

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES MAY - JUNE 2019

CHAMPIONS DAY 2019

The Champions Programme is a core programme targeted at adults with intellectual, physical and sensory disabilities. The programme aims to promote inclusion and encourage participation through the delivery of multi-sport initiatives. Champions Day 2019 takes place on Tuesday 14th May in Ballyfermot Sports and Fitness Centre and Thursday 16th May in Cabra Parkside. The aim of the event is to provide taster sessions in various sports and provide a pathway to DCC facilities and existing local clubs. Activities confirmed to date include tennis, rugby, tai chi, frisbee and table cricket. Details of ongoing Champions programmes are outlined in the next section.

BIKE WEEK 2019

Bike Week is a week-long National event celebrating and promoting cycling. In 2019 Bike Week will take place from 9th – 17th June. Dublin City Sport & Wellbeing Partnership has sourced funding via the Environment & Transportation Department and will use this to deliver a number of bike related activities across the city during this week.

A 'Bike Skills Training Day' is also scheduled for Tuesday 25 June in Sundrive Velodrome, Eamonn Ceannt Park. This is a partnership programme with local Primary Schools and the Irish Cycling Centre.

Sport Officers in the South East Area will be providing Cycle Safety programmes in primary schools in the area throughout Bike Week in partnership with Cycling Ireland.

GO FOR LIFE 2019

The Go For Life Games is a core Dublin City Sport & Wellbeing Partnership programme targeted at older adults and delivered in partnership with Age & Opportunity and the HSE. The aim of the programme is to engage and involve older people in recreational sport. The emphasis is on participation and fun; the games are played in a non-competitive environment with all participants encouraged to umpire their own game.

The 2019 Go For Life North and Southside regional finals take place in Ballyfermot Sports & Fitness Centres (Southside) on 21 May and in Cabra Parkside Community and Sports Centre (Northside) on 23 May. Successful teams will then progress to the National Go For Life Games in Dublin City University on 8 June.

SMALL GRANTS 2019

Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body are invited to apply for financial assistance from the Sport For Young People Small Grants Scheme (10-21 years pf age). The Grant Scheme is funded and administered by Sport Ireland and the Dublin Sport & Wellbeing Partnership. The scheme supports clubs in some of the following;

- Purchase of Equipment
- Administrative costs
- Training and coaching courses

Applications for the small grants scheme will be advertised in the next few weeks via email, national and local newspapers, social media and the Dublin City Council website.

2. DCSWP CORE PROGRAMMES MAY - JUNE 2019.

Below are details of core programmes being delivered in the Central Area during the period;

CHAMPIONS

Adults with Physical & Intellectual Disabilities

The following Champions programmes deliver fitness programmes in the Central Area for individuals with physical and intellectual disabilities;

- **Programme:** Central Remedial Clinic Sports Programme (CRC).
Dates/Times: Ongoing. Thursdays 10-11(Football) , Thursday 11-12 (Fitness Classes)
Location: Ballybough Community and Youth Centre and CRC Clontarf.
Participants: TBC
Partners: CRC Clontarf

CHANGE FOR LIFE

Underactive Adults

The Change For Life programme aims to improve the health of local communities by supporting people to become more physically active on a regular basis and adopt a healthier diet. The programme was rolled out from January to March in tandem with RTE's Operation Transformation in 15 locations across the city with over 1000 participants including the South East Area.

- Due to its success the following Change For Life programme continues in the Central Area over the next period;
- **Programme:** Change For Life Health & Wellbeing Programme
Dates/Times: Tuesdays 6pm/Fridays 10am
Location: Aghrim St Sports Centre
Participants: Mixed 18+ years
Partners: HSE

FIT 4 CLASS (CORE)

Primary School Children

In partnership with Athletics Ireland the Fit For Class programme ensures each primary school receives a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games.

