

# CENTRAL AREA COMMITTEE

## DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

### SEPTEMBER 2019

#### 1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES SEPTEMBER - OCTOBER 2019

##### DUBLIN SPORTSFEST 2019

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The Dublin City Sport & Wellbeing Partnership (DCSWP) will host its annual flagship event, Dublin Sportsfest, from 23 - 29 September 2019. The primary aim of Sportsfest is to engage with people through events & activities to encourage participation in sport and physical activity as well as increase the profile of DCSWP. Coinciding with European Week of Sport, the Sportsfest initiative is fully inclusive and comprises of a number of flagship events and local activities in communities across the city. Each day of the week is themed and reflects DCSWP's aspiration to provide something for everyone, see below:

Theme	Day/Date	Flagship Event
Schools	Monday 23 September	Launch of Daily Mile in Sport & Fitness Irishtown
Women's Wellbeing	Tuesday 24 September	Yoga and Inspirational talks at City Hall
Older Adults	Wednesday 25 September	Sports Days on both sides of City

National Fitness Day	Thursday 26 September	Docklands Fitfest at Grand Canal
Young People	Friday 27 September	Multisport Event at Clontarf Pitches, Orienteering in St Anne's Park and Dublin's Biggest Bootcamp, citywide
Club Development	Saturday 28 September	Grow Your Club Seminar at Wood Quay Venue
Family	Sunday 29 September	Family Day at Phoenix Park complimenting the Great Dublin Bike Ride.

In addition our city-wide Sports & Fitness Centres will be providing a schedule of events throughout the week of Sportsfest .

### **Sportsfest Information and Social Media Links**

Promotion of Sportsfest is happening via a strong online media campaign entitled #ThisIsMyDublin. A number of a high-profile Dublin native sport ambassadors and local sporting heroes connected to DCSWP programmes and DCC facilities supports the campaign.

Further information can be found at the Dublin Sportsfest 2019 dedicated webpage and on social media – links below

### **Webpage:**

- <http://dublincity.ie/sportsfest>

## **Social Media:**

- <https://www.facebook.com/DublinCitySportandWellbeingPartnership/>
- <https://twitter.com/dccsportsrec>
- <https://www.instagram.com/dublincitysportandwellbeing/>
- <http://www.dublincity.ie/sportsfest>
- <https://www.youtube.com/channel/UCjzoRBN5Ns8BKtYWiMX00hA>

## **SMALL GRANTS 2019**

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Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body were recently 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

100 applications were approved in August this year resulting in €55,000 of funding being allocated to a range of sporting organisations & Clubs from Football to Wheelchair Rugby.

## **2. DCSWP CORE PROGRAMMES SEPTEMBER – OCTOBER 2019.**

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Below are details of Highlight Core DCSWP programmes being delivered in the Central Area over the next few weeks.

## **CHAMPIONS**

## **Adults With Intellectual Disabilities**

- This Football For All programme is a partnership FAI/DCSWP initiative delivered by our officers and our co-funded officers over the next period;
- **Programme:** Football For All Disability  
**Dates/Times:** Thursdays 10 – 11am  
**Location:** Ballybough/Clontarf pitches  
**Participants:** Male 21-35 years  
**Partners:** Central Remedial Clinic/FAI

## **FOREVER FIT (CORE)**

## **Older Adults**

- This Forever Fit Functional Fitness Class will be delivered throughout the next period in Ballybough Sport & Fitness Centre;
- **Programme:** Functional Fitness Classes  
**Dates/Times:** Tuesdays 11am – 12 noon  
**Location:** Ballybough Sports & Fitness Centre  
**Participants:** Mixed Adults 50 + years

## **THRIVE**

## **Adults with Mental Health Difficulties**

- This ongoing Thrive Yoga programme is delivered in conjunction with the HSE in Ballybough;
- **Programme:** Thrive Yoga  
**Dates/Times:** Thursdays 12 – 1pm  
**Location:** Ballybough Sports & Fitness Centre

**Participants:** Mixed 21-50 years

**Partners:** HSE

## **YOUTH FIT (CORE)**

## **Youths at Risk (10-21 Years)**

Youth Fit programmes are multi-sport and fitness initiatives for young people between 10 – 21 years. These initiatives create fantastic outlets for youths in the area

- As part of Dublin Sportfest 2019, DCSWP Sport Officers in the Central Area will be coordinating and delivering the following Teen Bootcamp and Multi-Sport Day
  
- **Programme:** Teen Bootcamp  
**Dates/Times:** Friday 27 September 6pm-7pm  
**Location:** DCC local Leisure Centres  
**Participants:** Mixed 13 – 17 years
  
