

## SOUTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT NOVEMBER 2020



Following the introduction of COVID 19 Level 5 restrictions on Wednesday 21<sup>st</sup> October, the delivery of a number of Dublin City Sport & Wellbeing Partnership's programmes have been temporarily affected.

However despite these restrictions DCSWP services continue to adapt and evolve in order to provide opportunities for people in our communities to remain active and healthy regardless of age or ability. In addition many programmes for the end of 2020 and into 2021 are in the the planning stages.

Online, outdoor, community and school programmes will be delivered by our dedicated DCC and Co-funded Sport officers over the next few weeks in line with Central Government/ HSE guidelines and recommendations.

Grant supports are also being progressed by DCSWP to support local sports clubs to continue the very important work they carry out in the community (more details below).

#### Online/Social Media Supports:

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

#### Advisory Booklets:

These booklets provide critical advice for Older Adults in our communities on how to maintain physical activity and exercise if at home (Stay Home, Stay Healthy, Stay Active) and/or advice on how to return safely to exercise outside the home (Let's Get Moving Again). The booklets are produced by DCSWP in partnership with Age Friendly Ireland, HSE, Irish Society for Chartered Physiotherapists and Local Sports Partnerships.

- Stay Home, Stay Healthy, Stay Active: <https://www.dublincity.ie/sites/default/files/content/Housing/Documents/OlderAdultsBooklet.pdf>
- Let's Get Moving Again: <https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch>

## **DCSWP GENERAL NEWS NOVEMBER 2020**

### **Marathon Kids 2020**

This is the second year of DCSWP's collaboration with Marathon Kids, South Dublin County Council and Fingal County Council. Last year over 1500 students at 5<sup>th</sup> and 6<sup>th</sup> class level participated in the 8-week initiative with children running their final mile in Morton Stadium at the conclusion of the programme in November. A similar number of schools have signed up this year across the city including schools based in the South Central Area. Approximately 3000 school children in the Dublin city area will be taking up the challenge this year.

This year the programme has also encouraged students at 3<sup>rd</sup> and 4<sup>th</sup> year level to get involved. Each school will run their own final mile event due to COVID 19 restrictions. T-shirts, medals and booklets will be supplied to all schools to ensure the incredible achievement of our young participants is acknowledged. An on-line version of the information booklet and a weekly link to the Marathon Kids interactive page/site is also being provided to support delivery of the programme.

### **Women in Sport 2020**

GAGA is DCSWP's core programme aimed at increasing opportunities for women of all ages and abilities to participate in sport and physical activity. The initiative is ongoing throughout the year but takes on a strategic focus during the Winter months in schools and communities across the city:

- In the South Central area DCSWP Officers are working closely with TUI Dublin via the Developing Women in Sport Training programme.

### **Orienteering For Young People Programme**

DCSWP is collaborating 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 October, training workshops delivered by Orienteering Ireland provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to young people. Programmes led by Sport Officers in Dublin City Council's parks are in the planning stages.

### **Sport For Young People Small Grant Scheme**

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 Dublin City Sport & Wellbeing Partnership.

Applications for the grant opened at the end of June 2020 via the DCSWP social media channels as above. 151 sports clubs across the city have been approved for funding under the grant scheme for 2020. DCSWP is currently in the process of informing clubs and processing payments.

### **Sport Ireland COVID 19 Club Small Grant Scheme**

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.

This scheme is designed to support clubs that do not have the finances to implement COVID-19 related hygiene and social distancing protocols. Once approved the grant will cover costs associated with the reopening of clubs. The club grant scheme is designed and intended to support the return to sporting activities only.

Under the scheme Local Sports Partnerships have responsibility for advertising the scheme, collating club information via the Sport Ireland template and making recommendations on funding to Sport Ireland based on the information submitted. 115 applications were received, assessed and recommendations were issued by DCSWP on 14<sup>th</sup> September.

