

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

Meeting: 15th October 2024

Item: 4

NORTH WEST AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

OCTOBER 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.

North West Area Staffing News Reminder

Niall McDonald DCSWP Sport Officer team commenced duties in the North West Area (Finglas East) in mid- August 2024 replacing Sport Officer John McDonald. Derek Ahern continues as DCSWP Officer in Finglas West/South and Paul Donnelly continues as DCSWP Sport Officer in Ballymun/Poppintree.

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 sixth 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 mid-November – area committees will be informed once confirmed. 2,636 sixth class students from 67 school in the Dublin city area will participate in the 2024 programme. The following schools from the NWA are registered to partake.

School Name	School Address
St Canice's BNS	Ballygall Rd , Finglas East
St Joseph's GNS Finglas West	Barry Avenue, Finglas West
St. Malachys MNS	St. Helena's Road, Finglas South
St Malachys MNS	St. Helenas Road, Finglas South
St Malachys MNS	St Helena's Road, Finglas South
St. Malachys MNS	St. Helenas Road, Finglas
Gaelscoil Uí Earcáin	Bóthar Ghlas an Éin, Finglas East
Sacred Heart BNS	St Canice's Road, Ballygall
St Finians N.S.	Glenties Park, Rivermount, Finglas South, Dublin

<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: Pre-assessment stage complete. Clubs to be notified by end of October/early November. A list of NWA clubs will be provided to the area committee following conclusion of the process.

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.

DCSWP Communications

All DCSWP highlight programmes continue to be supported by social media channels and the DCSWP Virtual Hub. See below:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcwsphub.ie
- Email: sports@dublincity.ie

- Twitter: Dublin City Sport & Wellbeing Partnership (@dccsportsrec) / Twitter
- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](#)
Instagram: [@dublincitysportandwellbeing](#)

North West Area Core Programme Report October 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, thereby helping to increase reach and develop sustainable, long-term supports for communities.

Target Group Name: Underactive Communities/Change for Life

Name of core programme:	Couch to 5k
Description of programme activity:	8-week Beginners walking/jogging/running programme. 5k event at conclusion of programme
Age group:	Adults 18+ years
Gender:	Mixed
Date/time and location:	Mondays from 10am. Starting Point: Finglas Sport & Fitness Centre/Wednesdays from 6pm Starting Point: Dunne's Carpark, Finglas West

Name of core programme:	Get Finglas Walking
Description of programme activity:	Trail Walking Introduction Programme. Delivered in partnership with Ballyfermot Adventure Centre
Age group:	Adults 21+ years
Gender:	Mixed
Date/time and location:	First Tuesday of each month from 10am. Starting Point: Finglas Sports & Fitness Centre

Name of programme:	Pickleball Programme
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:	16+ years
Gender:	Mixed
Date/time and location:	Wednesdays and Fridays from 11am-1pm. Poppintree Sports & Fitness Centre

Name of core programme:	Just 4 Men Health Group
Description of programme activity:	Fitness Classes & Walking Programme
Age group:	Males 18+ years
Gender:	Mixed
Date/time and location:	Starting Point: Finglas Sports & Fitness Centre. Mondays (commencing 7 th October) Various locations. Times TBC
Name of core programme:	Mindfulness & Movement Community Programme
Description of programme activity:	Yoga/Mindfulness & Meditation
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Wednesday from 11am and 12.45pm. Finglas Sports & Fitness Centre
Name of core programme:	Outdoor Fitness Community Programme
Description of programme activity:	General Fitness Classes
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Fridays from 7pm. Ballymun United Grounds

Target Group Name: Thrive – People with Physical, Intellectual and Sensory Disabilities

Name of Core Programme:	Thrive
Description of programme activity:	Exercises and activity programme aimed at adults with physical challenges. This is a 10 week DCSWP programme delivered in partnership with Spina Bifida Hydrocephalus Ireland (SBHI)
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 11am – 1pm. Poppintree Community Centre

Target Group Name: Youth at Risk

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.

Throughout the summer period Sport Officers in the NWA work with local youth services and projects to deliver programmes that support young people.

Name of Core Programme	NWA October Mid-Term Programmes
Description of Programme Activity:	Multi-sport water programmes delivered in partnership with Ballyfermot Youth Adventure Centre and Finglas Youth Services. Activities include kayaking, swimming, aquazone
Age group:	8+ years
Gender:	Mixed
Date/time and location:	DCC Eastwall Watersports Centre, Rowing Centre, Islandbridge. Various times

Name of Core Programme	Rock-Climbing Programme
Description of Programme Activity:	Adventure programme delivered in partnership with Finglas East Crosscare and Poppintree Youth Services
Age group:	13+ years
Gender:	Mixed
Date/time and location:	Awesome Walls. Tuesdays, time TBC (Finglas East Crosscare) and Wednesdays from 3pm (Poppintree YS)
Name of Core Programme	Setanta Kids Fitness Programme
Description of Programme Activity:	Strength & Conditioning Classes
Age group:	10-12 years
Gender:	Mixed
Date/time and location:	Wednesdays from 6pm. Poppintree Pitches

Target Group Name: Women in Sport/Get All Girls Active (GAGA)

Name of Core Programme	Powerlifting Programme
Description of Programme Activity:	Beginners and Advanced strength and power programme
Age group:	15-17 years
Gender:	Females 18+ years
Date/time and location:	Thursdays from 5pm. Trinity Comprehensive School Gym, Ballymun
Name of Core Programme	Women's Fitness Programme
Description of Programme Activity:	Fitness Classes
Age group:	18+ years
Gender:	Females
Date/time and location:	Wednesdays from 10am. Ballymun United

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:	Strong & Steady
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:	Move For Health
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 1pm. Poppintree Community Centre
Name of Core Programme:	Senior Citizen Fitness Classes
Age group:	60+ years
Gender:	Mixed
Partners:	Tír na nÓg Older Adult Group
Date/time and location:	Mondays. Erin's Isle GAA Club, Finglas. Time TBC
Name of Core Programme:	Senior Citizens Yoga Programme
Age group:	55+ years
Gender:	Mixed
Partners:	Ballymun Library Services
Date/time and location:	Tuesdays from 1.15pm. Ballymun Library
Name of Core Programme:	Senior Citizens Chair Aerobics Programme
Age group:	55+ years
Gender:	Mixed
Partners:	Finglas Community Development Team
Date/time and location:	Finglas Youth Resources Centre. Thursdays from 10am

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

The following programmes are ongoing on a citywide basis and are either specifically targeted at or include participants from the NWA. Programmes are aimed at multiple age groups.

