

To the chairperson & members

Of the North Central Area Committee

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

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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
<p><b>Officer to be appointed following resignation – these areas continue to be supported in the interim.</b></p>	<p>Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,</p>			
<p>Olivia Shattock</p>	<p>Clonshaugh, Coolock, Darndale, Edenmore.</p>	<p>Kilmore Community Centre</p>	<p><a href="mailto:olivia.shattock@dublincity.ie">olivia.shattock@dublincity.ie</a></p>	<p>086 383 5020</p>

Name	Area	Office	Email	Phone Number
Fergal Scally	Artane, Beaumont Clonshaugh Industrial Estate, Donnycarney, Kilmore.	Kilmore Community Centre	<a href="mailto:fergal.scally@dublincity.ie">fergal.scally@dublincity.ie</a>	087 118 1885
John McDonald	Santry, Whitehall	Poppintree Community Sports Centre	<a href="mailto:john.mcdonald@dublincity.ie">john.mcdonald@dublincity.ie</a>	087 112 7291
John Sweeney	Clontarf, Fairview, Killester, Howth Road, Raheny.	Ballybough Youth & Community Centre	<a href="mailto:john.sweeney@dublincity.ie">john.sweeney@dublincity.ie</a>	087 980 9095

#### **North Central Area – Sport Specific Officers**

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

Name	Sport	Email	Phone Number
Carmel O'Callaghan	Active Cities Officer (Dublin City)	<a href="mailto:carmel.ocallaghan@dublincity.ie">carmel.ocallaghan@dublincity.ie</a>	087 265 8577
Colette Quinn	Athletics - North City	<a href="mailto:colettequinn@athleticsireland.ie">colettequinn@athleticsireland.ie</a>	085 871 2817.
Conor Wilson	Athletics - South City	<a href="mailto:conorwilson@athleticsireland.ie">conorwilson@athleticsireland.ie</a>	086 032 9578
Fintan McAllister	Cricket	<a href="mailto:fintan.mcallister@cricketleinster.ie">fintan.mcallister@cricketleinster.ie</a>	086 179 5587
Aoife Byrne	Rowing	<a href="mailto:dublincoordinator@rowingireland.ie">dublincoordinator@rowingireland.ie</a>	087 269 6071
Gearoid Fallon	Swimming	<a href="mailto:gearoidfallon@swimireland.ie">gearoidfallon@swimireland.ie</a>	086 128 7087
David Phelan	Health Promotion and Improvement	<a href="mailto:david.phelan@dublincity.ie">david.phelan@dublincity.ie</a>	087 652 5001
Heather Jameson	Football For All (Disability) – North City	<a href="mailto:heather.jameson@fai.ie">heather.jameson@fai.ie</a>	083 879 3086
Chris McElligott	Football for All (Disability) – South City	<a href="mailto:chris.mcelligott@fai.ie">chris.mcelligott@fai.ie</a>	083 816 2334
Gráinne Vaugh	Women's Rugby Development	<a href="mailto:grainne.vaugh@leinsterrugby.ie">grainne.vaugh@leinsterrugby.ie</a>	087 274 8860
Matt Gill	Rugby Development Officer for the North East Inner City (part-time)	<a href="mailto:neiccro@leinsterrugby.ie">neiccro@leinsterrugby.ie</a>	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 June 2023 in the North Central Area. New initiatives/programmes will be reported on in the July area report.

### **Sport for Young people Small Grant Scheme**

The grant is provided to clubs affiliated to a National Governing Body of Sport with members between the ages of 4 to 21, with the aim of increasing participation in sport by young people throughout Dublin City. The application process closed on 2nd June and each club has been sent receipt confirmation of their application.

[DCSCWP | Support for New and Existing Sports Clubs \(dcswphub.ie\)](https://dcswphub.ie)

### **HELL & BACK 2023**

Ireland's largest and toughest obstacle course challenge is back this year. DCSWP will have local youth services to support its youngest and most daring participants Training programmes are being provided across the city and North Central Area during the summer for young people in the lead up to the 7km adventure challenge in Kilruddery, Wicklow in August

### **VHI Women's Mini Marathon**

DCSWP was delighted to have 250 participants taking part in this year's **VHI** Women's Mini Marathon.