Decisions on recommendations issued were finalised at the November Sport Ireland and official correspondence will be circulated to clubs regarding those decisions in due course

### **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. '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:

<b>Day</b>	<b>Time</b>	<b>Service</b>
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.

### **Disability & Inclusion Training**

DCC/DCSWP is proud to have signed the National Sport Inclusion and Disability CARA charter which sets out five key areas people with disabilities are seeking in order to lead a healthy and active lifestyle.

DCSWP has two Sport Inclusion & Integration Officers dedicated to deliver on this goal as well as focussing on integrating minority groups in the community via core programmes.

In partnership with CARA, the online Disability & Inclusion Training programme was recently launched. This is part of a series of online Disability in Sport training programmes already in operation. Training commenced from 6<sup>th</sup> October.

## **DUBLIN CITY SPORT & WELLBEING SOUTH CENTRAL PROGRAMME HIGHLIGHTS NOVEMBER 2020**

### **Training & Development**

- Online Safeguarding training and pitch/centre COVID compliance training (in partnership with Ballyfermot United FC) has resumed for coaches and players in the area.

### **Community Fitness Classes**

Online Fatima and Beyond Zoom exercise online classes will continue to support South Central Area communities to maintain fitness/physical activity levels:

- Boxercise and zoom online classes continue every Monday, Tuesday and Thursday from 10am every Tuesday from 13<sup>th</sup> September
- Area exercise classes outlined in the October report will resume following the lifting of restrictions on December 1<sup>st</sup>.

### **Local DCSWP Support**

DCSWP Sport Officers in the South Central Area continue to support local 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 NOVEMBER 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.

- DCSWP Officers continue to engage with schools in the South Central area to provide support in relation to athletics initiatives including the Marathon Kids Programme.

### **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:

- This year the Startbox school programme has been condensed to 5 weeks as part of the Covid-19 adherence policy and guidelines. Despite current restrictions his programme continues to offer young people in the area the opportunity to engage with amateur boxing and enjoy the many benefits Ireland's most successful Olympic sport can offer. The first phase of the 2020 programme took place following the back to school period and was a massive success in the South Central area with over 300 school students at primary and secondary level taking part. The programme is now entering its third phase rollout in schools across the area.

### **Cricket in the Community**

- Cricket sessions aimed at players across the city at U11 level continue every Friday from 5.30 -9pm.
- Primary school cricket sessions will be delivered in the following South Central Areas schools:
  - Canal Way Educate Together every Tuesday from 1pm -2.30pm (mixed students)
  - Drimnagh Castle CBS every Thursday from 10.30am – 12.30pm (males)

### **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. Local Co-funded officers are also engaging with schools and youth groups in the South Central area.

### **Women In Football Development**

- As part of Football People Fare (Football Against Racism in Europe) Action Week this online initiative will be delivered by FAI officers in schools across the city aiming to educate young people on the issues of racism in sport.
- The FAI Emerging talent programme continues in schools and clubs in the area aimed at females age 10-15 years.
- Other ongoing women in football development initiatives during the next period include After-School programmes, Girls In Green, Future Stars, Female Leadership and Kickstart Coaching PDP 1.

## **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.

**The Health Promotion programmes outlined below have been temporarily suspended due to Level 5 COVID restrictions but plans are in place for their resumption after December 1<sup>st</sup>.**

- **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 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 is scheduled to take place in the F2 Centre, Rialto every Wednesday from 12pm and aims 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. Under Level 5 restrictions, school age children are able to continue participating in non-contact rowing programmes with slight adjustments for distancing and sanitising processes. Approximately 600 students will take part in classes across the city.
- Rowing Ireland is also working on establishing a virtual All-Ireland inter-schools rowing league. This will begin on a regional basis and progress to national level. The aim is to include all programme participants across Ireland including rowing students in the Central area.

## **Rugby in the Community**

- Leinster Rugby Officers continue to support local 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.

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