

**Housing, Community & Emergency Services Department  
South East Area Office**

**To the Chairperson and Members of the  
South East Area Committee**

---

**Report of the Director of Services, South City**

---

**Grand Canal**

A meeting was held on 16<sup>th</sup> January 2020 with Waterways Ireland representatives and Councillors to discuss ongoing management and maintenance of the canals in the city and to agree a new structure for interaction between Waterways Ireland and DCC. A further meeting was held on 20<sup>th</sup> February 2020 with Waterways Ireland Management to agree the structure of meetings going forward. The first quarterly meeting was held on 14<sup>th</sup> October 2020 via Microsoft Teams and the second meeting was held on 5<sup>th</sup> February 2021 via Microsoft Teams. The next meeting is due to be held in May 2021.

**Portobello Harbour Square**

The hotel developer notified us of delays to the project with commencement of works likely to be delayed until 2021. We met with City Architects Department and Public Realm to make a plan for public engagement in relation to the redesign of the square. A meeting took place on the 28<sup>th</sup> January with SEA Councillors to discuss the proposed public consultation for Portobello Plaza. A meeting was held with City Architects, Roads, Planning and Public Realm to discuss how we might proceed. The architects for the hotel have now confirmed that they plan to commence development in summer 2021. A meeting is being arranged with City Architects and hotel architects and other internal departments to discuss arrangements for managing the build and the consultation around the renovation of the square. A further meeting will be arranged with Councillors soon afterwards to set out in some detail how the initial phase of public consultation will proceed.

**Rathgar Village Improvement Plan (VIP)**

Herzog Park, Rathgar – Final Phase

The Rathgar Village Improvement Plan (VIP) was approved by the South East Area Committee in January 2015. One of the main objectives that emerged during the formation of the plan was the redevelopment of Herzog Park. The South East Area Office undertook local consultation and worked with Redscape and Park Services to create a plan which was brought to Part 8 and approved at the January 2017 meeting of the City Council. The final phase of the works planned for 2021 include the re-alignment of the front boundary of the park and the revised car park layout, as set out in the Part 8 permission. It is proposed that the tender for the car park works will issue by end of Q1 2021. Boundary treatment and further landscaping inside the park will be required as part of the works to finish the project in 2021.

**Ranelagh Gardens Park**

Works to light / enhance the main entrance archway were commenced in 2020. A contractor was appointed and the specification was agreed with Public Lighting Section and works are due to be completed in February. Renewal of display boards at entrances to the park will be carried out with Park Services in 2021.

**Ringsend Irishtown Local Environment Improvement Plan (LEIP)**

The Ringsend Irishtown Local Environment Improvement Plan (LEIP) was adopted at the June 2017 South East Area Committee meeting. Following that it was proposed to prepare planning

applications under Part 8 of the Planning and Development Regulations, 2001, for the redesign of (1) Library Square and (2) Cambridge Road.

**Library Square:** (Mitchell & Associates) Meetings with internal stakeholders were held during September and October 2018. A meeting was held with local businesses to discuss parking / loading arrangements on 5th December 2018. A presentation was made to area councillors on 13th February 2019 and a preliminary draft design was brought to a public meeting for all stakeholders on Thursday 21st March 2019 in the Ringsend Irishtown Community Centre (RICC). Following a period of consultation up to 19th April 2019, submissions were received and were reviewed by the project team. A revised design was brought before the Public Realm Working Group on 22<sup>nd</sup> October 2019. A meeting of all internal stakeholders was held on 28<sup>th</sup> November 2019 and further meetings were required with key departments. We are currently engaging with Roads Design and Construction Section to establish if they will oversee completion of project to Part 8 stage. In the meantime we are engaging with other internal stakeholders to identify any outstanding issues. When all issues have been resolved satisfactorily, Councillors will be briefed before commencing formal Part 8 process.

