can provide in our lives. As with previous years Sportsfest has been planned to coincide with European Week Of Sport thereby reinforcing the values that sport is for everyone regardless of age, background or ability.

As 2021 is an Olympic year Sportsfest 2021 DCSWP Sport and Co-funded officers focus on number of roadshows, offering taster Olympic sports as well as showcasing other activities in each area aimed at all age groups in the community. In the Central area the following Sportsfest programmes have been planned:

<b>Description of programme activity:</b>	<b>Salsa Dance classes</b>
<b>Partners:</b>	Age & Opportunity
<b>Age group:</b>	Older adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesday 29 <sup>th</sup> September Time TBC
<b>Estimated Number of Programme Participants:</b>	14

<b>Name of core programme:</b>	<b>Go for life taster sessions with Golden Wonders Cabra</b>
<b>Description of programme activity</b>	Go for life Older Adult multi-sport games
<b>Partners:</b>	Members of Golden Wonders Group to facilitate session
<b>Age group:</b>	Older adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Dates and times TBC

<b>Name of core programme:</b>	<b>European Week Of Sport - launch of DCSWP Orienteering Series</b>
<b>Description of programme activity:</b>	Launch of the park mapping and courses created in DCC Parks (5 parks picked across the city and a course in each one selected for the series)
<b>Partners:</b>	Irish Orienteering Association
<b>Age group:</b>	All age Groups
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing following European Week of Sport

### **Bike Week 2021: 12th- 18th September**

Bike Week is a national celebration and promotion of the benefits of cycling. DCSWP provides opportunities for people of all ages and abilities to experience the joy of cycling through ongoing programmes. To mark the week and the introduction of Autumn/Winter cycling initiatives the following programme will be delivered in the Central area:

<b>Name of core programme:</b>	<b>Bike Week Cycling History Tour</b>
<b>Description of programme activity:</b>	Local history tour along canal and famine walk
<b>Partners</b>	An Siol Community Development Worker
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	TBC 12 <sup>th</sup> -20 <sup>th</sup> September
<b>Estimated Number of Programme Participants</b>	12
<b>Programme Start Date:</b>	
<b>Programme End Date:</b>	Two programmes over the course of the week

<b>Name of core programme:</b>	<b>Bike for Life</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Bike POLO
<b>Partners (If any):</b>	Dublin BIKE POLO
<b>Age group:</b>	14-40
<b>Gender:</b>	Both
<b>Date/time and location:</b>	Train weekly 1 <sup>st</sup> Sept –Aldborough Place Pitch D1
<b>Estimated Number of Programme Participants:</b>	25
<b>Programme Start Date:</b>	1 <sup>st</sup> Sept
<b>Programme End Date:</b>	Nov

### Older Adult Programmes:

<b>Name of core programme:</b>	<b>Golden Wonders Go For Life Group</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Go for life games and other activities
<b>Partners (If any):</b>	
<b>Age group:</b>	Older adults
<b>Gender:</b>	mixed
<b>Date/time and location:</b>	Mondays 1pm Cabra Parkside
<b>Estimated Number of Programme Participants (NB: per session):</b>	30
<b>Programme Start Date:</b>	13/09/21
<b>Programme End Date:</b>	ongoing

<b>Name of core programme:</b>	<b>Forever fit Activator pole classes</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Initially in the park but inside once restrictions are lifted.
<b>Partners (If any):</b>	
<b>Age group:</b>	Older adults
<b>Gender:</b>	mixed
<b>Date/time and location:</b>	Tuesdays at 2pm / john Paul Park

<b>Name of core programme:</b>	<b>Ierne BIKE FOR LIFE</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Cycle without age programme <a href="https://cyclingwithoutage.ie/">https://cyclingwithoutage.ie/</a>
<b>Partners (If any):</b>	Heels & Wheels
<b>Age group:</b>	Over 55's
<b>Gender:</b>	Both
<b>Date/time and location:</b>	Monday 27 <sup>th</sup> Sept – 15 <sup>th</sup> Nov - varied Times & Locations
<b>Estimated Number of Programme Participants:</b>	10
<b>Programme Start Date:</b>	27 <sup>th</sup> Sept
<b>Programme End Date:</b>	15 <sup>th</sup> Nov

## General:

### 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 and autumn 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 Brádóg 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.

### Sport inclusion & Integration Update October 2021 (Citywide)

<b>Name of core programme:</b>	<b>Sports Ability – Adapted Rowing</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Adapted Rowing: Rowing for individuals with Disabilities
<b>Partners</b>	DCC Rowing Centre
<b>Age group:</b>	18+
<b>Gender:</b>	mixed
<b>Date/time and location:</b>	Thursdays 1.30-3.30pm Islandbridge
<b>Estimated Number of Programme Participants:</b>	8
<b>Programme Start Date:</b>	16 <sup>th</sup> September
<b>Programme End Date:</b>	Dec 2021

<b>Name of core programme:</b>	<b>Sports Ability – Marathon Kids</b>
<b>Description of programme activity</b>	Marathon Kids: 8 week programme where children run marathon distance along with educational tools booklet Programme adapted for schools with special needs
<b>Partners:</b>	Marathon kids
<b>Age group:</b>	11-13yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Week days Glasnevin, Chapelizod, Crumlin, Sandymount
<b>Estimated Number of Programme Participants</b>	30
<b>Programme Start Date:</b>	13 <sup>th</sup> September
<b>Programme End Date:</b>	October 2021

