

3rd November, 2021.

To: The Lord Mayor, Chairperson and Members of
North Central Area Committee

Meeting: 15th November 2021

Sports & Wellbeing Partnership Report – November 2021.



Please note that indoor activities sporting activities and initiatives have now resumed. Dublin City Sport & Wellbeing Partnership will be delivering indoor and outdoor programmes strictly in adherence with current Government and Sport Ireland Return to Indoor Sport advice/guidelines.

Communities in the North 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 how to 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 |
| 3rd December | International Day of Persons With Disabilities |
| 5th December | International Volunteer Day |
| 18th December | International Migrants Day |

Women in Sport - Empowering Women through Sport and Physical Activity

Dublin City Sport & Wellbeing Partnership is dedicated to providing opportunities for women of all ages to get involved or re-engage with sport and physical activity through delivery of the core Get All Girls Active programme (GAGA), school multi-sport programmes, ongoing community women in sport programmes and by consistently linking in with national initiatives such as the 20x20 'If she Can't See It She Can't Be It Campaign.

- The Developing Women through Sport is a new collaborative programme between TU Dublin and Dublin City Sport & Wellbeing Partnership. The programme aims to address the differences that exist between women's and men's involvement in sport and in doing so provide one year support to women in their sport. The overall purpose of the programme is to promote and increase women's sustained involvement in sport as coaches, volunteers, club members, athletes, advocates, leaders, and participants and help create female role models to empower other women to become involved in a sport within the university and its wider community.

Participants of the programme will be provided with a suite of training and education supports of which they will have to complete a minimum of 8 core and elective modules within an agreed timeframe. The training programme will be tailored to suit the availability of candidates.

A number of national governing bodies acting as delivery agents for sport and physical activity for Sport Ireland are involved in the roll out of a number of elective coaching modules. Below is a link showcasing what the programme can offer.

<https://www.youtube.com/watch?v=4FNmFSgkkdE>

Get All Girls Active or 'GAGA'

Get All Girls Active or 'GAGA' is DCSWP's core programme is dedicated to increasing opportunities for females to participate in sport and physical activity. Research has shown that teenage girls are at a higher risk of dropping out of sport and exercise than any other demographic. Our dedicated programme recognises that we have a pivotal role to play in ensuring opportunities like this are provided to keep teenage

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| Name of core programme: | GAGA Secondary school |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Dance Fitness |
| Partners (If any): | Mercy Beaumont secondary school |
| Age group: | Teenage girls |
| Gender: | Girls |
| Date/time and location: | Monday, 8.50pm, Mercy Beaumont |
| Programme Start Date: | 13 th September |
| Programme End Date: | 6 th December |

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| Name of core programme: | GAGA Secondary school |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Exercise and Fitness Programme. |
| Partners (If any): | Holy Faith Killester Secondary School |
| Age group: | 14-16 |
| Gender: | Female |
| Date/time and location: | : This programme will take place in Holy Faith Killester School. It will run from November 9th for four weeks. It will take place from 2pm -3pm. |
| Programme Start Date: | November 9th |
| Programme End Date: | November 30th |

Marathon Kids 2021

Marathon Kids Ireland is an 8-week educational, health and wellbeing program for primary school students. The programme involves daily short runs, education on physical and mental health, nutrition and exercise. The programme commenced in 2019 when Dublin City Sport & Wellbeing teamed up with South Dublin and Fingal County Council's Local Sport Partnership's to deliver the programme in schools across the Dublin region. Sport Officers engage with schools in every area to maximise delivery of the initiative for young people.

DCSWP provide T-shirts, medals and booklets to schools to ensure the achievement of young participants is acknowledged.

- In the North Central area the Marathon Kids programme continue in schools throughout November / December. 600+ students registered from the 6 primary schools in NCA to partake in 2021. Greenlanes National School, Clontarf, Marathon kids Scoil Assaim, Raheny

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: dcwsphub.ie

NORTH CENTRAL AREA NOVEMBER/DECEMBER HIGHLIGHTS

Underactive Adults

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| Name of core programme: | Get Dublin Walking |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Walking |
| Partners (If any): | Collaboration with other NCA Sports Officer |
| Age group: | Adults |
| Gender: | Mixed |
| Date/time and location: | Mondays & Wednesdays, 11am, Edenmore Park |
| Estimated Number of Programme Participants (NB: per session): | 20 |
| Programme Start Date: | 18 th May |
| Programme End Date: | Ongoing |

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| Name of core programme: | Get Dublin Walking |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Walking |
| Partners (If any): | Artane Coolock FRC |
| Age group: | Adults |
| Gender: | Mixed |
| Date/time and location: | Mondays 10am, McCauley Park |
| Estimated Number of Programme Participants (NB: per session): | 20 |
| Programme Start Date: | 20 th September |
| Programme End Date: | Ongoing |

