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

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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 | <a href="mailto:sean.cleary@dublincity.ie">sean.cleary@dublincity.ie</a>         | 086 164 4650. |
| Olivia Shattock | Clonshaugh, Coolock, Darndale, Edenmore.                             | Kilmore Community Centre | <a href="mailto:olivia.shattock@dublincity.ie">olivia.shattock@dublincity.ie</a> | 086 383 5020  |
| Fergal Scally   | Artane, Beaumont Clonshaugh Industrial Estate, Donnycarney, Kilmore. | Kilmore Community Centre | <a href="mailto:fergal.scally@dublincity.ie">fergal.scally@dublincity.ie</a>     | 087 118 1885  |

| Name          | Area   | Office                              | Email  | Phone Number |
|---------------|--|-------------------------------------|--|--------------|
| John McDonald | Santry, Whitehall                                  | Poppintree Community Sports Centre  | <a href="mailto:john.mcdonald@dublincity.ie">john.mcdonald@dublincity.ie</a> | 087 112 7291 |
| John Sweeney  | Clontarf, Fairview, Killester, Howth Road, Raheny. | Ballybough Youth & Community Centre | <a href="mailto:john.sweeney@dublincity.ie">john.sweeney@dublincity.ie</a>   | 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 | <a href="mailto:Cameron.molloymoules@fai.ie">Cameron.molloymoules@fai.ie</a> | 086 203 5821  |
| Neil Keoghan          | Football | Marino, Santry, Whitehall                       | <a href="mailto:neil.keoghan@fai.ie">neil.keoghan@fai.ie</a>                 | 083 879 5580. |
| Rob Wolfe             | Rugby    | North Central Area                              | <a href="mailto:rob.wolfe@leinsterrugby.ie">rob.wolfe @leinsterrugby.ie</a>  | 083 3872 945  |
| TBC                   | Boxing   | North Central Area                              |  |               |

| Name                 | Sport                                      | Email  | Phone Number  |
|----------------------|--|--|---------------|
| Carmel O'Callaghan   | Active Cities Officer (Dublin City)        | <a href="mailto:carmel.ocallaghan@dublincity.ie">carmel.ocallaghan@dublincity.ie</a>           | 087 265 8577  |
| Colette Quinn        | Athletics - North City                     | <a href="mailto:colettequinn@athleticsireland.ie">colettequinn@athleticsireland.ie</a>         | 085 871 2817. |
| Fintan McAllister    | Cricket                                    | <a href="mailto:fintan.mcallister@cricketleinster.ie">fintan.mcallister@cricketleinster.ie</a> | 086 179 5587  |
| Aoife Byrne          | Rowing                                     | <a href="mailto:dublincoordinator@rowingireland.ie">dublincoordinator@rowingireland.ie</a>     | 087 269 6071  |
| Vacancy To Be Filled | Swimming                                   |  |               |
| David Phelan         | Health Promotion and Improvement           | <a href="mailto:david.phelan@dublincity.ie">david.phelan@dublincity.ie</a>                     | 087 652 5001  |
| Heather Jameson      | Football For All (Disability) – North City | <a href="mailto:heather.jameson@fai.ie">heather.jameson@fai.ie</a>                             | 083 879 3086  |

| Name          | Sport                     | Email  | Phone Number |
|---------------|---------------------------|--|--------------|
| Gráinne Vaugh | Women's Rugby Development | <a href="mailto:grainne.vaugh@leinsterrugby.ie">grainne.vaugh@leinsterrugby.ie</a> | 087 740 3266 |

### **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**

Interviews for the position of Swimming Development Officer took place in the Swim Ireland National Sports Campus in late January. DCSWP was represented on the interview panel. Further information to follow.

DCSWP continues to liaise with the IABA regarding the NCA Boxing Development Officer vacancy in the NCA.

### **DCSWP Advisory Board**

The first meeting of the year took place on Tuesday 28<sup>th</sup> January. Agenda items included Governance, 2023 Core Funding and the staffing information outlined above.

