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

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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
<b>Sport Officer to commence duties on Tuesday 19th March 2024.</b>	Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,			
Olivia Shattock	Clonshaugh, Coolock, Darndale, Edenmore.	Kilmore Community Centre	<a href="mailto:olivia.shattock@dublincity.ie">olivia.shattock@dublincity.ie</a>	086 383 5020
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

Name	Area	Office	Email	Phone Number
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
<b>FAI Officer to be appointed</b>	Football	Artane, Clontarf, Donaghmede, Whitehall		
Neil Keoghan	Football	Marino, Santry, Whitehall,	<a href="mailto:neil.keoghan@fai.ie">neil.keoghan@fai.ie</a>	083 879 5580.
Rob Wolfe	Rugby	North Central Area	<a href="mailto:rob.wolfe@leinsterrugby.ie">rob.wolfe @leinsterrugby.ie</a>	083 3872 945
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.
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
Christine Russell	Swimming	<a href="mailto:christinerussell@swimireland.ie">christinerussell@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

Name	Sport	Email	Phone Number
Gráinne Vaugh	Women's Rugby Development	<a href="mailto:grainne.vaugh@leinsterrugby.ie">grainne.vaugh@leinsterrugby.ie</a>	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.

The calendar of events has been circulated to area managers in the North Central Area (NCA).

### Primary School's Cross Country Race Series 2024

In partnership with Athletics Ireland the primary school cross country race series for 2024 will take place in local DCC parks across the city from March - May. The series is due to be advertised on DCSWP communication platforms. Schools across the city will be invited to partake in this following events:

- Wed 6<sup>th</sup> March – John Paul Park, Cabra
- Thursday 7<sup>th</sup> March – Fairview Park
- Wednesday 10<sup>th</sup> April – Albert College Park
- Thursday 11<sup>th</sup> April – At. Anne's Park

- Wednesday 1<sup>st</sup> May – Eamonn Ceannt Park
- Thursday 2<sup>nd</sup> May – Ringsend Park

### **Governance Code for Sport**

Dublin City Sport & Wellbeing Partnership has submitted a public statement of compliance with the Governance Code for Sport for a **Type C** organisation and is now included on the register of organisations (compliance back dated to October 2023).

### **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 1<sup>st</sup> January with the Tom Brennan memorial 5k race. The second race took place in St. Anne's Park on 28<sup>th</sup> January. The challenge is to complete the two remaining races below and a park run (within the remaining time period ending on 6th April 2024). Participants have received T-Shirts and a medal will be presented by the Lord Mayor after the end of the final race.

**Final Race: 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)**

## **DCSWP Staffing Update:**

### ➤ **Sport Inclusion and Integration Officer (3 year temporary)**

Two DCSWP Sport Inclusion and Integration Officers have commenced duties. Further information on 2024 initiatives will be outlined in the April 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.

### ➤ **Sport Officer (permanent)**

The North Central Area Officer will commence duties on 19<sup>th</sup> March in communities in Donaghmede, Kilbarrack, Belmayne, Clarehall and Clongriffin,

## **Walking Programmes 2024**

Walking programmes in late January and continue into March/April every Tuesday. DCSWP Sport Officers have engaged with local walking groups targeting all ages in the NCA. Locations include St. Anne's Park, Dollymount, Carrickgollogan Forest, Cruagh, Ticknock, Varty Reservoir, Djouce and Glendalough. Officers guide participants along the planned walks which range from easy to moderate and more challenging.

## **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](http://www.dcwsphub.ie)

- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Updates to the Hub re the promotion of flagship/highlight events include Women in Sport week and the Cross Country Race Series 2024.

### **NCA Programmes March 2024**

Please note that DCSWP Officers will submit plans for April – June 2024 in early-mid March. Due to the earlier date of the March NCA meeting not all information was available at the time of submitting this report. The April report will provide updates on programmes, events and initiatives for April – June 2024. The following programmes continue until the end of March:

### **Change for Life 2024 - Underactive Communities**

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

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

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

<b>Name of core programme:</b>	<b>Change for Life Active Retired</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Programme focusing on gentle exercises
<b>Age group:</b>	Adults age 55+ years
<b>Gender:</b>	Mixed



<b>Date/time and location:</b>	Tuesdays from 10am and 11am. Artane Beaumont Family Resource Centre
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<b>Name of core programme:</b>	<b>Change for Life Fit Class</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	General Fitness Classes delivered over an 8 week period as part of CFL 2024
<b>Age group:</b>	Adults age 30-40 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays and Thursdays from 8pm Coolock/Priorswood and Darndale Community Centres