**Cambridge Road:** An initial public workshop in relation to Cambridge Road was held on Thursday 30th August 2018 in the RICC. Meetings with Redscape Architects and internal stakeholders took place in September and October and designs were drafted based on consultations which were brought to a second public workshop/meeting on 28<sup>th</sup> November 2018. Pre Part 8 report and drawings issued in December 2018 did not meet the requirements of E & T Department, however. Further information was required in relation to road design and drainage requirements for the proposal in particular. In 2019 Road Design & Construction Section, E & T Department, agreed to take on the completion of the project to Part 8 stage. Detailed meetings are ongoing with between Roads Design & Construction and internal departments with a view to agreeing an overall design before commencing Part 8 planning process. Parks Services Department has requested that a Ground Penetrating Radar (GPR) survey be carried out prior to Part 8 to identify location of underground services and any impact on tree planting. Drainage Department welcomes the provision of additional greening providing a SuDS benefit and a proposed new surface water main is being considered in conjunction with Irish Water. Agreement of the final design for the road has been delayed as we wait for the NTA to finalise the route for the East Coast Trail (ECT) which will either traverse Cambridge Road or run along part of Cambridge Road from Canon Mooney Gardens to Thorncastle Street. Work on GPR survey and preliminary design of new surface water main will continue as we await final decision on ECT route from NTA. This will inevitably delay lodgement of Part 8 planning application. It will be necessary also to bring new design back to local consultation prior to lodgement of Part 8 application which is expected to happen during 2021.

### **Cabbage Garden**

A meeting took place with Councillors on the 18<sup>th</sup> February to give an update on progress with the Cabbage Garden since we carried out the public consultation in 2019. Priority issues identified at the time included refurbishment of the football pitch, the introduction of play facilities for children and improved safety. We have a monthly update meeting with various stakeholders and a number of Councillors joined us this month and they were very welcome. We are working with the Social Inclusion Section and the Iveagh Trust to progress a mural on Cathedral Lane as you enter the Cabbage Garden and this mural will link with the history of the area and also the theme of diversity. We are hoping that Parks will appoint a design team to develop a master plan for the Cabbage Garden.

### **Pearse House Regeneration**

Stage 1 for Pearse House regeneration was submitted to the Department of Housing and Local Government and Heritage on the 3<sup>rd</sup> of February 2021. It is hoped that the proposals for the regeneration of Pearse House presented to the South East Area Committee on 14<sup>th</sup> September 2020 will be approved. The South East Area Office is in communication with a group of residents living in Pearse House via ZOOM meetings. We have compiled a newsletter

(Pearse House News). This newsletter provides information on the regeneration of Pearse House to all our tenants living in Pearse House. Pearse House News Volume 1, December 2020, was distributed to all homes in Pearse House. A copy of this newsletter was e-mailed to councillors for their information. We hope to have Volume 2 ready for distribution in March 2021.

### **Rosary Hall**

It is necessary to carry out remedial works for the acquired premises at Rosary Hall. Consultant Architects and Quantity Surveyors have been engaged to determine and coordinate the full extent of works required on site. A drone & topographical survey have been concluded.

It is now anticipated that works could cost in the region of €300,000 including mechanical & electrical works, fire safety works, some remedial works and lift replacement.

As outlined to the members last year, an approach was made by the adjoining developer to rebuild the community facilities and upgrade the pitch to an all-weather facility if they could add to their co-living scheme on the Kenilworth site. However, due to procurement legislation Dublin City Council is not in a position to deal exclusively with this developer.

The Area Manager has written a detailed report to the Executive Manager, Planning and Property Development Department requesting that development levies accrued from the Harold's Cross Area, which are considerable, be utilised to assist in the refurbishment of Rosary Hall. The Development Department has confirmed that they will provide €50,000 towards the project and the Deputy Chief Executive has agreed to provide €75,000 towards works costing circa €125,000. These priority works will involve rewiring the entire facility, fire safety matters and replace all fire alarms and escape lighting. Tender documents will be prepared for these works by the Consultant Architect and the Councillors and community will be informed of all relevant timelines. An asbestos survey will be undertaken this month as a precautionary measure.