### **Lord Mayor's 5 Alive Road Race Challenge 2025**

The Lord Mayor's 5 Alive continues (Jan - March 2025)

Participants will complete the challenge by participating in the remaining races named below and a park run 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 this race

### Remaining Races for 2025

- **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)**

### 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.

### Change For Life – Hill-Walking (Citywide)

The citywide Change For Life Hill-Walking Programme has commenced and will continue every Tuesday until 25 March. DCSWP Sport Officers completed leader training on 14 January and have been leading community groups on various routes in the Dublin and Wicklow mountains. Each walk listed below has been identified and planned by DCSWP – walking routes are easy to moderate to ensure there is focus on the important social aspect of CFL and, in terms of fitness levels, more inclusive.

| <b>Event</b>         | <b>Location</b>              | <b>Date &amp; Time</b> |
|----------------------|------------------------------|------------------------|
| Change For Life Walk | Hell Fire Club Forest Walk   | 18 February from 10am  |
| Change For Life Walk | Howth Head Cliff Loop        | 25 February from 10am  |
| Change For Life Walk | Loop of Ardgillan            | 11 March from 10am     |
| Change For Life Walk | Devil's Glen Waterfall Trail | 18 March from 10am     |

|                      |                                   |                    |
|----------------------|-----------------------------------|--------------------|
| Change For Life Walk | Ticknock Fair Castle Forest Trail | 25 March from 10am |
|----------------------|-----------------------------------|--------------------|

### **New York Jets American Football Partnership Programme**

On May 17<sup>th</sup> 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. (1<sup>st</sup> & 2<sup>nd</sup> 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 25<sup>th</sup> 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**

### 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. As per the February report please see below the list of NCA clubs in receipt of the 2024 grant. Please note that the DCSWP admin team has a small list of clubs still due for payment. The list below will be amended for the March report to reflect any changes.

| <b>Name of club:</b>                  | <b>Amount Awarded:</b> |
|---------------------------------------|------------------------|
| Artane Beaumont Badminton Club        | 500.00                 |
| Artane Beaumont FC                    | 700.00                 |
| Artane Beaumont Running Club          | 700.00                 |
| Botanic hockey club                   | 700.00                 |
| Capital Strength Weightlifting Club   | 700.00                 |
| Celtic DCH                            | 900.00                 |
| Clongriffin Athletics Club            | 700.00                 |
| Clontarf Bowling Club                 | 700.00                 |
| Clontarf Cricket Club                 | 900.00                 |
| Clontarf Golf & Bowling Club          | 700.00                 |
| Clontarf Hockey Club                  | 700.00                 |
| Clontarf Swimming and Water Polo Club | 900.00                 |

| <b>Name of Club:</b>     | <b>Amount Awarded:</b> |
|--------------------------|------------------------|
| Coolock Running Club     | 500.00                 |
| Cormorant Swimming Club  | 900.00                 |
| Craobh Chiarain Gaa Club | 700.00                 |

|                                       |        |
|---------------------------------------|--------|
| Darndale FC Junior                    | 900.00 |
| Dublin City Handball                  | 700.00 |
| Dublin City University<br>Boxing Club | 900.00 |
| Dublin North Hockey Club              | 500.00 |
| Fairview CY                           | 500.00 |
| Frankfort FC                          | 700.00 |
| Glin boxing club                      | 700.00 |
| Grange Gymnastics Club                | 700.00 |
| Grange Woodbine Football<br>Club      | 700.00 |
| Kilbarrack united                     | 700.00 |
| Killester Basketball Club             | 900.00 |
| Killester Donnycarney FC              | 700.00 |
| kilmore celtic                        | 700.00 |
| Marino AC                             | 900.00 |
| Naomh Barróg                          | 900.00 |
| Naomh Barróg Cycling Club             | 700.00 |
| North City Striders                   | 900.00 |
| North Dublin Winter<br>Swimming Club  | 900.00 |

| <b>Name of Club:</b>             | <b>Amount Awarded:</b> |
|----------------------------------|------------------------|
| Raheny GAA Club                  | 700.00                 |
| Raheny Shamrock Athletic<br>Club | 700.00                 |
| Raheny United Football<br>Club   | 700.00                 |



|                                 |        |
|---------------------------------|--------|
| Rockfield Tennis Club           | 900.00 |
| Royal Canal Kayak Club          | 900.00 |
| Santry Volleyball Club          | 900.00 |
| Sportslink Bowls Club           | 500.00 |
| Sportslink FC                   | 500.00 |
| St John vianney fc              | 500.00 |
| St Kevin's Football Club        | 500.00 |
| St Malachys A.F.C               | 700.00 |
| St Monica's                     | 500.00 |
| St Paul's Artane Football Club  | 900.00 |
| St. Vincents GAA Club           | 900.00 |
| St. Vincent's Water Polo Club   | 700.00 |
| Starlights GFC / CP Réaltsoilse | 900.00 |
| Stella Maris Football Club      | 900.00 |
| Trinity Donaghmede FC           | 500.00 |
| Whitehall Colmcille             | 500.00 |
| Whitehall Martial Arts          | 700.00 |
| Woodlawn FC                     | 900.00 |

