
**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
January 2025**

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
TBC	Boxing	North Central Area		

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
Vacancy To Be Filled	Swimming		
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
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2025– Linking in with National Events & Initiatives

The primary goal of DCSWP is to provide opportunities for everyone to get partake in sport & physical activity regardless of age, gender, background or ability. In 2025 DCSWP will continue to align the planning and delivery of programmes with national and international events. 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. Many programmes will run in tandem with major events and DCSWP will continue to promote existing programmes on all social media platforms.

Dublin City Sport & Wellbeing Partnership Staffing News

Aideen O'Connor, Programmes & Services Manager, commenced maternity leave in early January 2025. Colin Sharkey has taken up duty as Acting DCSWP Manager in the interim. Contact details for all DCSWP staff are listed at the end of the report.

DCSWP is currently working with Swim Ireland around recruitment for the new citywide Swimming Development Officer following the resignation of Christine Russell and with the IABA regarding a replacement NCA Boxing Development Officer.

Lord Mayor's 5 Alive Road Race Challenge 2025

The Lord Mayor's 5 Alive is back for 2025 and is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals. This is the 13th year of the hugely popular challenge.

The Challenge kicked off on New Year's Day at 9.30am with the Tom Brennan Memorial 5k. Participants will complete the challenge by participating in the remaining races named below and a park run (within the time period 01 January 2025 & 05 April 2025).

Participants receive a T-Shirt to mark them out as 5 Alive Participants and will receive a medal presented by the Lord Mayor after the end of the last race: DCC / BHAA 4 Mile Road Race - 05 April 2024 @ 11.00am (TBC). The Lord Mayor is planning on taking part in the races.

Remaining Races for 2025

- **Raheny 5 Mile** - Raheny Village/St. Anne's Park - 26 January 2025 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount - 11 March 2025 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park - 05 April 2025 @ 11am (**DCC will register and pay entry fee**)

The registration link, information on all four races and how to get involved with a local parkrun can be found at the DCSWP Virtual Hub:

[The Lord Mayor's 5 Alive Challenge 2025 | DCSWP Hub](#)

Change For Life 2025

Change For Life (CFL) is Dublin City Sport and Wellbeing Partnership's eight-week core programme aimed at transforming the long-term health and wellbeing of communities across Dublin City. While CFL programmes are delivered throughout the year, the initiative takes on a strategic focus from January - March each year. The programme initially targeted adults but broadened its reach in recent years to include young people and a Dublin City employee programme focused on supporting staff to develop health habits for life.

Details of North Central Area (NCA) CFL programmes are outlined in the core programme report.

New York Jets American Football Partnership Programme

On May 17th DCSWP met with The New York Jets to discuss plans for a Flag Football League in Dublin City for early 2025. DCSWP arranged visits to Clontarf pitches along with Irishtown Stadium to identify possible DCC locations for the league. The Jets were very satisfied with the venues and very excited to get going in Ireland. DCSWP facilitated a visit to Loreto College to pitch the league to their vice principle/head of sport and gauge appetite along with getting an understanding of how our schools athletic programmes work with their academic timetables. This proved a valuable discussion and there a very positive response from Dublin City schools to engage with the programme.

➤ **Flag Football League/Programme Overview:**

- 8 Schools in league

- Target group is school girls aged 12-15 yrs. (1st & 2nd Year)
- New York Jets delivered a taster day in October with selected schools
- League is fully funded to remove all barriers for those involved including Nike uniforms, flag football coaches and referees, transport along with PG tailgating party for Championship Day
- This is a 3 year project initially with fantastic opportunities for further growth
- Teacher Training Day took place in Irishtown Stadium on 25th October.

In the NCA St. Mary's Holy Faith, Killester will participate in the New York Jets programme. The programme is due to commence in March 2025. Championship Day in Sport Ireland will take place before the Easter break

NFL Primary Schools Flag Football

Primary schools competing in the NFL primary schools Flag Football Championship came together on 6th December 2024 for the Championship event in the Sport Ireland National Indoor Arena. Teachers from competing schools received training in Irishtown Stadium on 24th October 2024 and subsequently students trained over a 6-week period in their respective schools in the lead up to the event. Three NCA schools competed in the citywide programme and the championship event.

Students from Greenlanes National School, Clontarf triumphed on the day, becoming champions of the inaugural league and winning a trip to Orlando, Florida to mark their victory.

DCSWP Club Support Grant 2024

The Club Support Small Grant Scheme (previously the Sport For Young People Small Grant Scheme), is provided by Sport Ireland and Dublin City Council. The scope of the grant was expanded for 2024 to target clubs affiliated to a National Governing Body in the DCC administrative area with participants of all ages. Grants range from €500 - €1000. The amount awarded is based on the information entered on the application and assessed against the criteria outlined in the additional information provided to clubs.

- 189 applications received for 2024.
- NCA Committee to be provided with a full list of successful clubs in the February 2025 report.

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](#)

NCA Core Programmes January 2025

Please note that DCSWP Sport & Co-funded Officers will be adding details to the programmes listed below for the February report as some programme details for remained TBC at the time of submission.

Change For Life - Underactive Communities

Name of core programme:	Change For Life Active Retired
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Gentle Exercise Classes

Age group:	Older Adults age 55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 10am and Thursdays from 11am. Artane/Beaumont Family Recreation Centre (ABFRC)

Name of core programme:	Change For Life Gym Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Training/Exercise Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Tuesdays at 7pm and 8pm/Thursdays at 7.30pm and 8pm. KC Fitness, Kilmore

Name of core programme:	Change For Life Body Resistance Training
DSCWP Sport Officer:	Fergal Scally
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 7pm and Thursdays from 8pm. Kilmore Recreation Centre

Name of core programme:	Change For Life Men's Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Strength & Cardio Programme
Age group:	Adults age 18+ years
Gender:	Male
Date/time and location:	Thursdays from 11.15am. Le Chéile Community and Youth Centre, Donnycarney

Name of core programme:	Change For Life Getting Parents Active Programme
DSCWP Sport Officer:	Sean Cleary
Description of programme activity:	Exercise/Social/Educational
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 8.30am, Scoil Cholmcille, Donaghmede/Tuesdays from 9.45am. St. Kevin's BNS, Donaghmede

Name of core programme:	Change For Life Community Exercise
DSCWP Sport Officer:	Sean Cleary
Description of programme activity:	General Exercise Class in partnership with Tuath Housing Residents, Clarehall
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesday and Fridays from 1pm.

Underactive Communities – General Programmes

Name of core programme:	McCauley Park 'Walk and Talk'
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Walking/Social programme in partnership with Artane/Beaumont Family Resource Centre (ABFRC)
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Mondays from 10am, McCauley Park, Artane

Name of core programme:	Raheny Walking Programme
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	DCSWP supporting Raheny GAA Ireland Lights Up Initiative
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 7pm. Raheny GAA Club

Name of core programme:	Couch to 5k
DSCWP Sport Officer:	Sean Cleary
Description of programme activity:	8-week training programme supporting participants to complete 5k/parkrun in local area. Delivered in partnership with Athletics Ireland NCA Officer
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 6.30pm. Father Collins Park, Donaghmede

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:	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 2.30pm. Le Chéile Centre, Donnycarney

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:	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:	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). This programme is designed to build skills and provide a social outlet for participants
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:	Forever Fit
DSCWP Sport Officer:	Sean Cleary
Programme Description:	Chair Aerobics Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 11am. Foxfield Parish Centre, Kilbarrack

Name of core programme:	Forever Fit Walking Group
DSCWP Sport Officer:	Sean Cleary
Programme Description:	Partnership programme with Donaghmede Residents Association
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 10.30am. Location TBC

Name of core programme:	Forever Fit Functional Fitness
DSCWP Sport Officer:	John Sweeney
Programme Description:	General Fitness/ Gentle Exercise Classes
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 2.30pm. Foxfield Parish centre, Kilbarrack

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:	Start date/times TBC Santry Community Resource Centre

Name of core programme:	Chair Exercise Programme
DSCWP Sport Officer:	John McDonald
Programme Description:	Chair-based exercise/functional fitness programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Wednesdays from 1pm. Whitehall Parish Centre

Youth at Risk (10-24 years)/ School Programmes

Name of core programme:	Transition Year After-School Programme
DSCWP Sport Officer:	Fergal Scally
Programme Description:	Teen Water sport/Kayaking Programme
Gender:	Female
Age Group:	15- 17 years
Date/time and location:	Thursdays from 3pm. Participants from Our Lady of Mercy, Beaumont

