

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

NOVEMBER 2021



Dublin City Sport & Wellbeing Partnership will be delivering indoor and outdoor programmes strictly in adherence with Government and Sport Ireland Return to Indoor Sport advice/guidelines.

Communities in the Central Area will also be supported by the development of the DCSWP Virtual Hub which is currently undergoing re-development. The Hub will act as a dedicated sport & wellbeing resource for communities in terms of information on services, how to get involved in local programmes, who to contact and access online programmes.

Upcoming events DCSWP will be linking in with over the next period include:

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| 19th November | Men's International Health Day |
| 24th November | GAGA (Get All Girls Active) programme and GAGA Day 24 th Nov |
| 3rd December | International Day of Persons With Disabilities |
| 5th December | International Volunteer Day |
| 18th December | 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 Partnership Virtual Hub: support continues virtually via dcwsphub.ie

CENTRAL AREA HIGHLIGHTS

Older Adult Programmes:

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| Name of core programme: | Go for life - taster sessions with older adult groups in DCC housing |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Go for life games hoping that a number of the residents will join the Golden Wonder group or form their own |
| Partners (If any): | Members of Golden Wonders Group to facilitate session |
| Age group: | Older adults |
| Gender: | mixed |
| Date/time and location: | Dates and times to be confirmed |
| Estimated Number of Programme Participants (NB: <u>per session</u>): | 8-15 per complex |
| Programme Start Date: | Week beginning 25 th October 2021 |
| Programme End Date: | Week ending 5 th December 2021 |

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| Name of core programme: | Forever fit - Activator pole classes |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Initiative focussed on improving mobility and better balance. Currently outdoors but indoors following easing of restrictions in adherence with guidelines. |
| Age group: | Older adults |
| Gender: | Mixed |
| Date/time and location: | Ongoing Tuesdays at 2pm / John Paul Park |
| Programme Start Date: | Week beginning 25th October |
| Programme End Date: | Week ending 21 st November |

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| Name of core programme: | Dunard Court Men's Activity Programme |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Various activities including rowing, cycling, walking and walking football. |
| Partners (If any): | DCC Liaison Officer |
| Age group: | Older adults |
| Gender: | Male |
| Date/time and location: | Ongoing Thursdays |
| Programme Start Date: | 14/10/21 |
| Programme End Date: | 18/11/21 |

Underactive Adults

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| Name of core programme: | Salsa Dance Classes |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | 1hr dance class |
| Partners (If any): | n/a |
| Age group: | adults |
| Gender: | Mixed |
| Date/time and location: | Wednesdays 10-11am |
| Estimated Number of Programme Participants (NB: per session): | 20 |
| Programme Start Date: | 17 th November 2021 |
| Programme End Date: | 8 th December 2021 |

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| Name of core programme: | Pickle Ball |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | 45min weekly session |
| Partners (If any): | n/a |
| Age group: | adults |
| Gender: | mixed |
| Date/time and location: | 11am-12pm Aughrim Street Sport Centre |
| Estimated Number of Programme Participants (NB: per session): | 12 |
| Programme Start Date: | 17 th November 2021 |
| Programme End Date: | 8 th December 2021 |

Schools

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| Name of core programme: | Marathon Kids |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | 8 week programme building distance to cover 25.2 miles before finishing with a mile run/jog in the 8 th week. Programme includes a workbook with teacher led discussions around the components of fitness & health |
| Partners (If any): | Primary schools |
| Age group: | 9-13 yrs |
| Gender: | Mixed |
| Date/time and location: | Nov 1 st – 22 nd Nov. Programme schedule school led. is 3-4 sessions per week. |

Women in Sport

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| Name of core programme: | GAGA (Get All Girls Active) |
| | 12 week fitness programme targeting the TY students in St Mary's Secondary School, Glasnevin. Dance fit Classes x 2 for 12 weeks with the aim of getting more teenage girls active. |
| Partners (If any): | St Mary's Secondary School |
| Age group: | Secondary Schools Students |
| Gender: | Female |
| Date/time and location: | Wednesday 24 th November (in school) |
| Programme Start Date: | 24 th November |

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| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | 2 x 1hr sport and physical activity to promote getting all girls active (GAGA) |
| Partners (If any): | |
| Age group: | Secondary Schools Students |
| Gender: | female |
| Date/time and location: | Wednesday 24 th November (in school) |
| Estimated Number of Programme Participants (NB: per session): | 60 |
| Programme Start Date: | 24 th November |
| Programme End Date: | Once off |