## 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](http://www.dcwsphub.ie)
- [Email: sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: Dublin City Sport & Wellbeing Partnership (@dccsportsrec) / Twitter
- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](#)  
Instagram: [@dublincitysportandwellbeing](#)

## NCA Core Programmes February 2025

### Change For Life - Underactive Communities

|   |   |
|---|---|
| <b>Name of core programme:</b>            | <b>Change For Life Active Retired</b>   |
| <b>DSCWP Sport Officer:</b>               | Fergal Scally   |
| <b>Description of programme activity:</b> | Gentle Exercise Classes   |
| <b>Age group:</b>                         | Older Adults age 55+ years  |
| <b>Gender:</b>                            | Mixed   |
| <b>Date/time and location:</b>            | Tuesdays from 10am and Thursdays from 11am.<br>Artane/Beaumont Family Recreation Centre (ABFRC) |

|   |  |
|---|--|
| <b>Name of core programme:</b>            | <b>Change For Life Gym Programme</b>                                       |
| <b>DSCWP Sport Officer:</b>               | Olivia Shattock  |
| <b>Description of programme activity:</b> | Fitness Programme  |
| <b>Age group:</b>                         | Adults age 18+ years   |
| <b>Gender:</b>                            | Mixed  |
| <b>Date/time and location:</b>            | Thursdays from 8pm. (from 16 <sup>th</sup> February) Evolutis Gym, Coolock |

|   |  |
|---|--|
| <b>Name of core programme:</b>            | <b>Change For Life Boxercise Programme</b>                                   |
| <b>DSCWP Sport Officer:</b>               | Olivia Shattock  |
| <b>Description of programme activity:</b> | Boxing/Exercise Programme  |
| <b>Age group:</b>                         | Adults age 18+ years   |
| <b>Gender:</b>                            | Female   |
| <b>Date/time and location:</b>            | Mondays from 6pm (from 13 <sup>th</sup> February). Darndale Community Centre |

|                                |   |
|--------------------------------|---|
| <b>Name of core programme:</b> | <b>Change For Hillwalking Programme</b> |
| <b>DSCWP Sport Officer:</b>    | Olivia Shattock                         |

|   |   |
|---|---|
| <b>Description of programme activity:</b> | Outdoors Walking Programme.   |
| <b>Age group:</b>                         | Adults age 18+ years  |
| <b>Gender:</b>                            | Mixed   |
| <b>Date/time and location:</b>            | Tuesdays from 11am (from 28 <sup>th</sup> January) Dublin/Wicklow Mountains/Local Beaches/ Trail Walks<br><br>See start of report |

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

|                                |   |
|--------------------------------|---|
| <b>Name of core programme:</b> | <b>Change For Life Body Resistance Training</b> |
| <b>DSCWP Sport Officer:</b>    | Fergal Scally                                   |

|   |   |
|---|---|
| <b>Age group:</b>                         | Adults age 18+ years  |
| <b>Gender:</b>                            | Mixed   |
| <b>Date/time and location:</b>            | Tuesdays from 7pm and Thursdays from 8pm. Kilmore Recreation Centre       |
|   |   |
| <b>Name of core programme:</b>            | <b>Change For Life Men's Programme</b>                                    |
| <b>DSCWP Sport Officer:</b>               | Fergal Scally   |
| <b>Description of programme activity:</b> | Strength & Cardio Programme   |
| <b>Age group:</b>                         | Adults age 18+ years  |
| <b>Gender:</b>                            | Male  |
| <b>Date/time and location:</b>            | Thursdays from 11.15am. Le Chéile Community and Youth Centre, Donnycarney |

|   |   |
|---|---|
| <b>Name of core programme:</b>            | <b>Change For Life Getting Parents Active Programme</b> |
| <b>DSCWP Sport Officer:</b>               | Sean Cleary   |
| <b>Description of programme activity:</b> | Exercise/Social/Educational                             |
| <b>Age group:</b>                         | Adults age 18+ years                                    |
| <b>Gender:</b>                            | Mixed   |

|                                |  |
|--------------------------------|--|
| <b>Date/time and location:</b> | Tuesdays from 8.30am, Scoil Cholmcille, Donaghmede/Tuesdays from 9.45am. St. Kevin's BNS, Donaghmede |
|--------------------------------|--|