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| Name of core programme: | Couch to 5km |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Running/walking |
| Partners (if any): | Athletics Ireland |
| Age group: | Adults |
| Gender: | Mixed |
| Date/time and location: | Thursdays, 10am Maypark in Donnycarney |
| Estimated Number of Programme Participants (NB: per session): | 20 |
| Programme Start Date: | 14 th October |
| Programme End Date: | 2 nd December |

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|---|----------------------------|
| Name of core programme: | Boules Sessions |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Boules/Petanque |
| Partners (if any): | Irish Petanque Association |
| Age group: | All |
| Gender: | Mixed |
| Date/time and location: | Rockfield Park 2pm |
| Estimated Number of Programme Participants (NB: per session): | 30-40 |
| Programme Start Date: | 4th November |
| Programme End Date: | 2nd December |

School Programmes

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| Name of core programme: | Futsal in the Yard |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Football |
| Partners (if any): | FAI |
| Age group: | 1 st to 4 th class |
| Gender: | Girls |
| Date/time and location: | 30 th September. Scoil Ide GNS, Kilmore |
| Estimated Number of Programme Participants (NB: per session): | 4 classes Approx. 100 participants in total |
| Programme Start Date: | 30 th September |
| Programme End Date: | Ongoing |

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| Name of core programme: | OLOC Primary school athletics |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Athletics |
| Partners (if any): | Athletics Ireland |
| Age group: | Children |
| Gender: | Girls |
| Date/time and location: | 3 rd November/10.30am-12.30pm. Our Lady of Consolation, Donnycarney |
| Estimated Number of Programme Participants (NB: per session): | 120 |
| Programme Start Date: | 3rd November 2021 |
| Programme End Date: | 8th December 2021 |

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|---|--|
| Name of core programme: | St David's BNS Primary school athletics |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Athletics |
| Partners (if any): | Athletics Ireland |
| Age group: | Children |
| Gender: | Boys |
| Date/time and location: | 4th November/10.00am-12.00pm. St David's BNS, Artane |
| Estimated Number of Programme Participants (NB: per session): | 120 |
| Programme Start Date: | 4th November 2021 |
| Programme End Date: | 9 th December 2021 |

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|---|---|
| Name of core programme: | Scoil Chiaráin Primary school athletics |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Athletics |
| Partners (if any): | Athletics Ireland |
| Age group: | Children |
| Gender: | Boys |
| Date/time and location: | 5 th November/10.30am-12.30pm. Scoil Chiaráin CBS, Donnycarney |
| Estimated Number of Programme Participants (NB: per session): | 120 |
| Programme Start Date: | 3rd November 2021 |
| Programme End Date: | 10 th December 2021 |

Children Outside School

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| Name of core programme: | Afterschool Fundamental Fitness- Primary school |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Physical activity |
| Partners (if any): | St John of Gods GNS, Artane |
| Age group: | Children |
| Gender: | Girls |
| Date/time and location: | 9 th November/1.30pm-3.30pm. St John of Gods GNS, Artane |
| Estimated Number of Programme Participants (NB: per session): | 50 |
| Programme Start Date: | 9th November 2021 |
| Programme End Date: | 14 th December 2021 |

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|---|--|
| Name of core programme: | Afterschool Fundamental Fitness- Primary school |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Physical activity |
| Partners (If any): | Our Lady of Consolation, Donnycarney |
| Age group: | Children |
| Gender: | Girls |
| Date/time and location: | 11th November/1.30pm-3.30pm. Our Lady of Consolation, Donnycarney |
| Estimated Number of Programme Participants (NB: per session): | 50 |
| Programme Start Date: | 11th November 2021 |
| Programme End Date: | 16 th December 2021 |

Older Adult Programmes

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| Name of core programme: | Over 55's Fitness and Flexibility |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Fitness and flexibility |
| Partners (If any): | HSE |
| Age group: | Active retired |
| Gender: | Men |
| Date/time and location: | Tuesdays, 10.30am, Artane Beaumont Family Recreation centre |
| Estimated Number of Programme Participants (NB: per session): | 20 |
| Programme Start Date: | 19 th Oct |
| Programme End Date: | 21 st Dec |

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| Name of core programme: | Older Adults Chair Exercise Programme |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Senior Citizens Chair Exercise Programme. |
| Partners (If any): | St Gabriel's Community Centre Hall, Clontarf |
| Age group: | 60-85 |
| Gender: | Mixed |
| Date/time and location: | This programme will take place from November 9th next in St Gabriel's Community Centre Hall, Clontarf. It will run from 11am-12pm every second Tuesday until Christmas. |
| Programme Start Date: | November 9th |
| Programme End Date: | December 14th |

