

**The Chairman and Members of
North West Area Committee.**

Meeting: 21st September 2021

Item No: 12

DCSWP HIGHLIGHTS EVENTS AND PROGRAMME

Outdoor walking/running initiatives and school multi-sport programmes will resume in September/October in the area.

Online/Social Media Supports:

- Twitter: [@dccsportsrec](#)
- Facebook: [DublinCitySportandWellbeing](#)
Instagram: [@dublincitysportandwellbeing](#)
- Dublin City Sport & Wellbeing Partnership Virtual Hub: [dcwsphub.ie](#)

National Bike Week 12th – 18th September 2021

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, school safety and skills cycling programmes were delivered in 50 minute slots in the North West Area in various primary schools on Wednesday 15th September from 9.30am in Finglas Sports & Fitness Centre Astro pitches.

Dublin Sportsfest/European Week of Sport 23rd – 30th September 2021

Dublin Sportsfest, Dublin City Sport & Wellbeing Partnership annual flagship event, is now in its 4th year. 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 will focus on a number of roadshows, offering taster Olympic Sports as well as showcasing other activities in each area aimed at all age groups in the community.

Marathon Kids 2021:

The Marathon Kids Programme is targeted at 5th and 6th class pupils. Students in a number of schools in the North West Area will run, jog or walk an assigned distance each week over the next 8 weeks. Students have responsibility for recording daily updates in physical or digital workbooks. Teachers will receive weekly emails and updates on the Marathon Kids Ireland website. This will include tips and video content including exercise warm ups, nutrition and recipes from Irish international track and field athlete David Gillick. St Canice's Girls National School, Sacred Heart Boys National School, Mother of Divine Grace National School and Gaelscoil Uí Earcain will all take part in the event.

Other North West Area Highlights:

Poppintree Couch to 5 k Running/Walking Programme every Wednesday from 1 - 2 pm in Poppintree Park, Ballymun Walking Group every Thursday from 10.30 – 11.30am in Poppintree Park, Spina Bifida Hydrocephalus Ireland Disability Sports program every Tuesday from 11.00 – 12.30pm in Poppintree Sports & Fitness Centre.

General:

Sport inclusion & Integration (participants from across all electoral areas including North West Area)

| | |
|--|--|
| Name of core programme: | Sports Ability – Adapted Rowing |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Adapted Rowing: - Rowing for individuals with Disabilities |
| Partners | DCC Rowing Centre |
| Age group/Gender | 18+ Mixed |
| Date/time and location: | Thursdays - 1.30-3.30pm - Islandbridge |

| | |
|--|---|
| Name of core programme: | Sports Ability – Marathon Kids |
| Description of programme activity | Marathon Kids: - 8 week programme where children run marathon distance along with educational tools booklet. Programme adapted for schools with special needs |
| Partners: | Marathon kids |
| Age group/Gender | 11-13yrs Mixed |
| Date/time and location: | Week days - Glasnevin, Chapelizod, Crumlin, Sandymount |

| | |
|--|---|
| Name of core programme: | Sports Ability – Bike Leadership |
| Description of programme activity eg: | Bike leader training: Upskills individuals to bike leaders so they can take groups on cycles |
| Partners: | Cycling Ireland |
| Age group/Gender | 18+ Mixed |
| Date/time and location: | Wednesday 15 th September - 9.30-5.30pm Dublin 13 |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Cycle Sportiv:30km cycle – delivered during Bike Week bike week, aimed at ethnic minorities. |
| Partners | Cycling Ireland |
| Age group/Gender | 12-17yrs - Mixed |
| Date/time and location: | Friday 17 th September - 9.30-5.30pm Clontarf |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Learn 2 Cycle: Cycle programme for individuals with disabilities |
| Age group/Gender | 4 years+ Mixed |
| Date/time and location: | Tuesday 14 th September - 3.15pm- 5.45pm Crumlin |

| | |
|--|---|
| Name of core programme: | Sports Ability – Walking Football |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Walking football programme aimed at developing and maintaining fundamental movement skills amongst older adults with alzheimers |
| Partners | FAI / Alzheimers society of Ireland |
| Age group/Gender: | 55+ Mixed |

| | |
|--|---|
| Name of core programme: | Sports Ability |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Adapted Transition Year (TY) Physical Activity programme: Empowering TY students to develop community based physical activity sessions for individuals in the community with disabilities |
| Age group/Gender | 16+ Mixed |
| Date/time and location: | Thursdays - 7 th & 14 th October - Artane/ Ballymun |

Training September/October 2021:

Safeguarding

Training is provided by DCSWP Officers. Safeguarding 2 & 3 is currently being delivered on an on-demand basis.

Disability/Inclusion In Sport

In partnership with CARA, the online Disability & Inclusion and Autism in Sport training programmes launched in 2020. The programme for 2021 is delivered on the first Tuesday of every month on an ongoing basis.

CARA Xcessible Award

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.

Co-Funded Programmes September/October 2021

Athletics/Boxing/Cricket/Football/Rugby Rowing in the Community

School and Youth programmes have recently resumed following the return to education in the above co-funded sports. Full details will be included in the DCSWP October report. Co-funded Officers will be delivering taster sessions in the North West area as part of Sportsfest 2021.

CONTACT DETAILS

| Name | Role | Contact Information |
|--------------------|--|--|
| Shauna McIntyre | General Manager, DCSWP | shauna.mcintyre@dublincity.ie |
| Aideen O'Connor | Programmes & Services Manager, DCSWP | aideen.oconnor@dublincity.ie |
| Colin Sharkey | Office Manager, DCSWP | Colin.sharkey@dublincity.ie |
| Paul Donnelly | Sport Officer, DCSWP | Paul.donnelly@dublincity.ie |
| Eileen Gleeson | Sport Officer, DCSWP | eileen.gleeson@dublincity.ie |
| John McDonald | Sport Officer, DCSWP | John.mcdonald@dublincity.ie |
| Lisa Kelly | Sport Inclusion & Integration Officer, DCSWP | Lisa.Kelly@dublincity.ie |
| Nuala O'Donovan | Sport Inclusion & Integration Officer, DCSWP | Nuala.odonovan@dublincity.ie |
| Colette Quinn | Development Officer, Athletics | colettequinn@athleticsireland.ie |
| Gerard O'Donnell | Development Officer, Athletics | gerardodonnell@athleticsireland.ie |
| Neil Keoghan | Development Officer, F.A.I. | neil.keoghan@fai.ie |
| Heather Jameson | Football For All (Disability) Development Officer F.A.I - North City | heather.jameson@fai.ie |
| Juliet Shortt | Development Officer, Rugby | juliet.shortt@leinsterrugby.ie |
| Fintan Mc Allister | Development Officer, Cricket | Fintan.mcallister@cricketleinster.ie |
| Noel Burke | Development Officer, Boxing | noelkarenburke@gmail.com |
| Aoife Byrne | Development Officer, Rowing | Aoife.byrne@getgoinggetrowing.ie |

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie