

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT SEPTEMBER 2020



Dublin City Sport & Wellbeing programmes/initiatives outlined below will be delivered in line with Covid 19 restriction guidelines and recommendations as set out by Government and subject to amendments that may be required in the interest of public health safety.

DCSWP social media platforms and online supports continue to support people to stay active and healthy in a safe environment.

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)



DUBLIN SPORTSFEST 2020

Dublin Sportsfest, DCSWP's annual flagship event is now in its 3rd year and once again for 2020 will coincide with European Week Of Sport (23rd – 30th September). The aim of Dublin Sportsfest is to reinforce DCSWP's goals which are to engage with people of all ages and abilities in our communities through the provision of sporting/physical activity programmes and initiatives, to encourage participation and to increase the profile of the Partnership.

Despite current restrictions the planning of Sportfest 2020 and all DCSWP programmes and events continues with contingency plans in place to ensure that compliance with Central Government/HSE advice remains a priority. The highlight event for this year's Sportfest is the virtual '*Be Active Bingo*' night on Saturday 26th September (further information below).

Sportsfest 2020 is planned to run in tandem with the following international and national initiatives over the week;

- 🚲 **Bike Week 2020** - DCSWP Officers will deliver 15 bike programmes throughout communities across the city.

- ✚ **Social Inclusion/Positive Aging Week 2020-** Pop up taster session for older adults and people with disabilities will be provided during the week by all DCSWP Officers and DCSWP's dedicated Sport Inclusion & Integration Officers.
- ✚ **National Fitness Day 2020** (Thursday 24th September) – DCSWP Officers will link with DCC Sport & Fitness Centres to deliver on this annual celebration of physical activity.
- ✚ **European Sports Day for Primary Schools 2020** (Friday 25th September) – DCSWP Sport and Co-funded Officers will partner to deliver taster sport sessions in local primary schools as part of this European one-day initiative.
- ✚ **National Walking Day** (Sunday 27th September) - Walking programmes are due to be facilitated by DCSWP Officers across the city on the day to encourage people of all ages and abilities to walk at the distance and time of their choice. Groups will be limited to a maximum of 15.

PLAY, MOVE, WIN! - SPORTSFEST 2020 BEACTIVE BINGO NIGHT

On Saturday 26th September 2020 DCSWP with support from Sport Ireland is hosting an exciting BeActive Bingo virtual event to coincide with European BeActive night. The event is our way of bringing Dubliners together through our innovative game to thank them for playing their part in recent times.

The event will be community-focused, family-friendly, inter-generational, all-inclusive, COVID-compliant and fun-filled while also incorporating the national guidelines for physical activity for adults and children.

DCSWP is proud to announce 2fm radio host and European Week of Sport Ambassador Eoghan McDermott as our BeActive Bingo MC. Together with our expert fitness instructors our celebrity MC will be interacting with participants keeping everyone upbeat and energy levels high throughout the evening in the safety and comfort of home.

There are fantastic prizes to be won throughout the evening in addition to the amazing overall BeActive Bingo prize - a €2000 voucher for Center Parcs Ireland towards an active family staycation.

As a way of giving back to our communities, we are using the proceeds from the ticket sales as a prize pool fund. During the BeActive Bingo event a draw will be held for clubs and community groups that provide invaluable sport and physical activity opportunities to people across Dublin City. Participants will have the chance at registration to nominate a club or group they feel is the most deserving and they will be in with a chance to win a portion of the fund. There is also a bonus cash prize for the club/group with the highest number of nominations.

Tickets for BeActive Bingo go on sale in early September via Eventbrite and the event is being supported by a strong communications/social media campaign. Information on registration and activities on the night can be found via Eventbrite, DCSWP's social media channels and the Sportsfest dedicated website:

- Website: www.dublinsportsfest.ie.
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)

- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

DUBLIN CITY SPORT & WELLBEING PROGRAMMES/INITIATIVES SEPTEMBER 2020

1) Get All Girls Active (GAGA) 2020

GAGA is DCSWP's core programme dedicated to providing opportunities for women of all ages and abilities to become involved in sport and physical activity. The programme runs throughout the year but takes on a strategic focus from October-December as female students return to school. GAGA programmes for 2020 in the South Central area will be planned and organised in line with Covid-19 restrictions and ongoing changes.

2) 'Get Physically Active' Sport Inclusion Programme

DCSWP Sport Inclusion and Integration Officers continue to host weekly zoom exercise sessions for individuals aged between 19 and 65 years with intellectual, physical and sensory disabilities. As part of the programme, each session has a different fitness theme covering topics such as the benefits of exercising every day, strength training, making healthy food choices, getting fresh air etc.

The participants are also set weekly individual and group challenges, which encourage them to interact with their families at home and with each other in between sessions. The programme began as a partnership with one group and for a duration of 5 weeks. However due to its success, 'Get Physically Active' is currently being delivered on an ongoing basis, to groups with between 10 and 40 participants, in conjunction with the following service providers:

Day	Time	Service
Monday	2pm	National Learning Network (Ballyfermot)
Tuesday	12:30pm	St. John of Gods Liffey Services (Dublin 6, 8,10,12 & 24)
Wednesday	11am	Central Remedial Clinic (Raheny, Killester, Clontarf)

Participants in the Central Remedial Clinic and National Learning Network programmes include those residing in the South Central area of the city.

