

**To the chairperson & members
of the North Central Area Committee**

**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
February 2023**

Please see below details of Sport and Co-funded Officers who work across communities in the North Central Area and Citywide officers who deliver programmes in all five electoral areas.

North Central Area – Sport Officers

Name	Area	Office	Email	Phone Number
Officer to be appointed following resignation – these areas continue to be supported in the interim.	Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,			

Name	Area	Office	Email	Phone Number
Olivia Shattock	Clonshaugh, Coolock, Darndale, Edenmore.	Kilmore Community Centre	olivia.shattock@dublincity.ie	086 383 5020
Fergal Scally	Artane, Beaumont Clonshaugh Industrial Estate, Donnycarney, Kilmore.	Kilmore Community Centre	fergal.scally@dublincity.ie	087 118 1885
John McDonald	Santry, Whitehall	Poppintree Community Sports Centre	john.mcdonald@dublincity.ie	087 112 7291
John Sweeney	Clontarf, Fairview, Killester, Howth Road, Raheny.	Ballybough Youth & Community Centre	john.sweeney@dublincity.ie	087 980 9095

North Central Area – Sport Specific Officers

Name	Sport	Specific Area	Email	Phone Number
Keith O'Halloran	Soccer	Artane, Clontarf, Donaghmede, Whitehall	keith.ohalloran@fai.ie	083 879 2335
Neil Keoghan	Football	Drumcondra, Marino, Santry, Whitehall	neil.keoghan@fai.ie	083 879 5580.
Ray McCabe	Rugby	North Central Area	ray.mccabe@leinsterrugby.ie	083 463 1065
Noel Burke	Boxing	North Central Area	noelkarenburke@gmail.com	086 326 5777

Citywide Sport Specific Officers

Name	Sport	Email	Phone Number
Carmel O'Callaghan	Active Cities Officer (Dublin City)	carmel.ocallaghan@dublincity.ie	087 265 8577
Colette Quinn	Athletics - North City	colettequinn@athleticsireland.ie	085 871 2817.
Conor Wilson	Athletics - South City	conorwilson@athleticsireland.ie	086 032 9578
Fintan McAllister	Cricket	fintan.mcallister@cricketleinster.ie	086 179 5587
Aoife Byrne	Rowing	dublincoordinator@rowingireland.ie	087 269 6071
Gearoid Fallon	Swimming	gearoidfallon@swimireland.ie	086 128 7087
David Phelan	Health Promotion and Improvement	david.phelan@dublincity.ie	087 652 5001
Heather Jameson	Football For All (Disability) – North City	heather.jameson@fai.ie	083 879 3086
Chris McElligott	Football for All (Disability) – South City	chris.mcelligott@fai.ie	083 816 2334
Gráinne Vaugh	Women's Rugby Development	grainne.vaugh@leinsterrugby.ie	087 274 8860
Matt Gill	Rugby Development Officer for the North East Inner City (part-time)	neiccro@leinsterrugby.ie	083 8026482

2023 – Linking in with National Events & Initiatives

The primary goal of DCSWP is to provide opportunities for everyone to get involved in sport & physical activity regardless of age, gender or ability. In 2023 DCSWP continues to align the planning and delivery of programmes with national and international events. This strategic approach helps maximise promotion of the service, adds momentum to local programmes and initiatives and ultimately increases reach across communities in Dublin City.

Please see below highlight programmes for February/March 2023:

Change For Life 2023

Continues in the Central area (see programme report below)

Lord Mayor's 5 Alive 2023

As reported on in the January update The Lord Mayor's 5 Alive continues in 2023. Details of race 3 remain TBC but will be communicated to participants on all DCC/DCSWP communication platforms.

Women in Sport

DCSWP's Get All Girls Active (GAGA) initiative is dedicated to providing opportunities for women of all ages and abilities to become involved in sport and physical activity and to increasing the visibility/representation of Women in Sport. In 2022 Ellen Keane and Kellie Harrington were appointed as DCSWP ambassadors to promote and celebrate female sporting achievements. While female focussed programmes are delivered throughout the year, GAGA will take on a strategic focus in March by running in tandem with Women in Sport Week (7th-13th March). DCSWP Sport and Co-funded Officers have commenced planning – in the North Central area Officers will be working closely with Youth Services to deliver programmes that promote women in sport throughout the week.

Active Cities/Health Improvement

Please see previous report. Schools across the city, including those in the North Central area, continue to be supported through the DCSWP Active Cities/ HSE Playground Stencil Programme.

School Cross-Country

The school's cross country citywide programme (age 8-12 years) has commenced and DCSWP is working closely with Parks & Landscape Services to facilitate the citywide main event in John Paul Park, Cabra on Wednesday 1st March. Track and field training sessions will continue in schools in the North Central area in the lead up to the event.

