

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

**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
July 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
Sean Cleary	Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,	Kilmore Community Centre	sean.cleary@dublincity.ie	086 164 4650.
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

Name	Area	Office	Email	Phone Number
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
Cameron Molloy Moules	Football	Artane, Clontarf, Donaghmede, Whitehall, Raheny	Cameron.molloymoules@fai.ie	086 203 5821
Neil Keoghan	Football	Marino, Santry, Whitehall	neil.keoghan@fai.ie	083 879 5580.
Rob Wolfe	Rugby	North Central Area	rob.wolfe @leinsterrugby.ie	083 3872 945
Noel Burke	Boxing	North Central Area	noelkarenburke@gmail.com	086 326 5777

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	Women's Rugby Development	grainne.vaugh@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.

North Central Area Co-Funded Staffing News

Cameron Molloy Moules has commenced duty as the FAI Football Development Officer for the Artane, Clontarf, Donaghmede, Whitehall, Raheny area. Contact details are listed above.

Upcoming Events:

- Funtropolis Merrion Square: 13th/14th July. DCSWP to support
- Co-funded summer camps - Athletics, Boxing, Cricket, Football, Rowing, Rugby & Swimming (various dates July/August)
- North Central Area Family/Community days These events are planned by DCC's NCA Office, DCC's Community Section and supported by DCSWP.
- Her Outdoors Week 2024: 12th - 18th August. Aims to celebrate and encourage more females to get out and enjoy the benefits of being active in the outdoors while bringing visibility to existing/ongoing opportunities for females to get involved in outdoor physical activity. NCA programmes to include hillwalking and outdoor fitness sessions

DCSWP Club Support Grant Scheme 2024

The 2024 DCSWP Club Support Grant Scheme was advertised to clubs in the Dublin City area and open for applications on 11th June. The grant replaces the previous Sports for Young People small grant scheme. The grant is open to sports clubs that have participants of any age. The grant is open to clubs affiliated to a National Governing Body of Sport aiming to increase participation in sport and physical activity across all ages throughout Dublin City. The grant allocation is provided by Sport Ireland (through the National Local Sports Partnership Programme) and Dublin City Council. Grants typically range between €500 - €1,000.

The closing date for applications was **3rd July** (the extension to deadline was communicated to member of the NCA committee)

Dublin City Council Sports Plan 2024 – 2029

The Draft Sports Plan was formally adopted by Council at the monthly meeting held on 8th April. The plan was launched on 16th May in Ballyfermot Sports & Fitness Centre by Chief Executive Richard Shakespeare, former Lord Mayor Daithi de Róiste, Senior Executive Officer, Sports & Recreation Services Donncha O'Dúlaing and Dublin City Sport & Wellbeing Partnership Sport Ambassador Ellen Keane. Implementation process to commence shortly.

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)

NCA Core Programmes July 2024

Change For Life - Underactive Communities

Name of core programme:	Couch to Parkrun/5k
DSCWP Sport Officer:	John McDonald/Sean Cleary
Description of programme activity:	6 week Couch to 5k (Parkrun Distance)
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Fridays from 11.30 (TBC) Ellenfield Park, Whitehall Wednesdays from 7pm Father Collins Park

Name of core programme:	McCauley Park 'Walk and Talk'
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Walking/Social programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Mondays from 10am, McCauley Park, Artane

Name of core programme:	Walking Group Edenmore
DSCWP Sport Officer:	Olivia Shattock
Age group:	All ages
Gender:	Female
Date/time and location:	Mondays from 11am, Edenmore Park

Name of core programme:	Social Boules
DSCWP Sport Officer:	Fergal Scally
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Mondays from 11am, Rockfield Park, Artane

Name of core programme:	Aqua Aerobics
DSCWP Sport Officer:	Fergal Scally/Olivia Shattock
Age group:	Adults age 18+ years
Gender:	Female
Date/time and location:	Tuesdays from 1.30pm/Thursdays from 11am. Coolock Swimming Pool

Name of core programme:	Chair Based Yoga & Mindfulness
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Gentle exercises to improve movement/flexibility and support mental health
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 2pm. Kilmore Recreation Centre

Name of core programme:	Kilmore General Fitness Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Cardio and Body Resistance Training
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 7pm. Kilmore Recreation Centre

Name of core programme:	Walking Programme
DSCWP Sport Officer:	John Sweeney
Age group:	All ages
Gender:	Mixed
Date/time and location:	Thursdays from 11am. Raheny GAA Club

Name of core programme:	Men's General Fitness Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Strength & Cardio Training Programme/Exercise Programme
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Mondays from 10.30am. Artane/Beaumont Family Recreation Centre.