- **Programme:** Multi-Sports Day  
**Dates/Times:** Friday 27 September 9am – 4pm  
**Location:** Clontarf Astro Pitches  
**Participants:** Mixed 10 – 21 years

### **3. DCSWP GENERAL PROGRAMMES SEPTEMBER - OCTOBER 2019**

- **Programme:** Adult Physiotherapy Group  
**Dates/Times:** Friday from 4 October 9.30 – 11pm  
**Location:** Ballybough Sportsd & Fitness Centre  
**Participants:** Mixed 50+ years

- **Programme:** Pulmonary Rehabilitation Programme  
**Dates/Times:** Tuesdays and Thursdays from September 17 2pm – 3pm  
**Location:** TBC  
**Participants:** Mixed 50+ years  
**Partners:** HSE

#### **4. DCSWP CO-FUNDED PROGRAMMES SEPTEMBER - OCTOBER 2019**

Following the Summer period our Co-Funded Autumn programmes are currently in the planning period. Details of current planned programmes are outlined below;

#### **ATHLETICS DEVELOPMENT OFFICER UPDATE**

Athletics Officers are currently liaising with schools in the area. A Full update will be included in the next area report.

#### **BOXING DEVELOPMENT OFFICER**

- The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership will be recommencing during the school year. The programme is 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 our 5 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 takes it on to another level again. The DCSWP Boxing Officer is currently re-engaging with the following schools across the Central Area;

StartBox Bronze O Connells A	4 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Ballybough Boxing Club	10-12 years of age	male
StartBox Bronze O Connells B	5 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Ballybough Boxing Club	10-12 years of age	male
StartBox Bronze St Josephs BNS A	6 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	TBC	10-12 years of age	male
StartBox Bronze St Josephs BNS B	7 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	TBC	10-12 years of age	male
StartBox Bronze St Josephs Trans Years	8 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Ballybough Boxing Club	15-17 years of age	male

StartBox Bronze Ard Scoil Rhis Tys A	9 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Onsite school Premises	15-17 years of age	male
StartBox Bronze Ard Scoil Rhis Tys B	10 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Onsite school Premises	15-17 years of age	male
StartBox Bronze D7 Educate Together A	11 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Onsite school Premises	10-12 years of age	male
StartBox Bronze D7 Educate Together B	12 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	Onsite school Premises	10-12 years of age	male
StartBox Bronze St Pauls Tys	13 week non-contact introductory skill based boxing programme	10/09/2019	04/10/2019	TBC	St Saviours Boxing Club	15-17 years of age	male

### **CRICKET DEVELOPMENT OFFICER**

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The Cricket Development Officer will be liaising with local officers to deliver school cricket and Sportfest cricket sessions in September/October in the following schools in the Central area;

Schoolyard Cricket Sessions	Cricket- Synge Street NS	Tues 1.00pm-2.30pm	Synge Street	Primary School Children	Male
Schoolyard Cricket Sessions	Cricket- St John Boscos NS	Fri 11.00am-12.30pm	Cabra	Primary School Children	Male
Schoolyard Cricket Sessions	Cricket- North Dublin Muslim School NS	Fri 1.00pm- 2.30pm	Cabra	Primary School Children	Male/Female
DCC Sportsfest Events	Cricket- All DCC Sportsfest Events- Bike Ride, Fundays, School Blitzes	TBC	Citywide	All ages	Male/Female
DCC U11 Girls Team Training Sessions	DCC U11 Girls Team Training Sessions	Fridays 5.00-9.30	Citywide	U11 Girls	Female
DCC U11 Boys Team Training Sessions	DCC U11 Boys Team Training Sessions	Fridays 5.00-9.30	Citywide	U11 Boys	Male

### **FOOTBALL DEVELOPMENT OFFICER**

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Football Development Officers are currently liaising with schools and other target groups in the area. A Full update will be included in the next area report

## **RUGBY DEVELOPMENT OFFICER**

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Primary school rugby events and programmes are currently in the planning stage in the North East Inner City for 10-12 year olds as a partnership programme between Leinster Rugby and DCSWP Sport Officers. Full details will be included in the next area report.

## **SPORT INCLUSION & INTEGRATION OFFICERS**

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In January 2019 DCSWP appointed two Sport Inclusion and Integration Officers in partnership with Sport Ireland. Our SIIO Officers are working on behalf of DCSWP across communities in the city to enhance opportunities for people with intellectual, physical and sensory disabilities and ethnic minorities to take part in sport and physical activity. SII Officers work closely with our DCSWP and Co-Funded Officers on existing and new initiatives. Upcoming Inclusion and Integration activities will be included in the October area report.

## **FURTHER DETAILS**

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

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