

**The Chairman and Members of
North West Area Committee.**

Meeting: 21st May

Item No: 12

NORTH WEST AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MAY/JUNE 2024

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.

DCSWP Calendar of Events 2024

The DCSWP calendar of events has been circulated to all Area Managers

Upcoming Events May/June:

- Tuesday 21st – Thursday 23rd May UEFA Europa League Final/Dublin Fan Festival (RDS, Shelbourne Park, Dublin Castle)
- Wednesday 22nd May – DCSWP Citywide Go For Life Games Selection - Ballyfermot Sports & Fitness (Includes groups/participants from South Central Area. Final to be held in June in DCU)
- Saturday 25th May - Africa Day
- Sunday 2nd June Women's Mini Marathon 2024 (As previously reported DCSWP delivering 12 week lead-in programmes to support participants)
- Wednesday 12th and Thursday 13th June – Olympic Showcase Event (see below)
- Saturday 22nd June – Launch of Orienteering in Poppintree Park. Ballymun Scouts will publicise the event at its group meeting on May 28th. It is expected that 300-400 people will participate. Participants will complete three electronically timed courses (3.2km, 2.3km, 16km) along with a maze for younger participants. The event commences at 11am and concludes at 1pm. All are welcome to attend.

Dublin Marathon 2024 Community Programme

DCSWP and Irish Life Dublin Marathon have come together to work in partnership to establish and deliver the Dublin Marathon Community Programme 2024. 30 Irish Life Dublin Marathon places have been offered to the community via DCSWP Sport Officers. Officers can nominate the person they wish to receive the free marathon place. The

aim is to nominate a person from the community who truly deserves an opportunity to take part for personal reasons, because of their commitment to a DCSWP running or walking programme or a person who volunteers at events /races for the club but never gets the opportunity to take part. The programme aims to be as inclusive as possible. Online training and physical sessions will be provided as well as other coaching supports in the lead up to the marathon. Participants to be confirmed in May.

Dublin City Council Sports Plan 2024 – 2029

The Sports Plan was formally adopted by Council at the monthly meeting held on 8th April. Plans are now being put in place to formally launch the document in May

DCC/DCSWP Road to Paris Olympic Showcase.

DCSWP will be hosting an Olympic Themed showcase of sports to mark the 2024 Paris Olympics & Paralympics. This citywide event will promote/highlight what DCC/DCSWP does in terms of sport & physical activity in the city at a time when excellence in sport is being celebrated at global level. The event takes place over two days on Wednesday 12th and Thursday 13th June in Clontarf Pitches. On Wednesday 12th focus will be on targeting 5th/6th class primary school students and Youth Groups and on Thursday 13th there will be a focus on inclusion and disability groups. Officers are currently engaging with schools and groups in their respective areas.

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Summer Programmes North West Area

The Citywide and Active Cities Officer are currently linking in with local NWA youth services around the delivery of programmes and initiatives during the summer period. Details of confirmed programmes outlined below in core report. Further details will be provided once confirmed.

Bike Week 2024

In Ballymun the Cycle Right programme was delivered during Bike Week 2024 (11th – 19th May). This was a partnership project between the DCSWP Citywide Sport Officer, DCSWP's Active Cities Officer and DCC's Community Section. Two programmes were delivered in the following Ballymun schools:

- Scoil an tSeachtar Laoch
- Gaelscoil Bhaile Munna

Social Media/Communication

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

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcspsphub.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 West Area Core Programme Report May/June 2024

The identification of DCSWP core target groups is informed by the Sport Ireland Participation Plan which is guided by the National Sports Policy 2018-2027 and the Sport Ireland

Strategy. Core target groups provide a strategic focus for the delivery of DCSWP programmes which seek to remove barriers to participation and provide viable opportunities for everyone to partake in sport and physical activity.

DCSWP Sport and Co-funded Officers work closely with groups and services in the area in the delivery of these initiatives. Officers also engage with coaches from the DCSWP coaching panel who deliver programmes on behalf of the service helping to increase reach and develop sustainable, ongoing programmes.