Active cities

The Active Cities National Project was launched on November 7th. Since the launch The Dublin City Active City lead has continued to meet with DCSWP officers to identify gaps that fit within the remit of Active Cities funding of disadvantage, disability and minority groups. It is expected to launch Active Cities at local level in the first quarter of 2023.

In 2023 the following is planned:-

- Upload orienteering maps on to the map run app. The following parks each have had six maps prepared :- Albert park, Bushy park, Herbert park, John Paul park, Le Fanu park, Poppintree park, **St. Anne's Park (NCA)** and Sundrive park.
- Promote use of the maps in local schools and on social media.
- Install outdoor stencils in the grounds of four primary schools to encourage outdoor play.
- Collaborate with local HSE and DCSWP/Co-funded officers to encourage the inactive to participate in the "Change for life" programme.
- Collaborate with local HSE physiotherapist and DCSWP Sport Officers in Harold's Cross/Rathmines/Terenure area to run a strength and balance class to reduce falls for the elderly.

All DCSWP highlight programmes will continue to be supported by our social media channels and the DCSWP Virtual Hub. See below:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcwsphub.ie
- Email: sports@dublincity.ie
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

North Central Area Programme Highlights February – March 2023

Change For Life 2023 - Underactive Communities

Name of core programme:	Change For Life
DCSWP NCA Sport Officer:	Fergal Scally
Description of programme activity:	High Intensity Lunchtime Fitness Classes
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ongoing programme delivered every Thursday from 12.30pm in Rockfield Park

Name of core programme:	Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Active Retired Movement to Music Programmes
Age group:	Older Adults age 55+ years
Gender:	Female
Date/time and location:	Every Thursday at 12pm in the Artane/Beaumont FRC (commencing 12 th January)

Name of core programme:	Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	8-week Health & Wellbeing programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Every Tuesday at 7pm in Kilmore Recreation Centre (commencing 10th January)

Name of core programme:	Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	8-week Health & Wellbeing programme
Age group:	Adults age 18+ years
Gender:	Mixed

Date/time and location:	Every Tuesday at 7pm in Artane/Beaumont FRC (commencing 10th January)
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Name of core programme:	Change For Life
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Multi-sport 8-week Older Adult community programme
Age group:	60+ years
Gender:	Mixed
Date/time and location:	Foxfield St. John every Thursday at 2.30pm 11am (commencing 12 th January)

Name of core programme:	Change For Life
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Multi-sport 8-week programme targeting participants from the Travelling community in the Darndale area
Age group:	18+ years
Gender:	Female
Date/time and location:	Glin Rd. Centre every Tuesday at 10am.

Name of core programme:	Change For Life
DSCWP Sport Officer:	Olivia Shattock

Description of programme activity:	Multi-sport 8-week Hillwalking programme. Delivered in various locations from January – March in partnership with Ballyfermot Youth Adventure Centre
Age group:	18+ years
Gender:	Mixed

Name of core programme:	Change For Life
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Multi-sport 8-week walking programme targeting local groups. To conclude in tandem with the Operation Transformation Walks in the Phoenix Park on 25 th February
Age group:	18+ years
Gender:	Mixed

Name of core programme:	Change For Life
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	8-week Yoga & Mindfulness Programme in partnership with HSE and Sláinte
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Darndale Sports Hall every Tuesday from 9.30am.

Name of core programme:	Change For Life
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	8-week multi-fitness programme in partnership with HSE and Sláinte
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Darndale Sports Hall every Monday and Wednesday. Time TBC.

Name of core programme:	Change For Life
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	8-week 'Walk in the Park' programme aimed at communities in the Darndale area
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Darndale Park every Wednesday from 10am

Get Dublin Walking

Name of core programme:	Walk and Talk
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Adult Fitness & Social Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Every Monday at 10am in McCauley Park (commencing 9th January)

Name of core programme:	Buggy Buddies
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Walking Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Every Tuesday at 9.30am in McCauley Park (commencing 17th January)

Older Adult Programmes (age 55+ years)

Name of core programme:	Men's Walking Football
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	FAI Adapted Football Programme
Age group:	55+years
Gender:	Male
Date/time and location:	Every Monday from 10am in Glin Rd. Centre

Name of core programme:	PALS Older Adult Training Workshop
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Educational workshop around sports & fitness for Older Adults delivered in partnership with Age & Opportunity throughout January.

