

**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 16th January 2021 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 20th February 2020 with Waterways Ireland Management to agree the structure of meetings going forward. The first quarterly meeting was held on 14th October 2020 via Microsoft Teams and the second meeting was held on 5th February 2021 via Microsoft Teams.

Portobello Harbour Square

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 28th 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 the summer. A meeting will be arranged in April with City Architects and hotel architects and other internal departments to discuss arrangements for managing the build and 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.

We have a social media campaign ready to go which will focus on the problems associated with outdoor drinking and the impact on the local community in Portobello.

This was a particular problem last Summer with very few places open in the city due to the Covid 19 situation. The social media campaign is a collaboration between Dublin City Council, An Garda Siochána and Waterways Ireland and we intend to launch very shortly.

Parking Enforcement in Housing Complexes in the South East Area

A number of representations have been received from Councillors over the last few years regarding the lack of parking enforcement in housing complexes within the South East Area. In response to this, the South East Area Office has engaged two contractors to carry out parking enforcement within our housing complexes. These contracts are for an initial period of 12 months, with a review after 6 months and the average cost of a parking permit is €25 per year, which is considered to be good value. Parking Enforcement in Dublin City Council advises that Dublin Street Parking Services have no authority to enforce in the DCC housing complexes.

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 was proposed that the tender for

the car park works would issue by end of Q1 2021, but this has been delayed due to resourcing issues in Road Construction section. 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 completed in February 2021. Renewal of display boards at entrances to the park will be carried out in 2021 using Discretionary Funds.

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.

Both of these projects are now listed on the Capital Programme 2021 – 2023 it is understood that funding has been awarded from the Urban Regeneration and Development Fund (URDF).

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 22nd October 2019. A meeting of all internal stakeholders was held on 28th November 2019 and further meetings were required with key departments. Due to resourcing issues Roads Design and Construction Section will not be able to oversee completion of project to Part 8 stage. We are therefore preparing a tender brief to address all outstanding issues and bring the project to Part 8 stage. In the meantime we are engaging with internal stakeholders to identify all outstanding issues. Councillors will be briefed before we commence the 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 28th 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 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

Progress on the pitch refurbishment in the Cabbage Garden has been very much impacted by the ongoing Covid-19 restrictions. A contractor has been appointed to bring the pitch to a 3G standard. Once the construction sector resumes, we are awaiting a construction plan from the contractor and we will need to get an archaeological licence for the pitch refurbishment.

We also want to develop play possibilities/opportunities within the Cabbage Garden and we are awaiting some feedback from Debby Clarke, Play Officer. We are keen to work proactively with the Parks Department to develop a master plan for the Cabbage Garden for the future.

Monthly meetings with various stakeholders are ongoing with an aim to improve the local environment and develop activities in the park. Also, the plan for the mural on Cathedral Lane is progressing, with 28 groups contacted for expressions of interest to be involved. A separate steering group has been set up to work on that element.

Pearse House Regeneration

Stage 1 for Pearse House regeneration is with the Department of Housing, Heritage and Local Government. Once stage 1 is approved by the department, a design team will be appointed. A design team will be guided by the design of the retrofit/amalgamation/extension proposal. Dublin City Council is expecting a decision from the department in the next couple of weeks. Currently the housing manager and his team are in consultation with the tenants living in Pearse House.

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 it 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. The tender process for these works is now complete and the tenders are currently being examined.

An additional budget allocation of €240,000 for the requisite works has been sought from the additional government funding and it is anticipated this funding will be approved at the April City Council meeting. Further tendering of the remaining works will be required at that stage. A draft management plan for the running of the facility is being prepared in conjunction with the two main community groups.

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.

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. 8 IT age friendly tablets have been distributed to residents and have been very well received. Cliff Run Media has supplied over 1000 units to established age friendly projects across the country. The tablet comes with one year's free WIFI and is dignity proofed to make access as easy as possible. Funding of € 2,000 from the HX Age Friendly Project; €1,000 from the central age friendly fund, and a final €1,000 from our Community Budget. A list of recipients was prepared in conjunction with HXVCC.

Next meeting has been scheduled for April 15th.

