
**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
January 2024**

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>Officer to be appointed—these areas continue to be supported in the interim. Sport Officer interviews completed. Panel formed. Officers to be appointed. Start dates TBC</p>	<p>Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,</p>			
<p>Olivia Shattock</p>	<p>Clonshaugh, Coolock, Darndale, Edenmore.</p>	<p>Kilmore Community Centre</p>	<p>olivia.shattock@dublincity.ie</p>	<p>086 383 5020</p>

Name	Area	Office	Email	Phone Number
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

<u>Name</u>	<u>Sport</u>	<u>Specific Area</u>	<u>Email</u>	<u>Phone Number</u>
<u>FAI Officer to be appointed</u>	<u>Football</u>	<u>Artane, Clontarf, Donaghmede, Whitehall</u>		
<u>Neil Keoghan</u>	<u>Football</u>	<u>Marino, Santry, Whitehall,</u>	<u>neil.keoghan@fai.ie</u>	<u>083 879 5580.</u>
<u>Rob Wolfe</u>	<u>Rugby</u>	<u>North Central Area</u>	<u>rob.wolfe @leinsterrugby.ie</u>	<u>083 3872 945</u>
<u>Noel Burke</u>	<u>Boxing</u>	<u>North Central Area</u>	<u>noelkarenburke@gmail.com</u>	<u>086 326 5777</u>

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.
Fintan McAllister	Cricket	fintan.mcallister@cricketleinster.ie	086 179 5587
Aoife Byrne	Rowing	dublincoordinator@rowingireland.ie	087 269 6071
Christine Russell	Swimming	christinerussell@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
Name	Sport	Email	Phone Number
Gráinne Vaugh (maternity leave). Replacement Niall Kerley	Women's Rugby Development	niall.kerley@leinsterrugby.ie	087 740 3266

2024 – 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. DCSWP continues to align the planning and delivery of programmes with national and international events in 2024. 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.

Lord Mayor's 5 Alive Road Race Challenge 2024

The Lord Mayor's 5 Alive is back for 2024 and is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals.

The Challenge kicked off for 2024 in the Phoenix Park on 1st January with the Tom Brennan memorial 5k race. The challenge is to complete the three remaining races below and a park run (within the time period 1st January 2024 and 6th April 2024). Participants have received 5 A T-Shirts and a medal will be presented by the Lord Mayor after the end of the last race - DCC / BHAA 4 Mile Road Race – 6th April 2024 @ 11.00 (TBC).

- **Raheny 5 Mile** - Raheny Village/St. Anne's Park – 28th January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount – 12th March 2024 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park – 6th April 2024 @ 11am **(DCC will register and pay entry fee)**

Change for Life 2024

Change for Life (CFL) is Dublin City Sport and Wellbeing Partnership's eight-week core programme aimed at transforming the long-term health and wellbeing of communities across Dublin City. Change for Life runs in tandem with and emulates the formula of RTE's Operation Transformation from January to March every year. The programme initially targeted adults but broadened in recent years to include young people and a Dublin City employee programme focused on supporting staff to develop health habits for life.

Details of North Central Area (NCA) programmes are included in the core programme section.

Change For Life – Staff Programme 2024

In partnership with DCC’s Health and Wellbeing Unit, Dublin City Sport & Wellbeing Partnership is delighted to resume the Change for Life programme for staff in 2024. Due to the temporary closure of the Wood Quay Venue, the classes will take place in St Catherine’s Community Sport Centre. A shuttle bus will be available to staff leaving Cook Street at 12:30 pm and departing St Catherine’s at 1:20 pm.

Fitness classes are commencing Thursday 11th January 2024 for 4 weeks. Programmes have been advertised to staff and places are number dependant:

Pre-Assessment

Date: 9th January 2024

Time: 12-2 p.m.

Location: Room 132

Block1, Floor 3

Fitness Classes*

Date: Every Tuesday and Thursday

Time: 12:45-1:15pm

Location: St Catherine’s Community Sport Centre

Post-Assessment

Date: 8th February 2024

Time: 12 - 2 p.m.