Target Group Name: Underactive Communities/Change for Life

Name of core programme:	Get Finglas Walking
Description of programme activity:	Couch to 5k Pilot Programme
Age group:	Adults 30+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 10am. Finglas Sports & Fitness centre

Name of core programme:	DCSWP Trail Walking Programme
Description of programme activity:	Summer project delivered in Dublin and Wicklow Mountains in partnership with Ballyfermot Adventure Centre
Age group:	Adults 18+ years
Gender:	Mixed
Date/time and location:	Thursdays (from 11 th -25 th June)

Name of core programme:	International Men's Health Week 2024
Description of programme activity:	NWA Programmes: Walking/Cycling/Swimming/Mindfulness. Partnership Programme
Age group:	Adults 18+ years
Gender:	Male
Date/time and location:	10 th – 16 th June. Full details TBC

Target Group Name: Women In Sport

Name of core programme:	Women's Mini Marathon NWA Group
Description of programme activity:	Lead-in Training Programme delivered in partnership with Up and Out Finglas Fitness Community Group
Age group:	Adults 25+ years
Gender:	Female
Date/time and location:	Thursdays from 7pm. Starting point: Dunnes carpark, Finglas

Target Group Name: Youth At Risk (10-24 years)

Programmes delivered in partnership with the City of Dublin Youth Services Board (CDYSB) local NWA schools, youth services and An Garda Síochána to provide viable outlets for young people to participate in sport and physical activity.

Name of Core Programme	Hell and Back 2024
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Description of Programme Activity:	Teenage lead-in programme to Hell and Back 2024. Inclusive to families of young participants. Delivered in partnership with Finglas Youth Resource Centre, CDYSB and the Den Youth Centre (Crosscare Services), Finglas
Age group:	12+ years
Gender:	Mixed
Date/time and location:	Thursdays from 10am in Ballybough Youth & Community Centre.
Name of Core Programme	NWA Summer Youth Projects
Description of Programme Activity:	Youth At Risk Partnership Programme – Sailing/Kayaking/Aquazone/BMX
Age group:	10+ years
Gender:	Mixed
Date/time and location:	Mondays from 10am (various locations from 17 th June)

Target Group Name: Older Adults/Health Improvement in the NWA

Name of Core Programme	OTAGO Strength and Balance Programme
Description of Programme Activity:	Strength & balance programme for older adults at high risk of a fall in partnership with HSE physios (referral only)
Age group:	55+ years
Gender:	Mixed
Partners:	HSE/DCSWP Health Improvement in the Community Co-funded Officer
Date/time and location:	Tuesdays from 11am. Poppintree Community Centre

Name of Core Programme:	Falls Management Programme
Description of programme activity:	Strength & balance programme for older adults at medium risk of a fall in partnership with HSE physios (referral only)
Age group:	55+ years
Gender:	Mixed
Partners (If Any):	HSE/DCSWP Health Improvement in the Community Co-funded Officer
Date/time and location:	Ongoing. Tuesdays from 12 noon. Poppintree Community Centre

Name of Core Programme:	Strong and Steady/Move For Health
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Description of programme activity:	Strength & balance programme for older adults in partnership with HSE physios (referral only)
Age group:	55+ years
Gender:	Mixed
Partners:	HSE/DCSWP Health Improvement in the Community Co-funded Officer
Date/time and location:	Tuesdays from 12pm (Strong & Steady) and 1pm (Move For Health). Poppintree Community Centre

Name of Core Programme:	Pulmonary Rehabilitation Programme
Description of programme activity:	Partnership project with HSE Primary Care Physiotherapists providing exercise classes for patients with COPD and other chronic pulmonary illness (referral only)
Age group:	55+ years
Gender:	Mixed
Partners:	HSE/DCSWP Health Improvement in the Community Co-funded Officer
Date/time and location:	Tuesdays and Thursdays from 2.30pm. Finglas Sport & Fitness Centre

Name of Core Programme:	Chair Aerobics
Description of programme activity:	Weekly multi-exercise to music class
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Ongoing. Tuesdays from 1.30pm. Ballymun Library

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

Two DCSWP Sport Inclusion and Integration Officers (SIO's) have been appointed (see start of report) Inclusion in Sport is a priority for DCSWP's and the appointment of two dedicated officers has expanded the reach of these targeted programme.

The following citywide programmes continue or are due to commence over the coming weeks on a citywide basis and include partners and participants from the NWA:

NWA Travelling Community, Poppintree.

SIO's have met with Crosscare services in Poppintree Centre with a view to setting up a walking and wellness group for women from the Travelling community. Officers are scheduled met with representatives on 2nd May in Poppintree regarding commencement dates. Once confirmed, the aim is to run the programme for an eight week period.

Ukrainian Crisis Centre Programme

Multi-sport initiative aimed at all ages. This is an ongoing programme to support people displaced by the conflict in Ukraine. The initiative commenced in 2023 and will continue throughout 2024. Activities include yoga and cycling.