Name of core programme:	Pilates Programme
DSCWP Sport Officer:	Sean Cleary
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 11am. Trinity Sports & Leisure (participants from NCA)

Name of core programme:	Outdoor Resistance Training Programme
DSCWP Sport Officer:	Sean Cleary
Description of programme activity:	Bodyweight Exercise Classes
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Wednesdays from 11.30am/Thursdays from 7pm. Father Collins Park

Name of core programme:	Men's Aqua Fit
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Swimming Lessons/Recreational Programme. Delivered in partnership with Swim Ireland/DCSWP Swimming Development Officer
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Mondays from 1pm. Coolock Swimming Pool

Name of core programme:	Men's Walking Football
DSCWP Sport Officer:	Fergal Scally
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Wednesdays from 2pm. Rockfield Park, Artane

Name of core programme:	Adult Irish Dancing Programme
DSCWP Sport Officer:	Fergal Scally
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 11am. Artane/Beaumont Family Recreation Centre.

Name of core programme:	Pickle Ball
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 10am. Kilmore Recreation Centre Le Cheile Centre, Donnycarney. Fridays from 1pm.

Older Adult Programmes (age 55+ years)

Name of core programme:	Active Retired Functional Fitness Programme
DSCWP Sport Officer:	Fergal Scally/John Sweeney
Programme Description:	Gentle Exercise Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 10am and 11am. Artane/Beaumont Family Recreation Centre. Tuesdays from 2.30pm Fairview/Marino. Fridays from 2.30pm Foxfield/St. John & Thursdays from 2.30pm Raheny.

Name of core programme:	Active Retired Dance Fit Programme
DSCWP Sport Officer:	Fergal Scally
Programme Description:	Dance Exercise Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 11am and 12 noon. Artane/Beaumont Family Recreation Centre

Name of core programme:	Chair Aerobics
DSCWP Sport Officer:	Olivia Shattock
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 10.30am. Priorswood Pastoral Centre. Thursdays from 10am. St. Monica's Hall, Edenmore

Name of core programme:	Falls Prevention Programme
DSCWP Sport Officer:	John McDonald
Programme Description:	12 week Programme focusing on exercises that improve strength and mobility. Aim is for participants to move to the advanced class following conclusion. Delivered in partnership with HSE
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 2-3pm

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. **Youth Fit** - Schools and Young People

Name of core programme:	North Central Area Summer Activities Programme
DSCWP Sport Officer:	All NCA Sport Officers
Programme Description:	Multi-activity summer programme - includes aquatic centre trips, water sports, Aviva Stadium tours, footie etc. Delivered in partnership with NCA Youth Services (St. Michael's House, Santry, Northbrook, Omni. Sphere 17, Darndale, Sphere 17, Kilbarrack St. Monica's Centre, Coolock & KEEP Project, Belmayne
Gender:	Mixed
Age Group:	TBC (young people age 10-24 years)
Date/time and location:	Various locations and times - participants from NCA

Name of core programme:	Kayaking summer programme
DSCWP Sport Officer:	Fergal Scally
Programme Description:	Water-based summer programme. Delivered in partnership with Kilmore West Youth Project and Ballyfermot Adventure Centre
Gender:	Mixed
Age Group:	13-18 years
Date/time and location:	Various locations and times - participants from NCA

Name of core programme:	Belmayne Summer Sports Day
DSCWP Sport Officer:	Fergal Scally
Programme Description:	GAA, Boxing, Football & Golf
Gender:	Mixed
Age Group:	13-18 years
Date/time and location:	Thursday 1 st August Balgriffin Hall

Sport Inclusion & Integration (Citywide)

The following programmes are ongoing on a citywide basis and include participants from the NCA. Programmes are aimed at multiple age groups.