Sport inclusion & Integration Update October 2021 (Citywide)

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| Name of core programme: | St Michael's House Moyle Road Chair Aerobics |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | 4 weeks of 1hr Chair Aerobics with service users |
| Partners (If any): | n/A |
| Age group: | adults |
| Gender: | mixed |
| Date/time and location: | |
| Estimated Number of Programme Participants (NB: per session): | 12 |
| Programme Start Date: | 1st November 2021 |
| Programme End Date: | 22nd November 2021 |
| Name of programme: | Fit For All Week |
| Description of programme activity | Inclusive Activities across our gyms & leisure centres (TBC) |
| Partners (If any): | DCC Gyms and Leisure Centres |
| Age group: | Mixed |
| Gender: | Mixed |
| Date/time and location: | Citywide |
| Programme Start Date: | 11/10/2021 |
| Programme End Date: | 17/11/2021 |

DCSWP Partnership 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 continue to support the Marathon Kids programme aimed at primary school children at 4th – 6th class level. The Marathon Kids initiative aims to support young people at primary school level to complete a marathon over an 8-week period of weeks. Completion of the last mile has taken place in Morton Stadium in the past but due to restrictions the final mile in November. Athletics Officers are also supporting DCSWP Officers in the delivery of Couch to 3 and 5k walking and running programmes across the city in the next few weeks.

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 in the area following the return to education.

| Name of core programme: | Schoolyard Sessions |
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| Description of programme activity | Cricket- St John Bosco's BNS |
| Age group: | 5-13 |
| Gender: | Male |
| Date/time and location: | Wednesdays 11.00am-12.30pm, Navan Road |
| Estimated Number of Programme Participants (<u>per session</u>): | 80 |
| Programme Start Date: | Wednesdays Mid November – Mid December |

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| Programme End Date: | Wednesdays Mid November – Mid December |
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| Name of core programme: | Schoolyard Sessions |
| Description of programme activity | Cricket- North Dublin Muslim School |
| Partners (if any): | |
| Age group: | 5-13 |
| Gender: | Male |
| Date/time and location: | Wednesdays 1.00pm-2.30pm, Cabra |
| Estimated Number of Programme Participants (<u>per session</u>): | 58 |
| Programme Start Date: | Wednesdays Mid November – Mid December |
| Programme End Date: | Wednesdays Mid November – Mid December |

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| Name of core programme: | Schoolyard Sessions |
| Description of programme activity | Cricket- O Connells Secondary School |
| Age group: | 13-15 |
| Gender: | Male |
| Date/time and location: | Fridays 10.00am-12.00pm Richmond Street Drumcondra |
| Estimated Number of Programme Participants (<u>per session</u>): | 52 |
| Programme Start Date: | Fridays Mid November – Mid December |
| Programme End Date: | Fridays Mid November – Mid December |

Rowing

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| Name of core programme: | Get Going Get Rowing |
| Description of programme activity: | In school rowing classes |
| Partners (if any): | DCSWP, DLRSP, SDCSP, local secondary schools |
| Age group: | Secondary school students |
| Gender: | All |
| Date/time and location: | During school hours in the participating school |
| Estimated Number of Programme Participants (NB: <u>per session</u>): | Average 24 per class, each class has 6 sessions. 27 classes participating in November/December |
| Programme Start Date: | 01/11/2021 |

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| | Get Going Get Rowing TY Coaching Course |
| Description of programme activity: | Rowing based leadership and coaching programme for TY students. After completing a coaching course, the TY students coach rowing to a younger year group for minimum three weeks |
| Partners (If any): | DCSWP, DLRSP, SDCSP, local secondary schools |
| Age group: | TY Students, 1 st year students, 6 th class students |
| Gender: | All |
| Date/time and location: | During school hours in the participating school |
| Estimated Number of Programme Participants (NB: <u>per session</u>): | Average 20 per session. Each TY group have 2 long or three short sessions. 5 groups participating in November/December |
| Programme Start Date: | 01/11/2021 |
| Programme End Date: | 17/12/2021 |
| Programme End Date: | 17/12/2021 |

CONTACT DETAILS :

| Name | Role | Contact Information |
|--------------------|--|--|
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