<b>Name of core programme:</b>	<b>Sports Ability – Bike Leadership</b>
<b>Description of programme activity eg:</b>	Bike leader training: Upskills individuals to bike leaders so they can take groups on cycles

<b>Partners:</b>	Cycling Ireland
<b>Age group:</b>	18+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesday 15 <sup>th</sup> September 9.30-5.30pm Dublin 13
<b>Estimated Number of Programme Participants:</b>	10
<b>Programme Start Date:</b>	15 <sup>th</sup> September
<b>Programme End Date:</b>	

<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	<b>Cycle Sportiv:30km cycle – delivered during Bike Week bike week, aimed at ethnic minorities.</b>
<b>Partners</b>	Cycling Ireland
<b>Age group:</b>	12-17yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Friday 17 <sup>th</sup> September 9.30-5.30pm Clontarf
<b>Estimated Number of Programme Participants (NB: per session):</b>	10
<b>Programme Start Date:</b>	17 <sup>th</sup> September
<b>Programme End Date:</b>	

<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	<b>Learn 2 Cycle: Cycle programme for individuals with disabilities</b>
<b>Age group:</b>	4 years+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesday 14 <sup>th</sup> September 3.15pm- 5.45pm Crumlin
<b>Estimated Number of Programme Participants:</b>	10
<b>Programme Start Date:</b>	Tuesday 14 <sup>th</sup> September
<b>Programme End Date:</b>	November 2 <sup>nd</sup>

<b>Name of core programme:</b>	<b>Sports Ability – Walking Football</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Walking football programme aimed at developing and maintaining fundamental movement skills amongst older adults with alzheimers
<b>Partners</b>	FAI / Alzheimers society of Ireland
<b>Age group:</b>	55+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays 10.30-11.30am Finglas
<b>Estimated Number of Programme Participants:</b>	8

<b>Programme Start Date:</b>	22 <sup>nd</sup> September
<b>Programme End Date:</b>	Dec 2021

<b>Name of core programme:</b>	<b>Sports Ability</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Adapted Transition Year (TY) Physical Activity programme: Empowering TY students to develop community based physical activity sessions for individuals in the community with disabilities
<b>Age group:</b>	16+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays 7 <sup>th</sup> & 14 <sup>th</sup> October Artane/ Ballymun
<b>Estimated Number of Programme Participants</b>	120
<b>Programme Start Date:</b>	7 <sup>th</sup> October
<b>Programme End Date:</b>	Mid November

## 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.

## Co-Funded Programmes

### Athletics in the Community:

Athletics and DCSWP Officers are currently rolling out the Marathon Kids programme aimed at primary school children. Marathon Kids is the dedicated programme aimed at supporting young people to complete a marathon over a period of weeks. The initiative is due to be launched in Morton stadium in September. Further details TBC in the October report. Athletic Officers are also supporting DCSWP Officers in the delivery of Couch to 5k walking and running programmes.

## 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.

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/Football/Rugby/Rowing in the Community

School programmes have now resumed following the return to education. Full details will be included in the DCSWP October report.

### 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>
John McDonald	Sport Officer, DCSWP	<a href="mailto:john.mcdonald@dublincity.ie">john.mcdonald@dublincity.ie</a>
Michelle Waters	Sport Officer, DCSWP	<a href="mailto:michelle.waters@dublincity.ie">michelle.waters@dublincity.ie</a>
Mitch Whitty	Sport Officer, DCSWP	<a href="mailto:Mitchell.whitty@dublincity.ie">Mitchell.whitty@dublincity.ie</a>
David Phelan	HSE Health Promotion & Improvement Officer	<a href="mailto:Davidphelan6@mail.dcu.ie">Davidphelan6@mail.dcu.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>
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>
Paul Whelan	Development Officer,FAI	<a href="mailto:paul.whelan@fai.ie">paul.whelan@fai.ie</a>
Clare Conlon	Development Officer,FAI	<a href="mailto:Clare.conlon@fai.ie">Clare.conlon@fai.ie</a>
Heather Jameson	Football For All (Disability North City)	<a href="mailto:Heather.jameson@fai.ie">Heather.jameson@fai.ie</a>

Chris McElligott	Football For All (Disability South City)	<a href="mailto:Chris.mcelligott@fai.ie">Chris.mcelligott@fai.ie</a>
Ray McCabe	Rugby Development Officer	<a href="mailto:Ray.mccabe@leinsterrugby.ie">Ray.mccabe@leinsterrugby.ie</a>
Stephen Maher	Rugby Development Officer	<a href="mailto:stephen.maher@leinsterrugby.ie">stephen.maher@leinsterrugby.ie</a>
Fintan Mc Allister	Development Officer, Cricket	<a href="mailto:Fintan.mcallister@cricketleinster.ie">Fintan.mcallister@cricketleinster.ie</a>

**REPORT BY:**

*Dee O'Boyle*

Dublin City Sport & Wellbeing

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