- Box Fit in partnership with St. John of God's. Islandbridge (All age groups)
- Chair Aerobics and Rowing in partnership with Central Remedial Clinic, Clontarf (All age groups)
- Ukrainian Crisis Centre Summer camps - Inchicore Sports Hall and St. Catherine's Sports & Fitness Centre (young people)
- 'Belong To' Summer Camp (LGBTQ+ All age groups)
- Mixed Aerobics circuit & exercise in partnership with Goirtín Centre, Grangegorman (mental health, 30+ years)
- St. Michael House Boxing programme every Thursday in Glin Centre

Active Cities (Citywide)

- Dublin Park & Trails Challenge - 24 parks and trails mapped out in Dublin city and Greater Dublin area. Developed in partnership with three Dublin Authorities, Coillte, Dublin Tourism and DCC's Smart Cities section.
- Schools Orienteering, Poppintree Park - Orienteering programme aimed at scout groups age 8-14 years (mixed). Eight parks in Dublin city have been mapped for orienteering programmes.
- Erasmus+ Trip - DCSWP preparation trip to Hamburg in August. Hamburg has been identified as a Global Active City.
- Roma Ladies Group Yoga Programme - in development
- Cycle School Programme - in development.

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). Fridays from 11am
- St. Vincent's Holistic Health – aimed at adults with mental health challenges. Fridays from 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. Tuesdays and Fridays 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 July North Central Area Co-Funded Programmes - Athletics/Boxing/Cricket/Football/Rowing/Rugby/Swimming

Co-funded Officers to mainly deliver summer camps and Sport Officer partnership programmes during the school summer break.

Athletics in the Community

Couch to 3/5k, walking community programmes continue in the NCA in partnership with the Co-funded Athletics Ireland Officers. NCA athletics summer camps to continue in July/August.

Boxing in the Community

During the summer months the Boxing Development Officer focuses on the delivery of Aviva Stadium Tours aimed at young people. Delivered in partnership with local youth services.

Cricket in the Community

- Cricket coaching visits take place over the summer break in Clontarf Cricket Club aimed at young people age 11-18 years.
- District Tournaments continue over the summer break: The U11 female hardball cricket tournament takes place from 5th - 9th August in Clontarf Cricket Club from 10am - 4pm.

Football in the Community

- A new officer Cameron Molloy Moules has commenced duty as the Football in the Community Development Officer (see start of report) Neil Keoghan continues as Development Officer for Marino. Whitehall, Santry .

- FAI summer camps will continue over July and August in the area. Full details of programmes can be provided by contacting the DCSWP Office (contact details below)
- The Football For All (Disability) citywide summer camp takes place in Beneavin College, Glasnevin from 20th – 22nd August aimed at young people age 6-14 years. Includes participants from the NCA.

Rugby in the Community

- Summer camps and rugby blitzes to continue in July/August in the area. Full details of programmes can be provided by contacting the DCSWP Office (contact details below)

Rowing in the Community

- Rowing summer camps continue in Neptune Rowing Club, Islandbridge and include participants from the NCA.
- The DCSWP Inclusion and Integration Officer and the Rowing Development Officer are working with Child Vision, Drumcondra to deliver a rowing event aimed at young people with visual impairments. Details TBC

Swimming in the Community (citywide)

2024 citywide summer programmes continue in DCC facilities and in open water spaces in July/August. Citywide programmes include participants from the NCA. Highlight programmes include:

- Open Water Aquatics Academy programme at Dollymount Strand from 15th – 19th July aimed at young people age 6-12 years (mixed from 9am) and teenagers age 13-17 years (mixed from 11am)
- ‘Yoga and Dip’ programme at Dollymount Strand aimed at adults (mixed age 18+ years, every Tuesday from 7pm)

- Coolock Pool hosts summer lessons aimed at adults and toddlers 12 - 36 months (8th July - 19th August from 10am), children age 6-12 years (8th July - 19th August from 10.45am), adults 18+ years (8th July - 19th August from 11.45am) and children with additional needs age 6-12 years (8th July - 19th August from 12.45pm). Summer lessons are delivered in partnership with DCSWP NCA Sport Officers.

Ongoing Training for 2024

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

REPORT BY:

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