Location: Room 132

Block1, Floor 3

Dublin City Council Sports Plan 2024 – 2028

New plan to align with the City Development Plan & National Sports Policy
Final Draft to feature two separate but inter-related documents:

- Sports Infrastructure Strategy
- Sports Provision & Programming Strategy (including review of DCSWP)

Purpose

- A common vision for improving sport and recreation provision and participation across Dublin City
- The actions that must be taken to achieve this vision
- The role Dublin City Council and other organisations will play

Timeframe Update

- Tender for consultant via e-tenders was published at the end of 2022 and was awarded to Teneo Strategy Ireland Ltd
- Work commenced in March and began with an extensive stakeholder engagement phase.
- Teneo has also completed all of the research and data analysis elements of the Sports Plan development
- The first iteration of the Sports Plan is currently being drafted and Teneo is working closely with the City Council Project Team and Steering Group to ensure all expected outputs and items within scope have been addressed and covered off
- The finalised draft document is expected to be completed early 2024

Operation Transformation Walks 2024

OT walks will commence in January 2024. DCSWP Sport Officers are engaging with local walking groups targeting all ages in the NCA from 23rd January

Social Media/Communication

All DCSWP highlighted programmes continue to be supported by social media channels and the DCSWP Virtual Hub.

- 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 Programmes January 2024

Change for Life 2024 - Underactive Communities

Name of core programme:	Change For Life Artane
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Strength and Cardio Training Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Mondays from 7.15 and 7.45pm 10am in Kilmore Recreation Centre

Name of core programme:	Change For Life Kilmore
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Cardio and Body Resistance Training Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Mondays from 7pm in Kilmore Recreation Centre

Name of core programme:	Men's Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Strength and Cardio Training
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Tuesdays from 10am. Artane Beaumont Family Resource Centre

Name of core programme:	Change For Life Active Retired
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Programme focusing on gentle exercises
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 10am and 11am. Artane Beaumont Family Resource Centre

Name of core programme:	Change For Life Fit class
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	General Fitness Classes delivered over an 8 week period as part of CFL 2024
Age group:	Adults age 30-40 years
Gender:	Mixed
Date/time and location:	Tuesdays from 8pm Coolock/Priorswood and Darndale Community Centres

Name of core programme:	Change For Life Yoga and Mindfulness
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Focusing on health & wellbeing - delivered over an 8 week period as part of CFL 2024
Age group:	Adults age 40-60 years
Gender:	Female
Date/time and location:	TBC. Participants from the Coolock/Priorswood and Darndale area

Name of core programme:	Change For Life Active Retired
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Fun Dance Fit Programme
Age group:	Adults age 55+ years
Gender:	Mixed

Date/time and location:	Thursdays from 10am and 11am. Artane Beaumont Family Resource Centre
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Name of core programme:	Change For Life Hillwalking
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Health and wellbeing walking programme - delivered over an 8 week period as part of CFL 2024
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Commencing Tuesday 26 th January. Locations in Dublin North side. TBC

Name of core programme:	Change For Life Walking Group
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Health and wellbeing walking programme - delivered over an 8 week period as part of CFL 2024
Age group:	Adults age 65+ years
Gender:	Female
Date/time and location:	Wednesdays from 7pm. Participants from Raheny/Killester area

Name of core programme:	Change For Life Functional Fitness Programme
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Health and wellbeing walking programme - delivered over an 8 week period as part of CFL 2024
Age group:	Adults age 65+ years
Gender:	Female
Date/time and location:	Thursdays from 2pm (commencing 8 th Feb) Participants from Raheny/Killester area

Name of core programme:	Change For Life Transition Year Programme
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Health and wellbeing schools programme - delivered over an 8 week period as part of CFL 2024
Age group:	14-16 years
Gender:	Female
Date/time and location:	Tuesdays from 11.30am (from 6 th Feb) Participants from Killester area schools

Couch to 5k/3k

Name of core programme:	Couch to 3k
DSCWP Sport Officer:	Fergal Scally/Olivia Shattock
Description of programme activity:	Walk/Jogging programme supporting participants to build strength and stamina over an 8-week period and complete a 3km walk/run
Age group:	Adults age 18+ years
Partners:	Athletics Ireland
Gender:	Mixed
Date/time and location:	Wednesdays from 13.30pm in Maypark, Donnycarney (3k) 5k details TBC