Name of core programme:	Primary School Wellbeing Programme
DSCWP Sport Officer:	John Sweeney
Programme Description:	Ongoing in-school initiative delivered in partnership with St. Brigid's GNS, Killester
Gender:	Female
Age Group:	Primary School

Name of core programme:	Secondary School Health & Fitness Programme
DSCWP Sport Officer:	John Sweeney
Programme Description:	Keep Fit in-school initiative delivered in partnership with St. Mary's Holy Faith GNS, Killester
Gender:	Female (13 – 17 years)
Age Group:	13-17 years
Date/time and location	Mondays from 9am. St. Mary's Holy Faith, Killester

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:	Thursdays from 3pm. Our Lady of Mercy, Beaumont.

Sport Inclusion & Integration (Citywide)

North Central Area Inclusion/Integration

- Adult Football for All (Intellectual/Physical Disability). Delivered in partnership with St. Michael's House. Wednesdays from 12 noon – 1pm. Glin Rd. Centre, Coolock
- Adult Boccia (Bowls) Programme (Intellectual/Physical Disability). Wednesdays from 1-2pm. Artane Beaumont Family Recreation Centre (ABFRC)

Citywide Inclusion (Including participants from the NCA)

In planning stages (in partnership with organisations/groups):

- Parastanding Tennis Programme

- Roller-skating Programme
- Rock climbing programme
- Learn To Swim

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
- Otago Strength & Balance, Killester. Strength & balance programme for older adults at high risk of a fall in partnership with HSE physios (referral only). Mondays from 12.30pm -St. Brigid's Resource Centre, Howth Rd.
- Strong & Steady Killester. Strength & balance programme for older adults at medium risk of a fall in partnership with HSE physios (referral only). Mondays from 11.30pm -St. Brigid's Resource Centre, Howth Rd.
- Men On The Move, Coolock. Health & Wellbeing Programme including exercise and nutrition classes. Tuesdays and Fridays from 11am. Glin Rd. Centre, Coolock.

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 January North Central Area Co-Funded Programmes - Athletics/Boxing/Cricket/Football/Rowing/Rugby/Swimming

Athletics in the Community

- General Athletics Programmes in NCA primary schools have resumed following the Christmas break.
- Athletics Officers continue to support NCA Coach to 3 & 5k and walking programmes

Boxing in the Community

Please see start of report under Staffing News

Cricket in the Community

Schoolyard sessions have resumed following the Christmas break in the following NCA schools

- Howth Rd. NS (mixed) every Monday from 11am. Age Group: 8-13 years.
- Belgrove NS (male) every Tuesday from 1pm. Age Group: 8-13 years

Taster sessions will be delivered in January in St. Brigid’s Killester (female) every Tuesday from 1pm. Age Group: 7-13 years

Football in the Community

A report from the FAI will be provided in February. Development Officers Neil Keoghan and Cameron Molloy Moules may be contacted directly or through DCSWP. Please see contact details and respective areas listed at the start of the report.

Rugby in the Community

- Aldi Play Tag Rugby programme has resumed in St. David's BNS, Artane. Every Wednesday from 10.45am
- The secondary school Contact Rugby programme has commenced in Mount Temple Secondary School, Clontarf. Every Monday from 1.30pm and every Thursday from 11.30am (First Year, mixed participants)
- Both programmes will conclude with primary and secondary inter-school blitzes in Clontarf. Dates TBC

Rowing in the Community

- The 6-week Get Going Get Rowing Indoor Rowing Ireland programme continues in the NCA in St. Mary's Holy Faith, Clontarf (female age 12-18 years). Includes TY Coaching Course. Continues until 13th December
- St. David's Artane due to commence programme in early 2025.

Swimming in the Community (citywide)

Please see start of report under Staffing News

Ongoing Training for 2024

- Safeguarding 1, 2 & 3 Training to continue on an on-demand basis. First Aid Training/Inclusion Sport Training is also delivered at designated times throughout the year.
- Sport Inclusion & Integration officers to continue facilitating Inclusion in Sport Training.
- All DCSWP Sport Officers to complete Managing Aggressive Behaviour Training in February 2025

REPORT BY:

Dee O'Boyle/Colin Sharkey

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