
**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
September 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.

Dublin Sportsfest 2024.

Dublin Sportsfest, Dublin City Sport & Wellbeing Partnership's annual flagship event is back for 2024. Delivered in tandem with European Week of Sport (23rd – 30th September), Sportsfest seeks to bring together the people, the clubs, the sports and the spaces of Dublin in a celebration of sport & physical activity.

DCSWP is currently finalising its calendar of events which will be made available on all communication platforms. Local clubs across the city, including the North Central area (NCA), have been invited to joining in the celebrations by hosting events and activities that will reach out to communities during the week.

The event is also an opportunity to showcase existing DCSWP programmes and facilities under the Sportsfest banner. Sportsfest NCA highlights include:

- Chair Yoga in partnership with Larkhill Active Retirement on Monday 23rd September in Larkhill Scouts Den, Whitehall at 11am.
- Aqua Aerobics in Coolock Swimming Pool on Wednesday 25th September at 1.30pm

- Ladies Aqua Aerobics in Coolock Swimming Pool on Thursday 26th September at 11am
- School Cross-country event in St. Anne's Park, Raheny on Thursday 26th at 11am - includes schools from NCA
- Older Adult Chair based exercises in St. Monica's Youth Service, Edenmore on Thursday 26th September at 10am
- Ladies Fitness Classes in Kilmore Recreation Centre on Thursday 26th September at 2pm
- Men's Swimming Classes on Thursday 26th September in Coolock Swimming Pool at 1pm
- Falls Prevention classes in partnership with local HSE physiotherapist on Thursday 26th September in Santry Community Centre at 2pm

[DCSWP - Dublin City Sport and Wellbeing Partnership \(dcswphub.ie\)](https://dcswp.org/)

Marathon Kids 2024

Marathon Kids is a national eight week initiative aimed at primary school students. Over the weeks students take part in running sessions inching them closer to completing a marathon. The 2024 DCSWP programme will be aimed at students at 6th class level.

DCSWP Sport Officers and Athletics Ireland Co-funded Officers continue to engage with local schools around registration/participation process for the September start. T-shirts will still be provided to every student taking part in the coming weeks and DCSWP will support new schools around the roll out/delivery of the programme. A date has not been confirmed for the final in Santry Stadium in November – area committees will be informed once confirmed. Schools from the NCA have registered to partake. A list of participating schools will be provided to the NCA committee once confirmed.

<https://marathonkidsireland.ie/programme/>

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. Closing date: 3rd July

Next stage: Individual applications to be assessed against criteria. Clubs to be notified in upcoming weeks. A list of successful NCA clubs will be provided to the committee in due course.

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 Daithí de Róiste, former Senior Executive Officer, Sports & Recreation Services Donncha O’Dulaing and Dublin City Sport & Wellbeing Partnership Sport Ambassador Ellen Keane.

Plans for implementation process continue.

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.dcwspub.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 September 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:	Ellenfield Park, Whitehall. September start date TBC. Wednesdays from 7pm Father Collins Park

Name of core programme:	Couch to 3k
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	6 week Couch to 3k in partnership with Athletics Ireland
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 12.30pm

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:	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:	Chair Exercise Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	Adults age 18+ years
Gender:	Female
Date/time and location:	Wednesdays from 10.30am. Priorswood Pastoral Centre

Name of core programme:	Ladies Dance Fit Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	Adults age 18+ years
Gender:	Female
Date/time and location:	Thursdays from 2pm. Kilmore Recreation Centre

Name of core programme:	Men's Swimming Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Coolock Pool. Start date TBC

Name of core programme:	Yoga Programme
DSCWP Sport Officer:	Olivia Shattock
Programme Description:	8-week Yoga and Mindfulness Community Programme
Gender:	Mixed
Age Group:	Adults 18+ years
Date/time and location:	Darndale Sports Hall Start dates, times TBC (September)

Name of core programme:	Men's Fitness Training Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Cardio and Body Resistance Training
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Thursdays from 11am. Artane Community Centre

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/Yoga Programme
DSCWP Sport Officer:	Sean Cleary
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Tuesday from 8pm (Pilates). Fridays from 7pm (Yoga), Trinity Sports & Leisure, Father Collins Park

Name of core programme:	Indoor Resistance Training Programme
DSCWP Sport Officer:	Sean Cleary
Description of programme activity:	Bodyweight Exercise Classes/Resistance Training
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Mondays and Wednesdays from 10am, Balgriffin Hall

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:	Thursdays from 1pm. Coolock Swimming Pool

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:	Fridays from 1pm. Kilmore Recreation Centre

Older Adult Programmes (age 55+ years)