A draft management plan for the running of the facility has been prepared by the football club and forwarded to HCVCC to respond.

### **Age Friendly Initiative Harold's Cross**

The inaugural meeting of the Age Friendly Committee took place on January 28th 2020 and was well attended. A draft report was submitted by the Harold's Cross Village Community Council (HCVCC) in conjunction with Rob Chester, Area Community Officer and it was agreed to progress a number of these proposals funding permitting. In tandem, it is proposed to hold a workshop to further engage with the residents and ensure particularly any elderly resident who was not consulted has an opportunity to contribute to the process and be included. A further meeting took place March 10th and was well attended and the plan to date was reviewed.

Obviously with ongoing restrictions the facilitation of a workshop to get the views of the wider community remains deferred till guidelines permit.

A subgroup under the Housing SPC has been convened to look at the city-wide Age Friendly Strategy. Under this structure, submissions for funding may be advanced, including the Harold's Cross project. Due to the current government guidelines and restrictions all physical meetings are currently postponed until further guidelines allow for larger meetings. Meetings are currently taking place online.

Further meetings took place on Nov. 4<sup>th</sup>, Dec. 10<sup>th</sup> and Feb. 4<sup>th</sup>. The next meeting is scheduled for April 8<sup>th</sup>.

A defibrillator has been installed in Harold's Cross as part of the Age Friendly Initiatives. The committee congratulated the HX Grow Hub for winning a City Neighbourhood Award and the group continues to grow in numbers.

It has been agreed by the elected members that further monies (€7,500) will be allocated to this Age Friendly initiative in the Discretionary funding for 2021.

The committee is currently exploring the option of initiating a pilot run of giving 8 IT Age Friendly tablets to residents for the area.

Cliff Run Media have supplied over 1000 units to established Age Friendly Projects across the country. The tablet comes with one year's free WIFI and are dignity proofed to make access as easy as possible. It would require €2,000 from the HX Age Friendly project, €1,000 from the central Age Friendly fund, and the monies from our Vibrant Villages Allocation . A list of recipients is being prepared in conjunction with HCVCC.

### **Rutland Grove**

Meeting took place on 30th January with traffic engineers, Les Moore from Parks, Area Manager and staff and Cllr. Pat Dunne. It was agreed at the meeting that Traffic Section would look again at the feasibility of putting dedicated parking as per Part 8. Should it be possible to implement, the design would need to be progressed and costed. Parks are also prepared to look at enhancements at the entrance with additional trees etc.

Traffic have indicated that staff are currently seconded to be involved in DCC's Covid Mobility Interventions and are working on very fast rapid interventions throughout the city. Therefore, they have very little spare resources at present to be involved with any possible Rutland Grove parking changes, as other Covid Mobility projects are taking priority.

The Area Manager and Public Domain Officer met with the secretary of Rutland Grove Association to discuss ongoing levels of anti-social behaviour. As a result signage is to be upgraded at the entrance to the bring centre to assist with prosecutions. Extra security measures are also being considered at this entrance .

Planters were installed at the entrance to Rutland Grove to enhance the environment and assist with ongoing Illegal parking at the entrance and have been well received by the community.

€10,000 of discretionary funds have been allocated for enhancement to the green open space at the entrance to the estate and Parks has agreed to co-fund this project with a further €10,000.

The resident's association has forwarded plans, including a path across this area, which will be considered.

### **St. Pancras, Mount Tallant**

Inspections and snagging are still being completed. However, due to Covid 19 restrictions DCC inspectors are not carrying out visits. Accordingly, these units are unlikely to be available for letting until end February/ beginning of March. Dublin City Council has now agreed to purchase a further four one-bed units.