- The following Fit 4 Class Tag Rugby programme is delivered in partnership with the area Rugby Development Officer;
- **Programme:** St. Columba's Tag Rugby
Dates/Times: Ongoing. Tuesdays 10.30 – 11.30am
Location: Ballybough Sports & Fitness Centre
Participants: Mixed 10+years
Partners: Leinster Rugby

FOREVER FIT (CORE)

Older Adults

The Forever Fit programme is aimed at older adults and focuses on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi, line dancing, yoga and mindfulness.

- The following Forever Fit class is currently being delivered in the area in conjunction with the HSE;
- **Programme:** ILAC Chairaerobics
Dates/Times: Fridays 11am – 12 noon
Location: ILAC Centre
Participants: Mixed, Older Adults 55+ years
Partners: HSE

GET DUBLIN WALKING (CORE)

Underactive Adults

Get Dublin Walking programme is a core programme delivered by DCSWP in partnership with the HSE and the DCC Community Section. The aim of the walking programme is to promote and support health and wellbeing through increased level of activity.

- The following Get Dublin Walking programme is ongoing in the area and is delivered by DCSWP Sport Officers in partnership with Ierne Social and Sports Club;
- **Programme:** Ierne Walking Group
 - Dates/Times:** Tuesdays 11am from Ierne Sports Club
 - Location:** From Ierne Social and Sports Club, Drumcondra
 - Participants:** Mixed. All ages
 - Partners:** NEIC Ierne Social and Sports Club and Get Ireland Walking

GO FOR LIFE GAMES

Older Adults

The aim of the Go for Life Games is to involve older adults in recreational sport. The emphasis of the Games is on participation and fun. The games can be played in singles, pairs and teams and are played in a non-competitive way (as much as possible!) with participants encouraged to umpire their own game.

The programme involves the following three sports;

- **Lobbers** - adaption of Petanque and Boules
- **Flisk** - adaption of Frisbee and Horseshoe Pitching
- **Scidil** - adaption of Ten-Pin Bowling and Skittles

- The following Go For Life introductory session will be delivered in the area over the period in partnership with Age & Opportunity in the lead up to the Go For Life National Games;

Programme: Go For Life Training

Dates/Times: Thursdays 11.30am

Location: Grangegorman Technical University Dublin

Participants: Mixed ages 55+

THRIVE (CORE)

Adults With Mental Health Difficulties

Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression or individuals who have suffered an acquired brain injury and require assistance in re-integrating back into their communities from a personal independence, social & general wellbeing viewpoint

- The following 8 week THRIVE programme is ongoing in the area and is run in partnership with the FAI. Details are outlined below;
- **Programme:** Thrive
Dates/Times Thursdays 11am
Location: Aughrim St. Sports Centre
Participants: Mixed all ages
- The following THRIVE Yoga programme is ongoing in the area and is run in partnership with the HSE. Details are outlined below;
- **Programme:** Yoga programme and Sport Mental Health and Fitness programme.
Dates/Times: Ongoing, Thursdays 12-1 (yoga), Fridays 12-1 (sport and mental health group)
Location: Ballybough Community, Youth and Sports Centre
Participants: Mixed 25-50
Partners: HSE/ Local Sport Officers
- The following THRIVE fitness programme is ongoing in the area and is run in partnership with Work Options. Details are outlined below;
- **Programme:** Work Options – Working with people with Disabilities, St. Michael’s group
Dates/Times: Ongoing Fridays 11am
Location: Aughrim Street
Participants: 18+
Partners: Work Options

YOUTH FIT (CORE)

Youths at Risk (10-21 Years)

Youth Fit programmes are multi-sport and fitness initiatives for young people in the area aged 10 years and over.