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

#### Underactive Communities – General Programmes

|   |   |
|---|---|
| <b>Name of core programme:</b>            | <b>McCauley Park 'Walk and Talk'</b>  |
| <b>DSCWP Sport Officer:</b>               | Fergal Scally   |
| <b>Description of programme activity:</b> | Walking/Social programme in partnership with Artane/Beaumont Family Resource Centre (ABFRC) |

|                                |  |
|--------------------------------|--|
| <b>Age group:</b>              | Adults age 18+ years                     |
| <b>Gender:</b>                 | Mixed                                    |
| <b>Date/time and location:</b> | Mondays from 10am, McCauley Park, Artane |

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

|   |   |
|---|---|
| <b>Name of core programme:</b>            | <b>Couch to 5k</b>  |
| <b>DSCWP Sport Officer:</b>               | Sean Cleary   |
| <b>Description of programme activity:</b> | 8-week training programme supporting participants to complete 5k/parkrun in local area. Delivered in partnership with Athletics Ireland NCA Officer |
| <b>Age group:</b>                         | Adults age 18+ years  |
| <b>Gender:</b>                            | Mixed   |

|                                |   |
|--------------------------------|---|
| <b>Date/time and location:</b> | Tuesdays from 6.30pm. Father Collins Park, Donaghmede |
|--------------------------------|---|

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

|   |  |
|---|--|
| <b>Name of core programme:</b>            | <b>Chair Based Yoga &amp; Mindfulness</b>                                  |
| <b>DSCWP Sport Officer:</b>               | Fergal Scally  |
| <b>Description of programme activity:</b> | Gentle exercises to improve movement/flexibility and support mental health |
| <b>Age group:</b>                         | Adults age 18+ years   |
| <b>Gender:</b>                            | Mixed  |
| <b>Date/time and location:</b>            | Wednesdays from 2.30pm. Le Chéile Centre, Donnycarney                      |



|                                |  |
|--------------------------------|--|
| <b>Name of core programme:</b> | <b>Men's Walking Football Programme</b>                                      |
| <b>DSCWP Sport Officer:</b>    | Olivia Shattock/Fergal Scally  |
| <b>Age group:</b>              | Adults age 18+ years   |
| <b>Gender:</b>                 | Male   |
| <b>Date/time and location:</b> | Mondays from 11am. Kilmore Sports Hall . Wednesdays from 2pm, Rockfield Park |

|   |  |
|---|--|
| <b>Name of core programme:</b>            | <b>Pickle Ball</b>   |
| <b>DSCWP Sport Officer:</b>               | Fergal Scally  |
| <b>Description of programme activity:</b> | 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 |
| <b>Age group:</b>                         | Adults age 18+ years   |
| <b>Gender:</b>                            | Mixed  |
| <b>Date/time and location:</b>            | Fridays from 1pm. Kilmore Recreation Centre  |

**Older Adult Programmes (age 55+ years)**

|                                |  |
|--------------------------------|--|
| <b>Name of core programme:</b> | <b>Forever Fit Chair Aerobics</b>                      |
| <b>DSCWP Sport Officer:</b>    | Sean Cleary  |
| <b>Programme Description:</b>  | Chair Aerobics Programme                               |
| <b>Age group:</b>              | 55+ years  |
| <b>Gender:</b>                 | Mixed  |
| <b>Date/time and location:</b> | Tuesdays from 11am. Foxfield Parish Centre, Kilbarrack |

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

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

|                                |  |
|--------------------------------|--|
| <b>Name of core programme:</b> | <b>Forever Fit Advanced Chair Aerobics programme</b> |
| <b>DSCWP Sport Officer:</b>    | Olivia Shattock                                      |
| <b>Age group:</b>              | Adults age 55+ years                                 |
| <b>Gender:</b>                 | Mixed  |
| <b>Date/time and location:</b> | Wednesdays from 12.30pm. Priorswood Parish Centre    |

|                                |   |
|--------------------------------|---|
| <b>Name of core programme:</b> | <b>Forever Fit Chair Aerobics programme</b> |
| <b>DSCWP Sport Officer:</b>    | Olivia Shattock                             |
| <b>Age group:</b>              | Adults age 55+ years                        |

|                                |   |
|--------------------------------|---|
| <b>Gender:</b>                 | Mixed   |
| <b>Date/time and location:</b> | Tuesdays from 10am. St. Monica's YS, Edenmore |

|                                |  |
|--------------------------------|--|
| <b>Name of core programme:</b> | <b>Falls Prevention Programme</b>  |
| <b>DSCWP Sport Officer:</b>    | John McDonald  |
| <b>Programme Description:</b>  | 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 |
| <b>Age group:</b>              | 55+ years  |
| <b>Gender:</b>                 | Mixed  |
| <b>Date/time and location:</b> | Start date/times TBC Santry Community Resource Centre  |