Get Dublin Walking

Name of core programme:	McCauley Park Walk and Talk
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Community Walking and Social Programme
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Ongoing programme aimed

Name of core programme:	Edenmore/Priorswood/Clonshaugh Walking Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	55+years
Gender:	Mixed
Date/time and location:	Edenmore. Wednesdays from 11am. Priorswood/Clonshaugh Mondays from 10am

Underactive Communities – Ongoing programmes

Name of core programme:	Pickle ball Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Pickle ball is a racket/paddle sport that was created by combining element of several other racket sports including Tennis and Badminton
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Fridays from 1pm. Kilmore Recreation Centre.

Name of core programme:	Coolock Aqua Aerobics
DSCWP Sport Officer:	Fergal Scally
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 1.30pm. Coolock swimming pool

Name of core programme:	Men's Aqua Fit
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Swimming Lessons/Free Swimming
Partners:	Swim Ireland
Age group:	18+ years
Gender:	Male
Date/time and location:	Thursdays from 1pm. Coolock Swimming Pool

Name of core programme:	Swim Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	All ages
Gender:	Male
Date/time and location:	Thursdays from 1pm. Coolock Swimming Pool.

Older Adult Programmes (age 55+ years)

Name of core programme:	Social Boules
DSCWP Sport Officer:	Fergal Scally
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 11am. Rockfield Park, Artane

Name of core programme:	Chair based Yoga & Mindfulness/Chair Based General Exercise Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Chair based yoga & mindfulness for general population
Age group:	Adults
Gender:	Inclusive to all genders
Date/time and location:	Thursdays from 10.30am. Donnycarney Older Adults Centre

Name of core programme:	Chair Aerobics
DSCWP Sport Officer:	Olivia Shattock
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Thursday's from 10.30am. Priorswood/Clonshaugh. Fridays from 10am Edenmore

Name of core programme:	Chair Exercise Programme
DSCWP Sport Officer:	John Sweeney
Age group:	Adults age 65 + years
Gender:	Female
Date/time and location:	Thursdays (from 1 st Feb) from 10.30am. (Fairview/Marion) St. Gabriel's Parish Centre, Clontarf (details TBC)

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 NCA groups, schools and local Youth Services.

Name of Core programme:	Youth At Risk Primary School Swimming
Description of programme activity:	Swimming Lessons aimed at young people age 9-12 years in Deis schools in the Kilmore and Artane Area
Partners:	DCSWP Co-Funded Swimming Officer/Swimming Ireland
Gender:	Mixed
Date/time and location's	Start Date TBC. Coolock Swimming Pool.

Name of core programme:	Youth At Risk Winter Ice Skating Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Ice Skating initiative delivered in partnership with Kilmore West and Darndale Youth Projects
Gender:	Mixed
Date/time and location:	TBC for 2024

Name of core programme:	School Ultimate Frisbee Programme
DSCWP Sport Officer:	John Sweeney
Gender:	Mixed
Age Group:	6-12 years
Date/time and location:	Dates TBC. Participating schools – St. Mary's NS, Fairview/St Benedict's NS, Raheny

Name of core programme:	School Wellbeing Week: 22nd – 26th January
DSCWP Sport Officer:	John Sweeney
Gender:	Female
Age Group:	6-12 years
Date/time and location:	St. Brigid's GNS, Killester

Sport Inclusion & Integration – Individuals with Physical, Intellectual and Sensory Disabilities, Ethnic and Minority Groups

Two DCSWP Sport Inclusion and Integration Officers have been appointed and will take up employment in January 2024. Further information on 2024 initiatives will be outlined in the next report.

Inclusion in Sport is a priority for DCSWP's under our core target group requirements and the appointment of two dedicated officers will expand the reach of these targeted initiatives.