Name of core programme:	Active Retired Functional Fitness Programme
DSCWP Sport Officer:	Fergal Scally
Programme Description:	Gentle Exercise Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 10am and 11am. Artane/Beaumont Family Centre

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:	Thursdays from 11am and 12 noon. Artane/Beaumont Family Recreation Centre

Name of core programme:	Men's Walking Football Programme
DSCWP Sport Officer:	Olivia Shattock

Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Mondays from 10am (from 7 th October). Kilmore Sports Centre

Name of core programme:	Active Retired Functional Fitness
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Chair Exercise Programme
Age group:	70+ years
Gender:	Mixed
Date/time and location:	<ul style="list-style-type: none"> ➤ Ballybough Youth & Community Centre, Tuesdays from 10am ➤ Foxfield Community Centre, Wednesdays from 2pm ➤ Raheny, Thursdays from 11am,

Name of core programme:	Chair Aerobics programme
DSCWP Sport Officer:	Olivia Shattock

Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 10am. St. Monica's Hall, Edenmore

Name of core programme:	Falls Prevention Programme
DSCWP Sport Officer:	John McDonald
Programme Description:	Continuation of the successful partnership programme between DCSWP and HSE. This is a 12 week physiotherapist-led referral programme. The aim is to build up the strength of the participants and develop pathways to mainstream classes in the community where they can continue their exercise journey. The programme is free of charge for the participants
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 2-3pm. Santry Community Resource Centre

Name of core programme:	Chair Yoga Programme
DSCWP Sport Officer:	John McDonald
Programme Description:	6 week chair yoga programme. Delivered in partnership with Larkhill Active Retirement group. Due to start in September, dates to be agreed

Age group:	55+ years
Gender:	Mixed
Date/time and location:	Start date, times TBC (September)

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:	Autistic Spectrum Disorder (ASD) Yoga & Wellbeing Programme
DSCWP Sport Officer:	John McDonald
Programme Description:	Yoga and wellbeing programmes in partnership with the ASD Units in Hold Child BNS and Larkhill NS, Whitehall
Gender:	Mixed
Age Group:	Primary School
Date/time and location:	Start dates, times TBC (September)

Name of core programme:	Lifeguard Programme
DSCWP Sport Officer:	Sean Cleary
Programme Description:	Pool lifeguarding aimed at young adults
Gender:	Mixed
Age Group:	Young Adults
Date/time and location:	Start dates, times TBC Trinity Sports & Leisure, Father Collins Park

Name of core programme:	Youth Swimming Programme
DSCWP Sport Officer:	Sean Cleary
Programme Description:	Delivered in partnership with Sphere 17 Youth Services
Gender:	Mixed
Age Group:	10+ years
Date/time and location:	Start dates, times TBC. National Aquatic Centre

Women in Sport

Name of core programme:	Trinity Research Programme
DSCWP Sport Officer:	Fergal Scally
Programme Description:	A continuation of the Trinity research programme that was run through funding from Irish Research Council and the Dublin City Sport & Wellbeing Partnership through the Active Cities project. The local Sport Officer linked in with a Trinity College PHD candidate for this initiative. This year Our Lady of Mercy, Beaumont will partake in the programme in the NCA. The programme will be run for 12 weeks with two activities on offer.
Gender:	Female
Age Group:	13-18 years
Date/time and location:	TBC

Sport Inclusion & Integration (Citywide)

North Central Area Inclusion/Integration

- **Dance & Soft Play programme** aimed at young people with Autism U18 years. Delivered in partnership with Doras Buí and NCA DCSWP Sport Officer. Tuesdays from 1pm in St. Brendan's Hall, Coolock.
- **Chair Aerobics programme** aimed at older adults with dementia. Delivered in partnership with Connexus Care and NCA DCSWP Sport Officer. Mondays from 11.30 in Connexus Day Care Centre, Bonnybrook.
- **Learn To Cycle programme** aimed at young people U18. Thursdays from 3-4pm in St. Paul's Hall, Donnycarney.

