

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MARCH 2021



Delivery of DCSWP programmes for March 2021 remain subject to Covid-19 public health restrictions. Due to current Level 5 restrictions which were introduced in the interest of public safety, face-to-face programmes in schools and in the community have been temporarily suspended.

However supporting communities in the Central area to stay active and healthy regardless of age, ability or background remains a priority for DCSWP. Many of our services and programmes have been successfully adapted and will continue through innovative virtual/online initiatives, social media/online communication forums and through advisory booklets.

Dublin City Sport & Wellbeing Virtual Hub

DCSWP is proud to announce the launch of our Virtual Hub on Monday 15th March. In the two-week lead up to the launch there will be strong promotion around what the Hub will have to offer and will include zoom taster sessions. Once launched the Hub will initially focus on delivery of our annual Change For Life 8-week programme which is very important in terms of supporting local communities.

The Hub will provide information/ biographical videos on DCSWP and Co-funded officers, links to pre-existing content, promotion on upcoming events, weekly challenges, multi-sport zoom classes and nutritional advice.

The Hub was developed in order to maintain high levels of participation in programmes and to keep people in communities across the city active and healthy both mentally and physically.

The Hub will also seek to sustain the important connection between coaches, sport officers and participants and enhance and support face-to-face programmes when restrictions eventually ease offering a blended approach to the delivery of programmes.

Information on registration to follow.

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 were 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>

Keep Well Campaign

'Keep Well', the Healthy Ireland and Central government backed national campaign was launched in October last year. The campaign aims to highlight the critical importance of minding ourselves both physically and mentally during these uncertain times. Keep Well is described as a 'call to action' to everyone across society whether at individual, organisational or voluntary level to support people in discovering the many ways we can work together to build community resilience.

With older people in our communities facing a lengthy cocooning period, supporting their physical and mental health in the confinement of home became a matter of priority for DCSWP from the start of the crisis.

Keep Well has provided a great opportunity for DCSWP to continue to prioritise older and more vulnerable people and further enable them to stay active and healthy in the safety of their own homes.

When planning the online Keep Well Older Adult programme, careful consideration was given to how DCSWP could best support people to keep active virtually. Officers worked closely with individuals to ease any concerns - advising on issues around technology and engaging with coaches familiar to many of our participants.

The initiative commenced on Monday 25th February with 90 older adults (age 55 plus) signing up to take part. Chair-based fitness classes were chosen with adaptations in place to ensure the programme is fully inclusive.

The classes are delivered every Monday, Wednesday and Friday from 11.30am and provide a mixture of fitness, pilates and yoga geared towards improving strength and balance.

The final two Keep Well initiatives are in the planning stages and will commence following the easing of current restrictions.

Lord Mayor's 5 Alive Challenge 2021

Details of the last two races of the Lord Mayor's 5 Alive challenge 2021 are as follows:

- **KBC St. Patrick's 5k:** To be completed over the St. Patrick's Day virtual festival March 2021
- **Irish Runner 5 Mile:** To be completed over the weekend of Saturday 27th and Sunday 28th March 2021

Lord Mayor's 5 Alive 2021 participants can share their journey and support others on Facebook at:

<https://www.facebook.com/groups/2798884527016701/?ref=share>

Couch to 3k Walk To Jog Programme

This year DCSWP continues to support communities to stay active via the virtual 6-week Couch to 3k 'Walk To Jog' programme which is part of the Keep Well in Your Community/Active Dublin campaign.

Registration for the event commenced on Monday 18th January and the programme launched on Monday 25th January. Over 1000 participants signed up to the virtual challenge which was a huge response to the initiative.

DCSWP's citywide officers are supporting participants on their journey by circulating daily and weekly plans to provide advice on building progress steadily.

Orienteering

In late 2020 DCSWP teamed up with Orienteering Ireland to support young people, families and adults of all abilities to take up something a little different. Orienteering provides great opportunities for everyone to develop important life skills, build self-esteem and learn the benefits of teamwork in the great outdoors. Training workshops delivered by Orienteering Ireland in October 2020 have provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to get groups up and running.

DCSWP has also worked closely with Orienteering Ireland around the use of technology to map parks and locations across the Dublin region that can potentially play host to orienteering programmes and maximise the delivery of this very positive outdoor initiative in the city.

DCSWP continues to engage with Orienteering Ireland around the roll out and delivery of the programme which will commence shortly.

Sport Inclusion & Integration

- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme.
- SIIO officers are currently planning 2021 Change For Life programmes. Programmes for the next few weeks will be delivered online via the Virtual Hub. Activities will include walking, circuit classes, dance classes and Sit Fit classes.

Training

- Online Safeguarding Training to support compliance in local clubs and organisations resumed with Safeguarding 1 Training on 15th February. Training is provided by DCSWP Officers. Safeguarding 2 & 3 will be advertised following this and further programmes will be delivered on an on-demand basis.
- In partnership with CARA, the online Disability & Inclusion and Autism in Sport training programmes launched in 2020. This is part of a series of online Disability in Sport training programmes already in operation. The programme for 2021 is delivered on the first Tuesday of every month on an ongoing basis.

Co-Funded Programmes

With level 5 restrictions currently in place face-to-face athletics, boxing, cricket, rowing and rugby programmes have been temporarily suspended. Engagement with local schools continues in order to resume programmes once restrictions are lifted and online supports continue as highlighted below.

Online Co-funded Highlights - Boxing in the community

DCSWP Boxing Co-funded officers are currently delivering short 'zoom-boom' Startbox online boxing tutorials. Boxing legends Michael Carruth and Paul Quinn are tutoring young enthusiasts via the IABA Youtube Channel (see link below).

The programme commences with various warm up exercises and finishes with cool down advice. In between classes, officers are sharing their expertise in relation to footwork and awareness skills.

<https://www.youtube.com/channel/UCWCJty6SYFt5zBEIAsnVAUg>

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