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

<b>Name of core programme:</b>	<b>Change for Life Active Retired</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Fun Dance Fit Programme

<b>Age group:</b>	Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays from 10am and 11am. Artane Beaumont Family Resource Centre

<b>Name of core programme:</b>	<b>Change for Life Hillwalking</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Health and wellbeing walking programme - delivered over an 8 week period as part of CFL 2024
<b>Age group:</b>	Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Commencing Tuesday 26 <sup>th</sup> January. Locations in Dublin North side. TBC

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

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

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

### Couch to 3/5k– Underactive Communities

<b>Name of core programme:</b>	<b>Couch to 3k</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally/Olivia Shattock
<b>Description of programme activity:</b>	Walk/Jogging programme supporting participants to build strength and stamina over an 8-week period and complete a 3km walk/run
<b>Age group:</b>	Adults age 18+ years

<b>Partners:</b>	Athletics Ireland
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesdays from 13.30pm in Maypark, Donnycarney (3k) 5k details TBC

### Get Dublin Walking

<b>Name of core programme:</b>	<b>McCauley Park Walk and Talk</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Community Walking and Social Programme
<b>Age group:</b>	Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays from 10am. McCauley Park, Artane

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

### Underactive Communities – Ongoing programmes

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

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

<b>Name of core programme:</b>	<b>Men's Aqua Fit</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Swimming Lessons/Free Swimming
<b>Partners:</b>	Swim Ireland
<b>Age group:</b>	18+ years

<b>Gender:</b>	Male
<b>Date/time and location:</b>	Thursdays from 1pm. Coolock Swimming Pool

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

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

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

<b>Name of core programme:</b>	<b>Chair based Yoga &amp; Mindfulness/Chair Based General Exercise Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Chair based yoga & mindfulness for general population

<b>Age group:</b>	Adults
<b>Gender:</b>	Inclusive to all genders
<b>Date/time and location:</b>	Thursdays from 10.30am. Donnycarney Older Adults Centre

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

<b>Name of core programme:</b>	<b>Chair Exercise Programme</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Age group:</b>	Adults age 65 + years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Thursdays (from 1 <sup>st</sup> 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.

<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 9-12 years in Deis schools in the Kilmore and Artane Area
<b>Partners:</b>	DCSWP Co-Funded Swimming Officer/Swimming Ireland
<b>Gender:</b>	Mixed
<b>Date/time and location's</b>	Coolock Swimming Pool.

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



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

As per the start of the report, two DCSWP Sport Inclusion and Integration Officers have been appointed. Further information on 2024 initiatives will be outlined in the April 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:

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

## **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.

## **Community Wellness Programmes (Citywide)**

The following programmes are delivered in partnership with the HSE and are referral only. Programmes focus on supporting individuals with underlying medical conditions.

- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Tuesday and Thursday from 10am in Glin Road, Community Centre, NCA (mixed, all ages)
- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Monday from 9am in St. Catherine’s Sport & Fitness Centre in partnership with HSE (mixed, all ages)
- Cardiac Gym and Class programme – every Monday from 1pm, Wednesdays and Fridays from 9am in St. Catherine’s Sports & Fitness Centre.

## **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. The 2024 School’s Cross Country Race Series will take place in March/April and May with dates TBC. Support for Couch to 3k/5k programmes and DCSWP’s Lord Mayor’s 5 Alive events continues.

### **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 continues in the following NCA schools over the next period:

- 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 24<sup>th</sup> January)

### **Football in the Community**

The following Football Development programmes continue in the NCA over the next period:

- 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

## **Rugby in the Community**

The following Rugby Development programmes continue in the NCA over the next period:

### **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 13<sup>th</sup> February)

The Rugby Girls and Boys Council Cup will take place in Energia Park on Friday 22<sup>nd</sup> March.

## **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 1<sup>st</sup> year and Transition Year 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

Men's wellness, female wellness, Foróige, Foundations youth project and Vision Sports swim programmes (ability) continue in Sean McDermott swimming pool, Trinity College pool, Swan Leisure, Markiewicz Sports & Fitness and the National Aquatic Centre.

In the NCA, Coolock swimming pool facilitates the Men's Swim programme every Thursday from 1pm.

Outdoor/open water programmes and events for the summer months are in the planning phase.

### **Ongoing Training for 2023**

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

### **REPORT BY:**

*Dee O'Boyle*

Dublin City Sport & Wellbeing Partnership. [dee.oboyle@dublincity.ie](mailto:dee.oboyle@dublincity.ie)