Citywide (Including participants from the NCA)

Sport Inclusion & Integration Officers continue to work with the following organisations delivering citywide programmes:

- **St John of God's/St. Michael's House Power Boat programme** - ongoing partnership with Eastwall Sports Centre. Every Tuesday from 1.30-3.30pm. Aimed at people with intellectual disabilities age 18+ years.
- **St. John of God's, Islandbridge Rowing programme** - ongoing partnership with DCC Rowing Centre and Rowing Ireland. Every Thursday from 2-3pm. Aimed at people with intellectual disabilities age 18+ years.
- **CRC Clontarf Aqua Aerobics**- partnership with Swim Ireland. Details TBC. Aimed at people with intellectual disabilities age 18+ years.
- **Online Autism in Sport Training**. Friday 30th September from 2-4pm (Dublin Sportsfest) Aimed at adults working with ASD individuals/groups.
- **Bravo Volleyball** - partnership programme. Aimed at LGBTQ+ community (all age groups). Every Thursday from 5-7pm in Inchicore Community Centre.
- **Football For All Tournament** - 26th September from 10am – 1pm (Dublin Sportsfest) ALSAA Complex, North Dublin. Partnership with FAI Disability Officer. Aimed at people with intellectual disabilities ag 18+ years.
- **Griffith Mile Fun Run** – 50 places assigned by DCSWP to inclusion groups (all age groups). Sunday 22nd September (lead-in to Dublin Sportsfest)

Active Cities (Citywide)

- **iCoach Workshop** - supporting coaches working in sports clubs (to take part during Sportsfest)
- **Erasmus+ Trip** - DCSWP preparation trip to Hamburg in early September. Hamburg has been identified as a Global Active City. Group to explore learnings/outcomes from process.
- **Roma Ladies Group Yoga Programme** - in development
- **Learn to Cycle/Cycle With Confidence Programme** - Ongoing in Eamonn Ceannt Park. All ages

- **Pavee Point (Travellers & Roma Community) Yoga Programme** -aimed at female adults from both communities
- **Summit Sisters** - Activity programme aimed at teenage girls. Delivered in partnership with Dublin Mountaineering Programme.

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 Exercise Programme – aimed at adults with mental health challenges. Fridays from 10.15am - St Vincent's Hospital Fairview D3
- Men's Only Health & Wellbeing Programme – 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 September North Central Area Co-Funded Programmes - Athletics/Boxing/Cricket/Football/Rowing/Rugby/Swimming

Please note: Co-funded Officers have re-engaged with local schools and club following the return to education. Programmes are due to commence in mid- late September. Below is a general list of current programmes and initiatives with details that were available at the time of reporting. Full details will be provided in the October NCA report. Contact details for all officers are listed at the start of this report.

Athletics in the Community

- NCA Primary schools programme
- Marathon Kids programme
- School's cross country

Boxing in the Community

The IABA Boxing Development Officer has recommenced the Startbox initiative in local NCA schools following the return to education. The programme is aimed at young people age 10-17 years and 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 a higher 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 +). A full list of NCA schools partaking in the Startbox programme will be provided in the October report.

Cricket in the Community

Schoolyard sessions:

- St. Brigid's Killester (female) every Monday from 11am. Age Group: 7-13 years

- Howth Rd. NS (mixed) every Monday from 11am. Age Group: 7-13 years.
- St. Benedict's Kilbarrack (mixed) every Tuesday from 1pm

Football in the Community

A new officer Cameron Molloy Moules has commenced duty as the Football in the Community Development Officer. Neil Keoghan continues as Development Officer for Marino, Whitehall and Santry. Grassroots, club, school and coaching programmes are due to commence following the return to education.

Rugby in the Community

- The secondary school Contact Rugby programme has commenced in St. Paul's, Raheny and will continue every Wednesday from 10.30am (First year)
- The Aldi Tag Rugby programme is currently being delivered in St. Brigid's GNS, Killester every Tuesday from 10am and in Greenlanes N.S. Clontarf from 10am aimed at primary school students (3rd-6th class).
- Tag Rugby NCA blitzes will take place at the Alfie Byrne pitches, Clontarf on Friday 27th September and in Clontarf Rugby Club on Friday 4th October from 10am.

Rowing in the Community

The 6-week Get Going Get Rowing Indoor Rowing Ireland programme is due to commence in the following NCA schools over the next period (Start dates TBC)

- Holy Faith, Clontarf (female age 12-18 years)
- St. Aidan's, Whitehall (male age 12-18 years)

Swimming in the Community (citywide)

Upcoming citywide Swim Ireland/DCSWP programmes include:

- Women's Refuge programme
- Women of Colour Learn to Swim
- Artistic Swimming
- Learn to Swim
- Aquatics Apprenticeship
- NEIC City Connects initiative.

Full details will be provided in the October report.

- In the NCA the HeSwims initiative commenced in Coolock swimming pool on Thursday 12th September from 1-2pm. The programme is aimed at adult males in the NCA, costing €20 for 8-weeks of lessons. Delivered in partnership with NCA DCSWP Sport Officers Fergal Scally and Olivia Shattock.

Ongoing Training for 2024

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

REPORT BY:

Dee O'Boyle/Colin Sharkey

Dublin City Sport & Wellbeing Partnership. dee.oboyle@dublincity.ie