### **Choice Based Lettings**

Two units in Grove Road flats and one unit in Rathmines Avenue flats were advertised under the Choice Based Letting Scheme in January/February. There was a good response from applicants with 25 applications for these units. Selections have been completed and Estate Management checks are currently being undertaken. It is expected these units will be allocated by the end of February. Further units in Rathmines Avenue will be advertised shortly.

### **CCTV Benbulbin Road**

Monies have been allocated under the 2021 Discretionary Fund to install CCTV at the shops on Benbulbin Road. In order to advance this project a Data Impact Assessment must be undertaken. This will include consultation with local stakeholders and An Garda Síochána. We have received a Garda report and have forwarded it for consideration to our Data Protection section. They have raised initial concerns in relation to the legal basis for Local Authorities to install CCTV in public areas and have suggested that it may be more appropriate for CCTV to be installed under the Community CCTV scheme administered by the Department of Justice,

as it contains formal safeguards in relation to Data Protection concerns. They are reviewing the matter and will issue further advice shortly.

### **Acorn IT Tablets**

The Community Team will be providing an IT package of a 10-inch tablet screen with full IT support and one year's free broadband as a pilot project to older persons in the South East Area. An initial sixteen units will be split between Age Friendly Projects and other clients across the area who have requested the support in order to stay connected to their groups and projects. The package is dignity proofed and supplied by Cliff Run Media who have supplied over 1000 units to Age Friendly Projects across the country.

### **Allotments Licences**

The Annual Licence Fee for allotment spaces is due to be paid this month by all allotment holders at Blarney Park, Ringsend Park and Herbert Park. All allotment holders have received a notification to forward the fee and new licence agreement to the Area Office. We are getting a lot of enquiries from members of the public looking for allotment spaces, but the three schemes are fully booked with lengthy waiting lists.

### **ARC Crumlin**

The Community Team supported the Women's Wellness Walking Project held by Addiction Response Crumlin on the 8<sup>th</sup> of February.

### **BRU Crumlin**

The Community Team are working with BRU Crumlin to provide support and care packages for young people most in need or at risk. BRU Crumlin have identified some very difficult cases and we envisage providing a package of games, treats and other items to assist the young person stay connected to the service.

### **Cabbage Patch & Cathedral Lane**

Monthly meetings with various stakeholders continue with an aim to improve the local environment and develop activities in the park. The football pitch is due to be relayed. Also, an ambitious plan for a mural on Cathedral Lane has been underway for some time, with a separate steering group set up to work on that. Meetings are ongoing involving Dublin City Council, YMCA, Iveagh Trust and artists. Seventeen local groups are being approached about this project for involvement and expressions of interest.

### **Care Packages**

In the absence of Community Music and Garden Gigs we arranged for care packages for the residents of Eastwell Ladies Home and Merrick House, as well as donations to isolated individuals and some smaller groups. In conjunction with Ringsend & Irishtown Community Centre and St. Andrew's Resource Centre, care packages are being prepared to be delivered to residents isolating or in need in the Pearse Street/Dublin 2, Ringsend and Irishtown areas.

### **Covid-19 Community Response**

Although the number of referrals have decreased since last year, they are from some of our most challenging clients who require multi-disciplinary supports at this time. A number of groups and organisations assist in providing support including Serve the City, St. Andrew's Resource Centre, The Holy Trinity Church and Maxwell Court Meal Service (Rathmines), Ringsend & Irishtown Community Centre, The Fair Play Café (Ringsend), Portobello St. Kevins, Ranelagh Community Response, Donnybrook Tidy Towns, Ballsbridge Tidy Towns, Temple Bar Company, the South City Partnership supported food bank in Bluebell and other local providers. We recently provided Ranelagh Community Response with a new gazebo to facilitate the distribution of their meals to their volunteers from an outdoor setting.

We are also supporting BBQ Tonight Restaurant on Clanbrassil Street who link in with the Muslim Sisters of Éire in providing meals for the homeless as well as those in isolation.