The women have took part in the 'Journey to the 2023 **VHI** Women's Mini Marathon Programme'. The programme began in mid-March and has motivated the women to participate in a 12 week guided activity plan that has brought them from walking level to novice runners. One of the main aims of the programme was to increase fitness, develop confidence and prepare them for the for the big race day.

## **Active Cities Box Up Stations**

As part of the Active Cities Dublin initiative (funded through Dormant Accounts and Sport Ireland), the Sports Partnership have purchased two Boxup storage stations to be used for storing sports equipment in outdoor parks.

These unique stations are designed to store a variety of sports and exercise equipment that can be accessed by the public free of charge for up to 3 hours. The user just downloads the Boxup app on their phone which then enables them to choose the sporting equipment they would like to borrow. The locker is then opened and the equipment made available to them. The App, which is registered to the user using a document of identification, will also provide user data and feedback.

The Boxups will provide more opportunities for people of all abilities to get active and will encourage increased use of parks sporting facilities and open spaces.

The boxes are solar powered providing an economical and environmentally friendly way of providing better access to new and existing activities. DCSWP have ordered two units one to be placed in Mt Bernard Park, Cabra and the second in Sundrive Park, Kimmage.

**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.dcswhub.ie](http://www.dcswhub.ie)
- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: @dcsportsrec
- Facebook: DublinCitySportandWellbeing
- Instagram: @dublincitysportandwellbeing

### North Central Area Programme Highlights June – July 2023

<b>Name of core programme:</b>	<b>Family Fun Day</b>
DCSWP NCA Sport Officer:	Fergal Scally
Description of programme activity:	Multi-Sport activities
Age group:	Children from 3yrs up to 13yrs
Gender:	Mixed
Date/time and location:	25 <sup>th</sup> June, Cameron Park, Edenmore

<b>Name of core programme:</b>	<b>Adult Swimming lessons</b>
DCSWP NCA Sport Officer:	Fergal Scally
Description of programme activity:	8 week term of adult swimming lessons
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 2 <sup>nd</sup> May at 1pm in Coolock swimming pool

<b>Name of core programme:</b>	<b>Primary School Swimming lessons</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Primary school swimming lessons targeting 4 primary schools in the Kilmore & Artane area - 9 week term
<b>Age group:</b>	Children Primary school
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Beginning on the 17th April 2023 at 10am in Coolock pool

<b>Name of core programme:</b>	<b>Active retired Fitness Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Gentle exercise classes focusing on balance, coordination and strength
<b>Age group:</b>	Older Adults
<b>Gender:</b>	Female
<b>Date/time and location:</b>	2nd May at 11am in the Artane Beaumont Family Recreation Centre

<b>Name of core programme:</b>	<b>Active Retired Dance fit</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Gentle dance routines performed to music focusing on coordination and balance
<b>Age group:</b>	Older Adults

<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	9 <sup>th</sup> May – 18 <sup>th</sup> July ABFRC Artane

<b>Name of core programme:</b>	<b>Multi-cultural festival in Clongriffin</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Multi-Sport
<b>Age group:</b>	Youths
<b>Gender:</b>	All
<b>Date/time and location:</b>	14th May in Fr. Collins Park

#### Get Dublin Walking (Underactive Communities)

<b>Name of core programme:</b>	<b>Walk and Talk</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Adult Fitness & Social Programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Every Monday at 10am in McCauley Park



<b>Name of core programme:</b>	<b>Buggy Buddies</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Walking Programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Every Tuesday at 9.30am in McCauley Park

#### Older Adult Programmes (age 55+ years)

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

<b>Name of core programme:</b>	<b>Older Adult Multi-Sport Programme</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Multi-sport 8-week Older Adult community programme
<b>Age group:</b>	60+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing every Thursday at 2.30pm 11am in Foxfield St. John

<b>Name of core programme:</b>	<b>Older Adults – Boules &amp; Social Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally/Olivia Shattock
<b>Description of programme activity:</b>	Boules Social Sessions
<b>Age group:</b>	Older Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing every Monday at 10.30am in Rockfield Park
<b>Name of core programme:</b>	<b>Older Adults - Aqua Aerobics Programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Pool based exercise classes
<b>Age group:</b>	55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Thursday from 11am in Coolock Swimming Pool