3) Spina Bifida Hydrocephalus Ireland (SBHI) Collaboration

- DCSWP Sport Inclusion and Integration Officers are teaming up with SBHI to deliver physical activity sessions for their online groups in September. Individuals from across Dublin will participate in the camps including the South Central area.

4) Inclusive Water Sports

➤ DCSWP Sport Inclusion and Integration Officers are delivering adapted and inclusive water sports in East Wall Centre. The following groups and organisations from across the city including the South Central area will be participating in upcoming programmes;

- CRC Raheny/Clontarf
- St. Michael's House
- Vision Sports Ireland
- Raheny All Stars
- Down Syndrome Dublin

5) Adapted Couch to Park Walk and couch to parkrun Programme

This is a four- week outdoor couch to park walk programme delivered in St. Anne's park. Participants are from all areas of the city including the South Central area over the next period.

6) Boccia Programme

Boccia is a ball game aimed at athletes with severe physical disabilities. DCSWP's 4-week citywide programme takes place in St. Anne's park and is delivered in partnership with St. Michael's House.

Marathon Kids School Programme 2020

DCSWP and Co-funded officers are re-engaging with primary and secondary schools across the city to ensure young people have opportunities to stay fit and active following the return to school.

This is the second year of DCSWP's collaboration with Marathon Kids, South Dublin County Council and Fingal County Council. Last year proved a huge success with over 1500 students at 5th and 6th class level participating in the eight-week initiative with children running their final mile in Morton Stadium at the conclusion of the programme. DCSWP Sport Officers and Co-funded Athletics Officer are currently liaising with local schools in relation to Marathon Kids during the return to education period.

Orienteering Youth Programmes

DCSWP will collaborate with Orienteering Ireland to facilitate orienteering programmes aimed at children & teenagers. Orienteering provides great opportunities for young people to develop skills such as problem-solving and teamwork while enjoying themselves as they navigate courses in the great outdoors.

In September, training workshops delivered by Orienteering Ireland will provide Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to young people. Programmes led by DCSWP Sport Officers will then follow in local Dublin City Council parks.

Sport Grant Schemes 2020

➤ Sport For Young People

The Sport for Young People Small Grant Scheme is available annually to sports clubs operating within the administrative area of Dublin City Council affiliated to a National Governing Body of Sport. The purpose of the scheme is to provide opportunities for young people aged 4 – 21 years to participate in sport and physical activity.

The grant scheme is funded by Sport Ireland and administered by DCSWP. This year 170 clubs applied for funding with 150 clubs receiving financial support.

➤ COVID-19 Club Small Grant Scheme 2020

The COVID-19 club small grant scheme is part of an overall programme from the Government of Ireland, implemented through Sport Ireland and the Local Sports Partnerships to support the sports sector during the COVID-19 pandemic.

Funding granted under the scheme is restricted to the purchasing of COVID-safety related equipment thereby supporting the safe re-opening of local clubs across the city. The closing date for the receipt of applications was Friday 4th September. The assessment process will commence with submission and recommendations to Sport Ireland scheduled for Monday 14th September.

DUBLIN CITY SPORT & WELLBEING SOUTH CENTRAL PROGRAMMES/INITIATIVES SEPTEMBER 2020

Dive Ireland Junior Diver 1 Star Programme

This scuba diving training programme for males and females in the South Central area age 14-21 years has been running throughout the summer in collaboration with Dive Ireland. The programme for 2020 will conclude in October.

Trails Walking Challenge

A series of community trail walks continue into September every Thursday targeted at existing walking groups in the area. All challenges have been designed to support participants to progress gradually along walks in the scenic surroundings of the Dublin and Wicklow Mountains. Group members attend onsite sessions prior to the roll out of the programme and expert guidance is provided along all routes to ensure trail walkers embrace the challenge in a safe and supportive environment.

Cardiac First Responder Community Training

This six week community training programme provides local adults working with the Star Realta Drug Rehabilitation programme, Ballyfermot, with critical first response skills. Time and location TBC.

Activator Pole Walking and Tone Programme

These weekly sessions in Cabra Parkside are aimed at older adult groups identified in the local areas across the city. The dynamic programme blends walking drills with activator pole exercises with focus on improving participants' mobility and strength. Music is played throughout these sessions as a motivational tool to encourage our older adults to get fully involved and to enjoy exercise in a fun, sociable environment. Full details TBC.

Bike Week Maintenance Programme

As part of Bike week 2020 this Bike maintenance advisory programme will run all week in the Ballyfermot area for under 18 bike enthusiasts. Full details TBC.

Local DCSWP Support

DCSWP Sport Officers in the South Central Area are also supporting our communities in the following areas;

- Ongoing delivery of 'Let's Get Moving Again' booklets for Older Adults (developed in partnership with the HSE as a follow up to the 'Stay Home, Stay Active, Stay Healthy' lockdown response initiative).
- Providing support and information for various community groups in the area.
- Ongoing monitoring and support to GAISCE President Award applicants
- Ongoing contact with range of community groups, identifying their needs subject to direction by Government Guidelines and Management direction.