### **Crumlin Men's Shed**

The contribution of €4,000 for the cost of an electrical connection by the ESB has been arranged. A further €1000 contribution can be sourced from the South City Partnership.

### **Docklands Voices Creative Ireland Community Programme**

Zoom meetings with local stakeholders and a wide range of local artists are being held during the first week of March to develop this Arts Office project which aims to engage residents in the Docklands with creativity and link communities on both sides of the Liffey. Benefits for those who become involved will include learning or developing new skills, an opportunity to perform as well as enhancing mental health and well-being.

### **Easter Advance Planning**

Plans being formalised with St. Andrew's Resource Centre and Ringsend & Irishtown Community Centre Easter dinner deliveries for those in need and Easter egg donations for youth projects in those areas.

### **Environmental Projects**

Much focus will centre on environmental and greening projects over the coming months. We have been reaching out to Friends of Green Spaces Projects, Tidy Towns Groups and other environmental groups and a number of requests for assistance have been received. Recent and forthcoming projects as follows:

We are assessing a request for additional planters in Mount Argus Grove and Mount Argus/Church Park Estate in Harold's Cross. The Harold's Cross Tidy Towns Group are to liaise with local residents who made the request.

We will be replanting the six large planters on Leinster Road, Rathmines once the weather improves.

We will be repainting the planters on Durrow Road and Lismore Road to the colour of the other planters in the Crumlin area.

Three planter seats, a library seated planter and 3 standard planter boxes to be put in place at Verschoyle Court Sheltered Housing Complex.

Two planter seats and 2 standard planter boxes to be put in place at Powers Court Sheltered Housing Complex.

Three planter seats to be put in place at Ranelagh Gardens Sheltered Housing Complex.

A planter seat and standard planters to be provided to St. Andrew's Resource Centre/Pearse Street.

Large provision of plants being arranged for Ringsend Tidy Towns to support their village greening programme and pollination pots.

Five new planter boxes and an extra provision of plants being provided to Ballsbridge Tidy Towns.

We are also currently liaising with Donnybrook Tidy Towns.

New equipment, planter boxes and flowers are being provided to Portobello Tidy Towns. We are also supporting their biodiversity garden on Synge Street.

A notice board and extra seating is on order for Dunville Avenue Boulevard of Dreams Terenure Tidy Towns - it is our understanding that the current group have decided to step down. Terenure Residents' Association and I Love Terenure 2030 have agreed to carry out an audit of planters and available path spaces with a view to overhauling the current units and sourcing suitable locations for other. The open space at LIDL has been identified as a possible location for a signature planter(s).

We are carrying out remedial work to fix a custom planter at Elm Park Terrace (Terenure), as the current item constructed by local residents has become damaged.

The Harold's Cross Tidy Towns Group are proposing the installation of benches/rest stops in the village. This ties in with the proposal in the Age Friendly Plan, therefore the cost may be split between the Tidy Towns Group, the Age Friendly Project and the local Area Office.

Other areas being examined are Whitefriar Gardens, Leo Fitzgerald House, Boyne Street and Grand Canal Wharf.

### **Gardening Advice by Zoom**

Our free 5 week online Sustainable Gardening Course concluded mid-February. The first online gardening advice meeting held by the Active IT Society in the Terenure Enterprise Centre will take place on the 25<sup>th</sup> of February. We have arranged for organic gardener, Fiann O'Nuallain, to contribute to the project.

### **Harold's Cross Virtual Festival 2021**

The Harold's Cross Festival 2021 will be entirely virtual and will take place from the 8<sup>th</sup> – 15<sup>th</sup> of May. Two planning meetings by Zoom have taken place and a huge range of interviews, live music, poetry, craft demonstrations and other themed programme items are planned for the week. As well as a comprehensive package of supports for the festival, the Community Team will be running pandemic pets, where owners can submit a short video or photograph of their favourite pet under ten categories, with prizes for all winners.

