

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

**Meeting: 19<sup>th</sup> October 2021**

**Item No: 11**

**DCSWP HIGHLIGHTS EVENTS AND PROGRAMME**

Please note that indoor activities sporting activities and initiatives have now resumed and will be delivering indoor and outdoor programmes strictly in adherence with Government and Sport Ireland Return to Indoor Sport advice/guidelines. Communities in the North West Area will also be supported by the development of the DCSWP Virtual Hub which is currently undergoing re-development. Upcoming events DCSWP will be linking in with over the next period include:

<b>19th November</b>	Men's International Health Day
<b>Nov- Dec</b>	GAGA (Get All Girls Active) programme and GAGA Day (event date TBC)
<b>3rd December</b>	International Day of Persons With Disabilities (DCSWP Sport Inclusion and Integration Officers to link to events)
<b>5th December</b>	International Volunteer Day
<b>18th December</b>	International Migrants Day

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 Hub (Undergoing Review) : [dcwspub.ie](http://dcwspub.ie):

Marathon Kids

The Marathon Kids programme is targeted at 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> class pupils and continues over the next period. Students are currently running, jogging or walking at an assigned distance each week over 8 weeks. Teachers receive weekly emails and updates on the Marathon Kids Ireland website and each student has individual responsibility for recording daily updates in physical or digital workbooks. The content includes tips and video content including exercise warm ups, nutrition and recipes from Irish international track and field athlete David Gillick.

Schools participating in Marathon Kids from the North West area include: St Canice's Girls National School, Sacred Heart Boys National School, Mother of Divine Grace National School and Gaelscoil Uí Earcain.

North West Area Highlights:

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

- Trinity Comprehensive Ballymun Basketball 8-week programme aimed at mixed teens.
- The 'Gaelic 4 Ma's' Beginners GAA programme is a DCSWP initiative seeking to engage or re-engage under active women over the age of 21 with Gaelic Football. The programme is delivered in DCC's Finglas Sports & Fitness Centre every Tuesday evening from 6-7pm and new members are welcome.

#### GAGA – Get All Girls Active

GAGA is a multi-sport core DCSWP programme aimed at increasing female participation in sport.

- In the North West Area the GAGA programme has recommenced in Trinity Comprehensive Ballymun aimed at teenage girls age 13-16 years.

#### **Sport Inclusion and Integration – (participants from across all electoral areas including North West Area)**

- Adapted Rowing in Islandbridge (Mixed age 18+)
- Sports Ability - Marathon Kids - Adapted for schools with special needs
- Sports Ability Bike Leadership Training (Mixed age 18+)
- Learn 2 Cycle (Mixed age 4 +)
- Walking football in partnership with Alzheimer's society – Older Adults age 55+. (Ballymun)

#### **Training September/October 2021:**

- Safeguarding 1, 2 & 3
- Disability/Inclusion In Sport/Autism in Sport
- CARA Xcessible Award.

#### **Co-Funded Programmes September/October 2021**

##### **Athletics**

Marathon Kids/Daily Mile programmes are ongoing as above.

##### Boxing

Startbox programmes continue in the following North West area schools:

- St, Kevin's, Finglas (age 8 & 9 years)
- St. Canice's, Finglas (age 8 years)

##### Cricket

- Schoolyard, Tape Ball and Street Cricket sessions continue
- U11 Boys and Girls Cricket sessions continue in Railway Union Sports Ground (Citywide)

##### Football

- FAI PDP 1 Coaching Course aimed at clubs in the NW area.
- Safeguarding Training aimed at clubs in the NW area.
- Football against Racism Europe (Fare).
- Runs over two weeks. Show Racism the Red Card to be delivered in local school in the NW area aimed at 12 – 15 years (mixed).
- FAI Club Mark Presentation (presented to clubs in the area who have achieved excellence in areas such as governance, management and administration).
- PDP 2 Coaching.

##### Rugby

School programmes ongoing in the North West area. For full details the local DCSWP Rugby Officer Juliet Short can be contacted. Details below.

## Rowing

Citywide Get Going Get Rowing School Programmes are ongoing. For full details the local DCSWP Rowing Officer Aoife Byrne can be contacted. Details below.

### **CONTACT DETAILS**

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