The following programmes continue on a citywide basis and include partners and participants from the North Central Area:

Name of programme:	Ukrainian Crisis Centre Winter Programme
Description of programme activity :	Multi-sport initiative aimed at all ages. Delivered in partnership with emergency/housing services etc. Takes place in St. Catherine's Sport & Fitness Centre every Wednesday in November/December

Name of programme:	Autism Spectrum Disorder (ASD) Yoga & Mindfulness
Description of programme activity :	4-week programme in partnership with ASD Units in Holy Child BNS, Whitehall. Commencing February every Wednesday from 11am.

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
- St. Vincent's Holistic Health – aimed at adults with mental health challenges. Every Friday 10.15am - St Vincent's Hospital Fairview D3
- 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.

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

Athletics in the Community

Couch to 3/5k and walking community programmes continue in the NCA in partnership with the Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes such as training for schools cross country 2024 and provide support for Couch to 3k programmes and DCSWP's Lord Mayor's 5 Alive events.

Boxing in the Community

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, is structured into Bronze (non-contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it to another level (combination of first two levels and progression to contact). The programme has expanded over the years to include young participants from 7 – 10 years (second class +)

The Startbox programme has commenced for 2024 in the following NCA schools:

- Scoil Áine, Raheny (3 classes) Females age 10-12 years. Mondays from 9am
- St Francis BNS, Priorswood (3 classes) Males age 11-13 years. Tuesdays from 1pm
- Scoil Assam, Raheny (3 classes). Males age 10-13 years. Wednesdays from 11am
- St Joseph's, Bonnybrook (2 classes). Mixed age 10-13 years. Thursdays from 10.30am
- Chanel College, Coolock (3 classes). Males age 15-17 years. Fridays from 9.30am
- Donnycarney Youth Service (1 class). Mixed age 13-17 years. Fridays from 2.30pm

Cricket in the Community

The Cricket schoolyard and softball cricket programme introduces young people age 8-13 years in the NCA to the sport.

Schoolyard/Softball Cricket Sessions

- Howth Road NS, Clontarf. Mixed age 8-13 years. Mondays from 11am
- Belgrove NS, Clontarf. Mixed age 8-13 years. Tuesdays from 11am (male)
- Killester NS. Mixed age 8-13 years. Tuesdays from 1pm (taster/introductory sessions to take place on 24th January)

Football in the Community

- Walking football aimed at Older Adults continues
- Football for All (disability), grassroots school and club programmes continue in the NCA
- Women in football initiatives and club engagement are ongoing. In the NCA the FAI Development Officer continues to work with AUL (Girl's Centre of Excellence/UEFA C Licence)
- Local club support - Governance, Safeguarding, Coaching for parents working with young people 10-16 years

Full details will be included in the February report

Rugby in the Community

U16 Junior Rugby

- St. David's, Artane (Male). Thursdays from 3.30
- St. Paul's College, Clontarf (Male) Start date TBC

Aldi Play Rugby – Primary School Tag Rugby Programme

- St. John of God's, Artane (mixed U11/U12). Wednesdays from 10am
- St. Benedict's, Clontarf (mixed U11/U12). Thursdays from 10am
- Scoil Assam (Male U11/U12). Tuesdays from 10am (from 13th February)

School Rugby Blitzes NCA

- Secondary Schools – Wednesday 7th February from 10am in Clontarf Rugby Club
- Primary Schools – Friday 9th February from 10am in Clontarf Rugby Club

Rowing in the Community

The Get Going Get Rowing indoor rowing school programme continues. In the NCA the programme continues in St. Mary's Holy Faith, Killester every Monday aimed at 1st year and TY level.

Swimming in the Community (citywide)

DCC/DCSWP appointed a Co-funded Swimming Ireland Development Officer in 2022 to increase opportunities for everyone in our communities to get involved with swimming and enjoy the benefits of water based physical activities

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Men's wellness, female wellness, Foróige, Foundations youth project and Vision Sports swim programmes continue in Sean McDermott swimming pool. In the NCA Coolock swimming pool facilitates the Men's Swim programme every Thursday from 1pm.

Ongoing Training for 2023

- Safeguarding 1,2 & 3 (delivered on an on-demand basis)

REPORT BY:

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