<b>Name of core programme:</b>	<b>Older Adults - Chair Aerobics Programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Partners:</b>	Edenmore Active Age Group
<b>Age group:</b>	55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Thursday from 9.30am (finishing on 29/06/23)
<b>Name of core programme:</b>	<b>Older Adults - Chair Aerobics Programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Partners:</b>	Priorswood Pastoral Active Age Group
<b>Age group:</b>	55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Wednesday from 9.30am
<b>Name of core programme:</b>	<b>Chair Exercise Class Killester</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Chair based fitness programme
<b>Partners:</b>	Kilbarrack Active Retirement
<b>Age group:</b>	70+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing every Wednesday from 2.30pm in Foxfield St. John Centre

### Thrive – Adults with Mental Health Difficulties/ Challenges

<b>Name of core programme:</b>	<b>Yoga &amp; Mindfulness</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Age group:</b>	18+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Wednesday from 2pm and Donnycarney Beaumont Local centre every Thursday from 10.30am

<b>Name of core programme:</b>	<b>Sportsability</b>
<b>DSCWP Sport Officer:</b>	Gareth Herbert/Derek Ahern
<b>Age group:</b>	8+ years
<b>Gender:</b>	Male/Female
<b>Date/time and location:</b>	03/07/23 – 07/07/03 Mixed Sports Provision as part of Childvisons summer Project, Drumcondra

**Youth at Risk (10-24 years)** - Aimed at providing viable opportunities for young people in the NCA to stay active and thereby mitigate anti-social behaviour). All programmes are delivered in partnership with local SCA groups and Youth Services.

<b>Name of core programme:</b>	<b>Youth At Risk Primary School Swimming</b>
<b>Description of programme activity:</b>	Swimming Lessons aimed at young people age 7-13 years in Kilmore Area
<b>Partners):</b>	DCSWP Co-Funded Swimming Officer/Swimming Ireland
<b>Gender:</b>	Mixed
<b>Date/time and location's</b>	Ongoing began on Monday 20 <sup>th</sup> March. Coolock Swimming Pool.

<b>Name of core programme:</b>	<b>Youth At Risk Dance Fitness Programme</b>
<b>Description of programme activity:</b>	Five- week programme targeting three schools in the NCA from 1 <sup>st</sup> – 5 <sup>th</sup> class
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Tuesday from 9.30am (commenced Tuesday 7 <sup>th</sup> March)

### **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 male's age 60+ years. In the NCA it is delivered in Glin Road. Centre, Coolock every Tuesday and Friday from 11am.

### **Sport Inclusion & Integration (Citywide Inclusion & Integration programmes - programmes include participants from the NCA)**

- 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).
- 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 and in the school's cross-country events.

#### **Boxing in the Community**

The StartBox Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits take place from 5<sup>th</sup> June to 26 July from 12pm-2pm. The following schools will take part this year;

- St Joseph's BNS Fairview
- Drumcondra NS
- Dora's BUI Group

- Dora's BUI Group
- St Michaels Santry

### **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 continue in Killester BNS aimed at young people age 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 continues to work with AUL (Girl's Centre of Excellence/UEFA C Licence), Raheny United (Governance, Safeguarding, Coaching – for parents working with young people 10-16 years), Home Farm (coaching course for parents working with 10-16 years) St. Paul's College Raheny, (PDP 1), Clontarf FC (Safeguarding 1) Trinity Donaghmede FC (PDP 2 & 3) and Killester Donneycarney FC (PDP 3).

### **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.

This month sessions will take place in Scoil Catriona for 5<sup>th</sup> and 6<sup>th</sup> class.

## **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. A Get Rowing Get Going programme to encourage 15 to 17 year olds to take up the Sport this will be launched in Killester in the coming week's details to be confirmed

## **Swimming in the Community**

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.

A Youth Fit Swimming programme aimed at young people age 15-17 years is in the planning stages in the NCA.

## **Training for 2023**

- Safeguarding 1,2 & 3 (delivered on an on-demand basis)
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

## **REPORT BY:**

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**Ref: Aideen O'Connor, Programmes and Services Manager**