

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

APRIL 2021



Delivery of DCSWP programmes for April 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.

DCSWP has sought and received official confirmation around the re-engagement with schools from Sport Ireland and while officers have been in touch and received queries from schools regarding the resumption of programmes no face to face programmes will proceed until such time as it is safe to do so.

Supporting communities in the Central area to stay active and healthy regardless of age, ability or background remains a priority for DCSWP.

Development of the DCSWP Virtual Hub has been a highlight for the service in 2021. The team, in conjunction with our social media and event management partners, has worked very hard to develop this invaluable resource over the past few months in order to continue the very important work in our communities. (more information 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)
- Dublin City Sport & Wellbeing Partnership Virtual Hub: dcwsphub.ie

Dublin City Sport & Wellbeing Virtual Hub

On Monday 15th March 2021 Dublin City Sport & Wellbeing Partnership was proud to announce the launch of the new Virtual Hub. The Hub was created to ensure DCSWP continues the very important work of supporting communities across the city and Dublin City Council staff to stay physically and mentally active in a safe environment during this very

challenging time. Once restrictions are eased and lifted the Hub will also provide an invaluable resource in terms of enhancing and supporting face to face programmes.

Delivery of programmes via the Hub kicked off with our Change For Life programme which has been bringing people across the city together since 2013 as they embark on an 8-week journey towards health and happiness. Over 2000 people have registered for the 2021 online programme. Regardless of age, gender or ability there is something for everyone including fitness classes, nutrition talks and weekly challenges.

- Upcoming Hub initiatives are in the planning stages and details will be included in upcoming reports.

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

The challenge is over for 2021 and the virtual adaptation has proved to be a huge success. See below message from the Lord Mayor's office thanking 2021 participants and encouraging them to keep going:

"You have got out there and walked and ran during the hard winter months – keep it up now we are coming into warmer weather. If you need to have something to work towards, look up the various charity challenges. Some of them are to complete a certain distance a month – there's lots out there. Another challenge is the (not)parkrun which is being done by parkrun Ireland. As they can't hold their weekly 5k runs / walks, they are encouraging all parkrunners to do a 5k a day and you just register it online. If you're in the VHI, you get some benefit (they are sponsors of parkrun) but the best bit is you get into the habit of doing a daily 5k".

People can register for parkrun at <https://blog.parkrun.com/ie/2020/11/12/join-us-for-notparkrun/>

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 continue to deliver 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.
- Dublin City Sport & Wellbeing Partnership has recently been invited to apply for the CARA 'Xcessible' Bronze medal award. Through the Xcessible programme CARA enables Local Sports Partnerships to provide meaningful opportunities for people of disabilities to take part, sustain participation and excel in sport and physical activity. DCSWP has 12-18 months before providing evidence of our work and journey to the Xcessible committee. DCSWP Sport Officers and Administrative staff are currently completing their Xcessible training to support the application.

Sport for Young People – Small Grant Scheme 2021

Sports clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body have been invited to apply for financial assistance from the Sport for Young People – Small Grant Scheme (4-21 years of age) which is funded and administered by Sport Ireland and the Dublin City Sport & Wellbeing Partnership.

Club applications can be made at <https://www.dublincity.ie/residential/sports-and-leisure/dublin-city-sport-wellbeing-partnership>

Closing date for 2021 applications is Friday 23rd April 2021 at 5pm.

Co-Funded Programmes

With level 5 restrictions currently in place face-to-face athletics, boxing, cricket, rowing and rugby programmes have been temporarily suspended. As per the introduction piece 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 its second stage of '*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. The target age is 7 – 18 years:

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

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