The programme is delivered in St. Catherine's Sport & Fitness Centre, Marrowbone Lane in partnership with emergency and housing services etc.

St. John of Gods, Islandbridge - people with intellectual disabilities

- Boccia Programme
- Boxing Inclusion
- Football for All

Central Remedial Clinic Clontarf - people with intellectual disabilities

- Aqua Aerobics
- Chair Aerobics
- Rugby Programme

Goirtín Centre, Grangegorman, HSE Group - people with mental health difficulties.

SIIO's are currently engaging with the Goirtín Centre with a view to commencing a 6 week Chair Aerobics programme the following week.

Vision Sports, Drumcondra

Visually Impaired Boxing Programme.

Irish Wheelchair Association - amputees and paraplegic participants.

The IWA are running a summer camp in mid-June and have requested support from DCSWP SIIO's as part as the road to Paris Olympic programme.

Avista Group, Navan Road - people with profound intellectual disabilities.

Plans are currently being put in place for a water sports power boat event on Wednesday, 5th June in East Wall Water Sports Centre.

Active Cities Update (NWA & Citywide)

Active Cities initiatives in the planning/delivery stages include:

- Orienteering programmes in local parks including programmes in designated/mapped parks. In the NWA orienteering signage is installed in Poppintree Park
- The expansion of Sim 4 Stem Female Motorsport programme including NWA schools.
- Further delivery of the 'Cycle With Confidence' programme in the NWA
- The Active Cities BoxUp facility continues to support multi-sport activities in Mount Bernard Park, Cabra and Eamonn Ceannt Park, Sundrive.
- The Active Cities St. Michael's House Golf Programme continues. This is a partnership initiative between St Michael's House and Clontarf Golf Club. The group were presented with their new jackets which were funded through the DCSWP & Active Cities. Funding was also given towards new sets of golf clubs for the group to use the DCSWP Active Cities will continue to work and collaborate with St Michael's House on citywide activities.
- Active Cities programmes in the planning stages include Youth At Risk programmes in collaboration with local youth services, programmes targeting the Roma Community and the NWA Travelling Community.

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 (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 NWA May/June Co-Funded Programmes

Athletics in the Community

Couch to 3/5k and walking programmes continue in the NWA area in partnership with the Co-funded Athletic Officers. Officers continue to engage with local schools in the Daily Mile and School's Cross-Country 2024 programmes (see start of report). Couch to 3 & 5k programmes continue.

- In the NWA Holy Spirit GNS Primary School, Ballymun and Scoil an tSeachtar Laoch, Ballymun continue to participate in the Primary Schools Athletics 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 DCSWP's five dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx. 2,000 young people take part each year.

The programme 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 2024 StartBox programme continues in the following NWA schools:

- St. Canice's, GNS Finglas (Female age 10-12 years)
- Holy Spirit GNS, Ballymun (Female age 11-12 years)
- Trinity Comprehensive, Ballymun (Mixed 16-18 years)
- Mother of Divine Grace, Ballygall (Male age 11-12 years)

Cricket in the Community

The DCSWP Cricket Officer continues to support inclusive programmes and engage with the NWA primary schools/youth groups via softball cricket introductory sessions.

- School softball sessions for 2024 continue in Mother of Divine Grace, Ballygall every Wednesday from 11am (mixed 8-13 years)
- Club training sessions in partnership with Finglas Cricket Club take place in Poppintree Park every Saturday from 10am (mixed 11-17 years)

Football in the Community

➤ **Girls Future Stars Programme**

The Future Stars programme, Finglas is targeted at young female's age 8-12 years. Its aim is to encourage young females age 8-12 years to participate and form pathways to local clubs. The programme is delivered in partnership with Rivermount FC, Finglas and St. Joseph's GNS, Finglas.

➤ **FAI National D Grassroots Coaching Licence**

Aimed at student's age 18+ years in Coláiste Íde, Finglas. Delivered every Wednesday from 9.30am.

➤ **Child Safeguarding**

Safeguarding to be delivered in local NWA clubs by FAI Co-funded Officers over the next period.

Rugby in the Community

➤ **Skills and Tag Rugby Programme**

Programme continue in the following NWA schools in May/early June (primary)

Primary Schools:

- St. Canice's GNS & BNS, Finglas
- St. Fergal's BNS, Finglas West

Secondary Schools:

- St. Michael's College, Finglas West (male)

School programmes will conclude with inter-school blitzes. Details TBC

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, Vision Sports and Artistic swim programmes continue in Sean McDermott, Markievicz and Coolock swimming pool with participants from across the city including the NWA.

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

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