NWA:

- Walking Programme aimed at adults from the Travelling community in Ballymun/Poppintree area, age 18+ years. The programme is delivered in Albert College Park every Thursday from 1.30am in partnership with St. Margaret's Traveller Centre, Ballymun.

Citywide:

- St John of God's/St. Michael's House - ongoing partnership with Eastwall Sports Centre. Every Tuesday from 1.30-3.30pm. Aimed at people with intellectual disabilities

- St. John of God's, Islandbridge - ongoing partnership with DCC Rowing Centre and Rowing Ireland. Every Thursday from 2-3pm. Aimed at people with intellectual disabilities
- CRC Clontarf Aqua Aerobics- partnership with Swim Ireland. Details TBC. Aimed at people with intellectual disabilities
- Bravo Volleyball - partnership programme. Aimed at LGBTQ+ community. Every Thursday from 5-7pm in Inchicore Community Centre.
- Learn to Cycle aimed at young people with Autism Spectrum Disorder. Every Thursday from 3-4pm. St. Paul's centre, Donnycarney. Delivered in partnership with An Doras Buí

Active Cities Update (NWA & Citywide)

- **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. Aimed at children and adults.
- **Pavee Point (Travellers & Roma Community) Yoga Programme** -aimed at female adults from both communities

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 October Co-Funded Programmes

Co-funded mid-terms camps are currently in the planning stages. Information on camps in the area can be provided by contacting the local co-funded officer at details at end of report.

Athletics in the Community

DCSWP Co-funded Athletic Officers are currently engaging with schools following the return to education re Marathon Kids and Primary School general athletics programmes.

Boxing in the Community

Startbox school programmes continue in the following NWA schools:

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 is a combination of the first two levels and progression to contact.

The 2024 StartBox programme continues in the following NWA schools:

- St. Canice's, BNS Finglas (Males age 11-12 years)
- Our Lady of Victories BNS (Females age 11-12 years)
- Trinity Comprehensive, Ballymun (Mixed 16 years)
- St. Kevin's BNS, Finglas (Males age 11-12 years)
- North Dublin National School Project, Ballymun (Mixed age 11-12 years)
- The Aisling Project, Ballymun (Mixed age 11-16 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.

- Schoolyard softball session continue in St. Brigid's NS, Finglas every Wednesday aimed at females age 7-13 years

Football in the Community

- The 6–week FAI Futsal in the Yard programme continues in five NWA schools:
 - St Canice's GNS & BNS
 - St Brigid's NS,
 - Scoil Sinead NS,
 - Gaelscoil Ui Earcainn MNS.
- FAI North West Area Late Night Leagues – aimed at males and females age 10-14 years. Leagues take place every Wednesday (male) and Thursday (female) from 7pm in Rivermount FC, Finglas.
- The UEFA Disney Playmakers Programme is a fun and safe introduction to football for 5–8-year-old girls. It is a club-led programme, completed through storytelling & imaginative play. In the NWA the programme is delivered in McKelvey Celtic FC, Finglas every Friday from 5.30pm and every Monday from 5.30pm in Phoenix FC, Ashtown until mid-November.
- The FAI Club Mark constitutes a recognition bestowed upon football clubs based on the adoption of exemplary practices in the governance, management, and administration of the club. Starting at the Entry Level, clubs have the opportunity to

progress to attain a 2-star rating. FAI Officers are supporting the following NWA clubs:

- Finglas Utd FC
- Finglas Celtic FC
- Rivermount FC
- Mc Kelvey Celtic FC
- Griffith Rovers FC.

Rugby in the Community

The NWA Rugby in the Community Development Officer continues to engage with the following local schools in the Leinster Rugby primary and secondary School Tag-Rugby programme:

- St. Fergal's NS, Finglas (males age 10-12 years)
- Trinity Comprehensive School, Ballymun (mixed age 13-15 years)
- Beneavin Secondary School, Finglas (males age 13-15 years)
- Poppintree Youth Project (mixed age 12-17 years)

Swimming in the Community (citywide)

The following swimming programmes continue in Dublin city swimming facilities.

Programmes include participants from the NWA:

Swimming for young people with additional needs – 6-week programme subsidised by DCSWP and Swim Ireland. Aimed at young people age 6-12 years. Start dates TBC.

Programme to be delivered in Sean Mac Dermott St. DCC pool

- SAOL Women's refuge programme/Women of Colour Learn to Swim programme. These inclusion and integration initiatives will be hosted in Sean Mac Dermott St. DCC pool in Autumn/Winter. Start date TBC
- The Aquatics Apprenticeship programme is a 12 week pathway to employment initiative providing young people age 16 years with supports in areas such as rookie lifeguard/swim teacher qualifications, CV and interview preparation. The programme takes place in Sean Mac Dermott St. DCC pool.
- The female Artistic Swimming programme continues in Sean Mac Dermott St DCC pool every Sunday from 10-11am. Target group is 8+ years.

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