Name of core programme:	Older Adults – Boules & Social Programme
DSCWP Sport Officer:	Fergal Scally/Olivia Shattock
Description of programme activity:	Boules Social Sessions
Age group:	Older Adults age 55+ years
Gender:	Mixed
Date/time and location:	Every Monday at 10.30am in Rockfield Park

Name of core programme:	Aqua Aerobics
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Pool based exercise classes
Age group:	55+ years
Gender:	Female
Date/time and location:	Every Thursday from 11am in Coolock Swimming Pool

Name of core programme:	Chair Fit Ballybough
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Chair based fitness programme
Age group:	60+ years
Gender:	Female
Date/time and location:	Every Thursday from 11am in Ballybough Sport & Fitness Centre (commencing 2nd February)

Name of core programme:	Chair Fit Clontarf
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Chair bases fitness programme
Age group:	60+ years
Gender:	Mixed
Date/time and location:	TBC

Health Improvement in the Community

- St Vincent's Forever Fit - Chair aerobics exercise programme for older adult residents at St Vincent's Hospital, Fairview (residents only) every Friday from 11am
- Men on The Move, Coolock – this programme is a fitness/exercise and nutrition programme aimed at males' age 60+ years. In the NCA it is delivered in Glin Rod. Centre, Coolock every Tuesday and Friday from 11am.

Sport Inclusion & Integration (Citywide inclusion & integration programmes - programmes include participants from the NCA)

- Sport For All Visually Impaired Indoor Rowing programme in partnership with Vision Ireland and DCSWP Co-funded Rowing Officer every Tuesday from January to March (ongoing age 10-18 years)
- Sport For All Table Cricket (adapted cricket) programme in partnership with Enable Ireland, Sandymount and DCSWP Co-funded Cricket Officer every Wednesday from January to March (ongoing age 10-18 years)
- Sport for All Accessible Powerboat wheelchair programme in partnership with various organisations. Facilitated by DCC East Wall Water Sports Centre (all ages. Dates remain TBC and delivery is tide dependant).

- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to March (18+ years, ongoing December 2022 – March 2023)
- Learn 2 Cycle programme for young people with additional needs looking to start or improve cycling skills in Ballyfermot Sports & Fitness Centre every Friday from January to March (age 4 – 18 years, ongoing December 2022 – March).
- The Learn 2 Cycle programme aimed at children with additional needs has resumed on a citywide basis.
- The Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities will continue in partnership with St. Vincent's Centre, Navan Rd.

DCSWP North Central Area Co-Funded Programmes Athletics/Boxing/Cricket/Rowing, Rugby and Swimming

Athletics in the Community

Couch to 3/5k and walking programmes continue to be delivered in the North Central area in partnership with co-funded Athletics Officers. Officers continue to engage with schools in Daily Mile programme.

Boxing in the Community

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our five dedicated IABA/DCSWP Development Officers via local schools (Primary & Transition Year level) in communities across the Dublin City area. Approximately 2,000 young people take part each year. The programme has expanded over the years to include young participants from 7 – 10 years.

The North Central area Boxing Development Officer continues to engage in the delivery with primary schools (from second class) and secondary TY students in the Startbox programme. Coaching/leadership education continues.

As per the council question recently submitted regarding earlier engagement in the Startbox programme and the subsequent response from Senior Management, DCC is happy to pilot a programme with 1st class children and will revert with an update in the coming months.

Cricket in the Community

Cricket Officer will continue to support inclusive programmes and engage with following primary local schools in softball cricket sessions. The programme will introduce young people age 8-13 years to cricket.

- Howth Rd. NS every Monday from 11am – 12.30pm
- Belgrove NS every Tuesday from 11am – 12.30pm.
- Scoil Mobhi Rd. NS every Wednesday from 1 – 2.30pm
- Taster sessions will commence in Killester BNS aimed at 8-13 years (TBC)

Football in the Community

FAI youth football initiatives have resumed, walking football aimed at Older Adults to continue (as outlined above), Football for All (disability), grassroots school and club programmes, women in football initiatives and club engagement to continue. In the NCA the FAI Development Officer is working with AUL (Girl's Centre of Excellence/UEFA C Licence), Raheny United (Governance, Safeguarding, Coaching), St. Paul's College Raheny, (PDP 1), Clontarf FC (Safeguarding 1) Trinity Donaghmede FC (PDP 2 & 3) and Killester Donnycarney FC (PDP 3).

FAI Officers will also be delivering women in football activities as part of International Women's Day and as part of Women in Sport Week. The Soccer Sisters programme and blitzes also continue.

Rugby in the Community

Tag rugby in-school sessions continue in North Central area primary and secondary schools. Secondary schools are also participating in contact rugby sessions.

Coaching programmes remain in the planning stages for 2023.

Rowing in the Community

Secondary school engagement to continue re indoor rowing programmes. On the water programmes will be supported by an increase in equipment.

Swimming in the Community

As previously reported DCC/DCSWP has appointed a Co-funded Swimming Ireland Development Officer. The Swimming Officer continues to work closely with Officers and organisations to identify indoor and open water facilities to maximise participation (including existing facilities) along with plans to increase lifeguarding training.

Training for 2023

- Safeguarding
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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