### **Historical Talks via Zoom**

Given the huge interest (150 participants) in our Historian – in – Residence Cathy Scuffil's excellent lecture on the River Poddle, Cathy has agreed to present another talk entitled "Kimmage Manor and the River Poddle" on the 22<sup>nd</sup> of March at 7p.m. as part of the Dublin City of Learning Virtual Programme. The talk, entitled "Down by the River Poddle", will also be repeated during the Harold's Cross Virtual Festival. Both talks will be hosted by Carmel and Robert.

### **Older Person's Activity Packs**

New born knitting packs are on order to provide baby blankets, cardigans, hats and teddies for new born babies and their older siblings in refugee camps on the Greek island of Samos. This initiative will be piloted in selected sheltered housing schemes including Verschoyle Court, Ranelagh Close, Woodstock Court and Charlemont Court once Level 5 restrictions have been lifted.

We are also endeavouring to purchase a stock of jigsaws, puzzles books (word searches, sudoku, crosswords) and anti-stress colouring books to distribute to older people in sheltered housing and social housing. Such brain activities have been proved to help reduce anxiety, develop focus, increase creativity and enhance motor skills.

### **Pearse House**

We are supporting Pearse House residents with their plans for competitions and other safe activities for the St. Patrick's Day and Easter periods.

### **Rathgar Pollinator Garden**

We have received a request to support a pollinator garden on a site bordering the Catholic Church in Rathgar. A local environmental group want to draw attention to the project which aims to support bio-diversity and create an interest locally in organic gardening.

### **Utility Boxes**

We have received requests to paint more service/utility boxes across the area, we will commence inspecting and allocating projects to our artist once the weather improves as the project needs warmer weather for the paint to dry.

### **Valentine's Day Flash Posters (LOKRA)**

We supported LOKRA to put up the Valentine's Day (14<sup>th</sup> of February) flash posters on Lower Kimmage Road. Each small poster had a poem, quotation or joke around the theme and they were placed on poles, railings and private houses on the Lower Kimmage Road.

### **Valentine's Day Flower & Gift Giveaway**

Flowers and gift packages were given to 30 ladies (many in isolation) in the Pearse Street area on St. Valentine's Day. This initiative was run in partnership with St. Andrew's Resource Centre.

### **Walking Trail Map & Guides**

Our series of South East Area Walking Trail Maps & Guides will be promoted in the community throughout spring and summer, with support from local groups. The Donnybrook, Ballsbridge and Harold's Cross trails have just been updated and are currently being reprinted. These maps have been proving very popular in certain areas over the past year; offering a healthy outdoor and educational activity for young and old.

**In what has been very difficult times for Local Community Groups and Volunteer Organisations, we are very grateful to all those involved in the above for their commitment and efforts.**

**All Information correct as time of publication but are subject to change.**

### **Waste Management / Environmental Services**

- Ongoing identification & removal of graffiti
- Community Clean ups with Public Domain suspended until last week in February due to Covid 19 restrictions. ( Subject to no new infections/Close Contacts being identified)

### **Dublin Canvas Traffic Boxes**

15 traffic utility boxes identified for painting by Dublin Canvas artists for 2021. Dublin Canvas to do "Call Out" to invite artists to participate.

### **Abandoned Bike Removal**

- 23 complete wrecks removed as obstructions & trip hazards

### **Joint Policing Subcommittee (JPC)**

Steering group meeting is scheduled for Friday 26th February to set the agenda for the first 2021 meeting on 26th March. Further efforts have been made to encourage members from the community and business sectors; one new application has been received to date.