DCSWP CO-FUNDED TEAM PROGRAMMES/INITIATIVES SEPTEMBER 2020

Athletics in the Community

- DCSWP Athletics Officers continue to liaise with athletics clubs across the city on a weekly basis weekly providing event specific support and advice regarding protocols in areas such as coaching documents, videos tutorials and sample sessions.
- As schools return, DCSWP Officers will re-engage with schools in the South Central area to provide support in relation to athletic programmes.

Boxing in the Community

IABA covid protocols are now in place, allowing DCSWP Co-funded officers to re-engage safely with schools in the South Central area in relation to the delivery of non-contact boxing programmes.

Cricket in the Community

- Cricket sessions aimed at players across the city at U11 level continue every Friday from 5.30 -9pm.

- With school's returning for the new term, primary school cricket sessions will be delivered across the South Central Area.
- Citywide Mid –term Cricket camps are in the planning stages for the October break. Full details TBC.
- The citywide Champions programme is aimed at engaging adults with physical, intellectual and sensory disabilities in sport and physical activity. Table cricket adjusts the game to allow people of all abilities to enjoy the sport. The table cricket tournament is scheduled to take place in Ballyfermot Sport & Fitness Centre in October. Full details TBC.

Football in the Community

Below are football programme highlights for the next few week in the area:

- The citywide Champions programme is aimed at engaging adults with physical, intellectual and sensory disabilities in sport and physical activity. Table cricket adjusts the game to allow people of all abilities to enjoy the sport. The table cricket tournament is scheduled to take place in Ballyfermot Sport & Fitness Centre in October. Full details TBC.

Football in the Community

- FAI Officers continue to promote and encourage people to keep active and healthy via social media, providing football skill challenges and tutorials.
- FAI Officers Women's Development Officers have the following programmes in place for the next September/October across all areas in the city. Full details TBC;

September:

- School Sessions
- Club Visits
- Spin Women and Girls workshop
- After School: Two new female participation programmes developed and designed during Covid 19 Lockdown:
- 9-11 Future Stars programme.
- 12-15 Girls in Green programme.

October:

- School Sessions

- First year Futsal Girls
- Show Racism the Red Card initiative
- Club Visits
- Girls U12 National Blitz
- After school, Future Stars and Girls in Green continued
- Emerging Talent Programme
- Halloween Aviva Camps
- Female Leadership Programme (Female Administrators & Coaches)
- PDP1 Coaching Course
- Glow Football events

Health Promotion in the Community

The DCSWP HSE Health Promotion and Improvement Officer delivers and promotes health and physical activity programmes across the City with actions that are consistent with those outlined in the National Physical Activity Plan & Healthy Ireland.

- ***Men on the Move*** is a free physical activity programme that is aimed at adult men who have been inactive for a while and are looking to get back to exercising and improving their fitness levels. It involves twice weekly exercise sessions made up of a combination of aerobic, strength & flexibility components. In the South Central the Men on the Move programme will be delivered in Chapelizod every Wednesday at 2pm (from September 16th) in Lionsville Hostel.
- ***Women's Mental Health & Wellbeing Programme*** is a 10-week lifestyle change programme providing physical assessments and chair aerobics classes. The programme is aimed at women with mental health difficulties in the Cherry Orchard area who have been referred by the Rehabilitation Mental Health Services.
- ***Fatima Fit*** is an active community exercise initiative aimed at adults of all age groups and fitness levels. This class takes place in the F2 Centre, Rialto every Wednesday from 12pm (from 16th September) and will aim to help participants to improve their core strength and flexibility regardless of current fitness levels

Rowing in the community - Get Going Get Rowing

- The Get Going...Get Rowing programme delivers rowing classes and coaching courses to secondary school students. While programmes have been scheduled with local schools in the area, the programme will be operating at a lower than normal capacity for September and October. Rowing Ireland will be working with schools to adapt the 'Get Going..Get Rowing' programme to new circumstances. As some schools will not have access to their P.E facilities, an increased number of sessions will be held on the water in the DCC Municipal Rowing Centre, Islandbridge. The decrease in school numbers for September and October will also allow the Rowing Officer to reschedule some of the on-the- water sessions that were due to take place in April and May. Sessions will take place during school hours.

- The Dublin Area Rowing Blitz takes place every year in October in Trinity College, Dublin. While current restrictions will not allow this event to take place, Rowing Ireland is exploring the possibility of several small events to ensure the tradition is honoured.

Rugby in the Community

- Leinster Rugby Officers are supporting clubs and schools to return to play safely by liaising with club safety officers and preparing guideline documents. These documents are available to download on the updated Leinster |rugby website shortly. This work was undertaken to ensure the website is fully accessible and visible to all relevant stakeholders.
- Halloween rugby camps for all players at primary school level, both male and female, are currently in the planning stage.
- School rugby programmes are currently in the planning stages with schools in the South Central area.

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