- The following Youth Fit Football programme is an ongoing initiative in the Central Area delivered in partnership with Chrysalis Community Drug Programme;

- **Programme:** Football Drop In
Dates/Times: Ongoing, Fridays from 5pm
Location: Aghrim Street/Grangegorman
Participants: Male 16+ years.
Partners: Chrysalis

3. DCSWP GENERAL PROGRAMMES MAY - JUNE 2019.

Below are details of ongoing events, initiatives and programmes being delivered in the Central Area over the period;

- **Programme:** School Cluster Mental Health Programme – Fitness and Wellbeing Education for Positive Mental Health
Dates/Times: Wednesdays 9am-12pm
Location: Stanhope St. Secondary School, Dublin 7
Participants: Females 15-18 years
Partners: HSE

- **Programme:** Recover Through Sport

Dates/Times: Ongoing. Wednesdays 10am
Location: Aughrim St. Sports Centre
Participants: Mixed 18+ years
Partners: Chrysalis Drug Project (fighting addiction through sport)

- **Programme:** Primary School Rugby Blitz
Dates/Times: Thursday 30th May
Location: TBC
Participants: Female 10+ years
Partners: Leinster Rugby

- **Programme:** Learn to Swim
Dates/Times: Ongoing. Thursdays 10 am.
Location: Sean Mac Dermott Street Pool
Participants: Mixed 10-13 years old
Partners: Swim Ireland

4. CO-FUNDED PROGRAMMES MAY - JUNE 2019

BOXING DEVELOPMENT OFFICER UPDATE

- The StartBox Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits take place from 13 May to 26 July from 12pm-2pm.
- The StartBox Olympic Education Programme is an interactive educational programme about Ireland's involvement in the Olympic Games and Ireland's Olympic heroes - their achievements, successes, failures and most importantly their values. 3D replica medals and presentation are used in the programme to stimulate interest in the sport and inspire future participation. Bookings are currently being taken for the 2019 programme which will take place from 10 to 28 June.

CRICKET DEVELOPMENT OFFICER

- The Cricket Development Officer continues to liaise with schools in the area via the local Sport Officers.
- The Leprechaun primary school cup continues in schools across the city on a weekly basis.
- During Champions Day Table Cricket For All sessions will be delivered for people with intellectual, physical and sensory disabilities.

FOOTBALL DEVELOPMENT OFFICER UPDATE

The following ongoing football programmes/events/initiatives will take place in the Central Area in during the period;

- A girls only school football programme continues in the following primary schools;
- St. Vincent's National School every Tuesday from 1pm to 3pm. (Ballybough Community Centre)

- St Laurence O’Toole National Girls school every Wednesday from 10am to 12 noon. (Sheriff St. Recreation Centre)
- After -School Football Programmes continue in Sheriff St. Recreation Centre every Wednesday from 2.30 to 4pm.
- Delivery of Coach Education programmes continues in clubs in the North East Inner City throughout the period.

ROWING DEVELOPMENT OFFICER

Get Going....Get Rowing

- Rowing Ireland is now in the summer term. Water taster sessions continue to be delivered for school students in Islandbridge.
- The 3-day Festival of Rowing took place in Grand Canal dock on May 9, 10 and 12. This event was proudly supported by Dublin City Sport and Wellbeing Partnership. The event showcased and promoted rowing as a sport and offered participants the opportunity to gain experience on the water in this city centre facility.
- Rowing Ireland also continues to deliver the indoor rowing element to a number of schools across the city. Once the summer term finishes at the end of May preparations will commence for the Learn to Row summer camps in July and August.
- The student World Indoor Rowing Challenge continues and students are now in Kenya (virtually), having rowed a cumulative 14m metres.

- **RUGBY DEVELOPMENT OFFICER UPDATE**

- The Tag Rugby Pop-Up Group, an initiative delivered by the area rugby development officer and DCSWP sport officers continues every Monday evening from 3pm – 5pm in St. Laurence O’Toole Recreation Centre. Participants are mixed aged 8+ years old.

FURTHER DETAILS

For details or queries on any of the programmes/initiatives outlined above please contact Dee O'Boyle, DCSWP at (01) 222 5433/dee.oboyle@dublincity.ie

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