**SOUTH EAST 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 South East 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 15<sup>th</sup> 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 25<sup>th</sup> 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 three races of the Lord Mayor's 5 Alive challenge 2021 are as follows:

- **Irish Runner 5k:** To be completed over the weekend of Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> February 2021
- **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 27<sup>th</sup> and Sunday 28<sup>th</sup> 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 18<sup>th</sup> January and the programme launched on Monday 25<sup>th</sup> 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 15<sup>th</sup> 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>

**CONTACT DETAILS :**

<b>Name</b>	<b>Role</b>	<b>Contact Information</b>
Shauna Mc Intyre	General Manager, DCSWP	<a href="mailto:shauna.mcintyre@dublincity.ie">shauna.mcintyre@dublincity.ie</a>
Aideen O'Connor	Programmes & Services Manager, DCSWP	<a href="mailto:aideen.oconnor@dublincity.ie">aideen.oconnor@dublincity.ie</a>
Colin Sharkey	Office Manager, DCSWP	<a href="mailto:Colin.sharkey@dublincity.ie">Colin.sharkey@dublincity.ie</a>
Michelle Malone	Sport Officer, DCSWP	<a href="mailto:Michelle.malone@dublincity.ie">Michelle.malone@dublincity.ie</a>
William Morris	Sport Officer, DCSWP	<a href="mailto:William.morris@dublincity.ie">William.morris@dublincity.ie</a>
Marie Louise Reilly	Sport Officer, DCSWP	<a href="mailto:Marylouise.reilly@dublincity.ie">Marylouise.reilly@dublincity.ie</a>
David Phelan	HSE Health Promotion & Improvement Officer	<a href="mailto:Davidphelan6@mail.dcu.ie">Davidphelan6@mail.dcu.ie</a>
Lisa Kelly	Sport Inclusion & Integration Officer, DCSWP	<a href="mailto:Lisa.Kelly@dublincity.ie">Lisa.Kelly@dublincity.ie</a>
Nuala O'Donovan	Sport Inclusion & Integration Officer, DCSWP	<a href="mailto:Nuala.odonovan@dublincity.ie">Nuala.odonovan@dublincity.ie</a>
Colette Quinn	Development Officer, Athletics	<a href="mailto:colettequinn@athleticsireland.ie">colettequinn@athleticsireland.ie</a>
Gerard O'Donnell	Development Officer, Athletics	<a href="mailto:gerardodonnell@athleticsireland.ie">gerardodonnell@athleticsireland.ie</a>
Jonathan Tormey	Development Officer, FAI	<a href="mailto:Jonathan.tormey@fai.ie">Jonathan.tormey@fai.ie</a>
Keith O'Halloran	Women's Development Officer, FAI	<a href="mailto:Keith.ohalloran@fai.ie">Keith.ohalloran@fai.ie</a>
Pearl Slattery	Women's Development Officer, FAI	<a href="mailto:Pearl.slattery@fai.ie">Pearl.slattery@fai.ie</a>
Ken Knaggs	Rugby Development Officer	<a href="mailto:Ken.knaggs@leinsterrugby.ie">Ken.knaggs@leinsterrugby.ie</a>
Larissa Muldoon	Rugby Development Officer	<a href="mailto:Larissa.muldoon@leinsterrugby.ie">Larissa.muldoon@leinsterrugby.ie</a>
Fintan Mc Allister	Development Officer, Cricket	<a href="mailto:Fintan.mcallister@cricketleinster.ie">Fintan.mcallister@cricketleinster.ie</a>
Michael Carruth	Development Officer, Boxing	<a href="mailto:Michael_carruth@ymail.com">Michael_carruth@ymail.com</a>
Aoife Byrne	Development Officer, Rowing	<a href="mailto:Aoife.byrne@getgoinggetrowing.ie">Aoife.byrne@getgoinggetrowing.ie</a>

**REPORT BY:***Dee O'Boyle*

Dublin City Sport &amp; Wellbeing

[dee.oboyle@dublincity.ie](mailto:dee.oboyle@dublincity.ie)**Mary Taylor****Director of Services, South City****Dated: 3<sup>rd</sup> March 2021**