|                                |   |
|--------------------------------|---|
| <b>Name of core programme:</b> | <b>Forever Fit Chair Exercise Programme</b>       |
| <b>DSCWP Sport Officer:</b>    | John McDonald                                     |
| <b>Programme Description:</b>  | Chair-based exercise/functional fitness programme |
| <b>Age group:</b>              | 55+ years   |

|                                |  |
|--------------------------------|--|
| <b>Gender:</b>                 | Mixed  |
| <b>Date/time and location:</b> | Wednesdays from 1pm. Whitehall Parish Centre |

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

|                                |  |
|--------------------------------|--|
| <b>Name of core programme:</b> | <b>Transition Year After-School Programme</b>  |
| <b>DSCWP Sport Officer:</b>    | Fergal Scally  |
| <b>Programme Description:</b>  | Teen Water sport/Kayaking Programme  |
| <b>Gender:</b>                 | Female   |
| <b>Age Group:</b>              | 15- 17 years   |
| <b>Date/time and location:</b> | Thursdays from 3pm. Participants from Our Lady of Mercy, Beaumont                      |
| <b>Name of core programme:</b> | <b>Primary School Wellbeing Programme</b>  |
| <b>DSCWP Sport Officer:</b>    | John Sweeney   |
| <b>Programme Description:</b>  | Ongoing in-school initiative delivered in partnership with St. Brigid's GNS, Killester |

|                   |                |
|-------------------|----------------|
| <b>Gender:</b>    | Female         |
| <b>Age Group:</b> | Primary School |

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

### Women in Sport

|                                |  |
|--------------------------------|--|
| <b>Name of core programme:</b> | <b>Trinity Research Programme</b>  |
| <b>DSCWP Sport Officer:</b>    | Fergal Scally  |
| <b>Programme Description:</b>  | 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. |
| <b>Gender:</b>                 | Female   |
| <b>Age Group:</b>              | 13-18 years  |
| <b>Date/time and location:</b> | 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)

Please note the programmes listed below are delivered in partnership with sport ability organisations on a citywide basis and include participants from the North Central Area:

#### **Ethnic Minorities:**

- Swimming programme aimed at ethnic minorities with a disability. Delivered in partnership with the Ukrainian Crisis Centre. Sean McDermott Pool every Wednesday from 3-5pm.
- Sport Inclusion & Integration Officers (SIOS), in partnership with the Active Cities Officer and Poppintree Sports & Fitness are currently planning a roller-skating initiative aimed at children from the Traveller Community.

### **Adults with an Intellectual Disability:**

- Boxing programme. Mondays from 11am - 12 noon in partnership with the Central Remedial Centre, Coolock
- **Football programmes:**
  - The Glin Centre, Coolock. Wednesdays from 12 noon-1pm,
  - St. John of God's, Islandbridge. Mondays from 11am
  - Artane Residential Centre. Wednesday from 1-2pm

### **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 February North Central Area Co-Funded Programmes - Athletics/Boxing/Cricket/Football/Rowing/Rugby**

#### **Athletics in the Community**

- General Athletics Programmes in NCA primary schools continue in the following NCA schools:
  - St. Brigid's BNS, Killester. Mondays from 10am
  - St. Malachy's, Edenmore. Fridays from 10am

- Athletics Officers continue to support the following NCA Coach to 3 & 5k and walking programmes:
  - Fr. Collins Park, Clongriffin, Tuesdays from 6.30pm.
  - Darndale Park. Start date TBC

### **Boxing in the Community**

Please see start of report under Staffing News

### **Cricket in the Community**

Schoolyard sessions continue over the next period 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

### **Football in the Community**

Ongoing FAI programmes include:

- The Futsal in the Yard programme continues aimed at children age 7-12 years. Various primary schools in NCA
- Walking football aimed at mixed participants age 50+ years. St. Kevin's FC, Santry every Thursday from 12 noon.
- FAI Officer continue to work closely with NCA clubs through the delivery of coach education workshops and safeguarding

### **Rugby in the Community**

- Aldi Play Tag Rugby programme continues in St. David's BNS, Artane. Every Wednesday from 10.45am

- The secondary school Contact Rugby programme continues 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 13<sup>th</sup> December
- St. David's Artane due to commence programme. Start dates remain TBC.

### **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.

### **REPORT BY:**

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