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| Name of core programme: | Older Adults Chair Exercise Programme |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Senior Citizens Chair Exercise Programme. |
| Partners (if any): | Ballybough Youth & Community Centre |
| Age group: | 60-85 |
| Gender: | Mixed |
| Date/time and location: | This programme will take place in Ballybough Youth & Community Centre, from November 16th next. It will run from 11am-12pm for four weeks. |
| Programme Start Date: | November 16th |
| Programme End Date: | December 7th |

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| Name of core programme: | Walking Football |
| Description of programme activity eg: Tag Rugby, Chair Aerobics etc | Football |
| Partners (if any): | FAI |
| Age group: | Active retired |
| Gender: | Men |
| Date/time and location: | Wednesdays, 2pm, Rockfield Park |

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| Name of core programme: | Aqua Aerobics |
| Description of programme activity: | Swimming/Aqua aerobics |
| Age group: | Older Adults |
| Gender: | Mixed |
| Date/time and location: | Tuesdays 2.15pm Thursdays 11.15 in Coolock pool |
| Programme Start Date: | 5 th Oct 2021 |
| Programme End Date: | Ongoing |

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|---|---|
| Name of core programme: | Chair Aerobics |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Chair exercise to music |
| Partners (if any): | |
| Age group: | Older Adults |
| Gender: | Mixed |
| Date/time and location: | 12 th November at 2pm in Kilmore Recreation centre |
| Estimated Number of Programme Participants (NB: per session): | 20 |
| Programme Start Date: | 12 th November 2021 |
| Programme End Date: | 17 th December 2021 |

Health and Improvement in the Community

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| Name of programme: | Men on the Move |
| Description of programme activity | Men only Health & Wellbeing programme including exercise classes & nutrition and mental health workshops |
| Partners (If any): | HSE |
| Age group: | Adults |
| Gender: | Male |
| Date/time and location: | Coolock: Glin Rd Sports Hall Tuesday & Friday 11am |

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| Name of core programme: | Digital Inequalities |
| Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc. | Online exercise classes targeting clients with COPD |
| Partners (If any): | HSE |
| Age group: | Older Adults |
| Gender: | Mixed |
| Date/time and location: | Numerous sessions for 8 weeks |
| Programme Start Date: | 19 th October |
| Programme End Date: | 7 th December |

General:

Training October/November 2021

- 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 currently 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.
- In 2021 Dublin City Sport & Wellbeing Partnership was 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 has completed its Xcessible training to support the application and training has also recently been completed by the DCSWP Board.

Co-Funded Programmes October/November 2021

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 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, 5k walking and running programmes and the Daily Mile programme 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 North Central area continue in the following schools over the next period:

- TY Boxing programme (target group 15 to 17 years)
 - The Donahie's (Donaghmede)
 - St. Paul's (Raheny)
 - St. David's (Artane)

- Primary schools programme (target group 7 – 12 years)
 - St. Francis's (Priorswood)
 - St. Eithne's (Edenmore)

Cricket in the Community (Citywide)

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

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| Name of core programme: | Schoolyard Sessions |
| Description of programme activity | Cricket- Scoil Assaim BNS |
| Gender: | Male |
| Date/time and location: | Thursdays 1.00pm-2.30pm, Raheny |
| Estimated Number of Programme Participants (per session): | 87 |
| Programme Start Date: | Thursdays Mid November – Mid December |
| Programme End Date: | Thursdays Mid November – Mid December |

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| Name of core programme: | Schoolyard Sessions |
| Description of programme activity | Cricket- Scoil Mobhi NS |
| Age group: | 5-13 |
| Gender: | Male/Female |
| Date/time and location: | Tuesdays 11.00am-12.30pm, Mobhi Road |
| Estimated Number of Programme Participants (per session): | 72 |
| Programme Start Date: | Tuesdays Mid November – Mid December |
| Programme End Date: | Tuesdays Mid November – Mid December |

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| Name of core programme: | Schoolyard Sessions |
| Description of programme activity | Cricket- Mount Temple |
| Age group: | 13-15 |
| Gender: | Male |
| Date/time and location: | Mondays 10.00am-12.30pm Fairview |
| Estimated Number of Programme Participants (per session): | 63 |
| Programme Start Date: | Mondays Mid November – Mid December |
| Programme End Date: | Mondays Mid November – Mid December |

Football in the Community

- Walking Football Over 55's men 30 adults (Glin Rd DCC Glin Rd)
- Intercultural Schools Programme School / Club link for kids in diverse backgrounds at Oscar Traynor Astro Park
- Coach Education Safe Guarding 1 30 Male/Female (DCC North Central coaches)

Rugby in the Community

- School Rugby programmes continue in secondary schools in the Artane/Killester/Clontarf and Whitehall area targeted at 1st and 2nd year level.

Rowing in the Community

- Primary and Secondary Get Going Get Rowing School programmes
- Get Going Get Rowing TY Coaching Course. 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

CONTACT DETAILS

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