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.

A meeting took place between the Area Manager, the Parks Section and the secretary of the residents' association on Friday 26th March to have initial discussions around the best utilisation of co-funded €20 k from the Discretionary Fund and Park Section's allocation.

St. Pancras, Mount Tallant

It is expected that acquisition of the units will be completed within the next few weeks. It is now confirmed DCC will be purchasing 4x2 beds 7x1 beds. Selections for the units have been completed and we are currently undertaking estate management checks on selected applicants.

Choice Based Lettings

Two units in Grove Road and one in Rathmines Avenue were allocated under the choice based letting scheme in February. We have now advertised a further 2 x 2 bed units in Rathmines Avenue. Applications will remain open until 16th April.

CCTV Benbulben Road

Following discussions with the Data Protection Office we have now agreed a course of action that will allow us to progress the installation of CCTV at Benbulbin Road. A report was submitted to the JPC and they endorsed the project. We have now written to the Garda Commissioner to seek his authorisation to allow us to install the system. This will address the concerns of our Data Protection Office in regards to DCC having the authority to install CCTV in a public place. It is a requirement under the current Code of Practice that An Garda Siochána will agree to be joint data controller of the system. Once these steps have been completed we will undertake a consultation process with local stakeholders.

Acorn IT Tablets

The first roll out of the 16 IT packages 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 has been arranged. Initial feedback from client users (VIPs) and sponsors assisting them with getting started has been very positive. A review of their usage will be carried out after a month and we will liaise with Cliffrun Media on any issues raised.

Acropolis Volunteer Group

A new Volunteer Group answering calls to the Covid-19 Community Response has been initiated for the Rathmines Area. This is a very welcome development as some fatigue has set in from established groups, some of whom have been servicing the clients for a year now. The group are from a philosophy study group and are also offering attendances at their regular Zoom Classes.

Allotments

Annual Licences for allotments at Blarney Park, Ringsend Park and Herbert Park have been renewed. Plan for any improvement and maintenance works for 2021 being prepared.

BRU Crumlin

The Community Team has arranged for 125 care packages to be assembled for the most isolated and 'in need' younger persons attached to the BRU Crumlin Youth Service. Each package contains games, treats, BRU Crumlin branded items and information on staying connected to the service in anticipation of the reopening in the summer.

Cabbage Patch & Cathedral Lane

Monthly meetings with various stakeholders are ongoing with an aim to improve the local environment and develop activities in the park. The football pitch is due to be relayed and CCTV installed shortly. Also, the plan for the mural on Cathedral Lane is progressing with 28 groups contacted for expressions of interest to be involved. A separate steering group has been set up to work on that element.

Covid-19 Community Response

We are still receiving referrals from older residents looking for low level assistance. Requests for transport for Covid-19 tests are referred to the Civil Defence who are very busy with this task. A number of groups and organisations assist in providing support including Serve the City, St. Andrews Resource Centre, The Holy Trinity Church and Maxwell Court Meal Service (Rathmines), Ringsend & Irishtown Community Centre, The Fair Play Café (Ringsend), Portobello St. Kevin's, Ranelagh Community Response, The Acropolis Group, Donnybrook Tidy Towns, Ballsbridge Tidy Towns, Temple Bar Company, the South City Partnership supported food bank in Bluebell and other local providers. We are continuing to support 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 Community Clean Up

The Community Team are supporting the group in a wide range of activities across the whole Crumlin area including:-

- Weekly Clean Ups (in all weathers)
- Survey of Residents on best usage and plans for the open spaces
- Provision of professional supports (Fiann O'Nualláin – Organic Gardener)
- Identification and review of laneways and antisocial dumping

Docklands Voices

Zoom meetings with local stakeholders from the Pearse Street and Ringsend areas were held earlier this month 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. A more concrete plan for the programme expected to be formalised by the end of April/early May.

Environmental Projects (Ongoing)

Much focus will centre on environmental and greening projects over the coming months. We have been working with 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.

Twelve new planter boxes to be added to Lower Rathmines Road.

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 Powerscourt 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 to assist their plans for the year ahead. Location for a library planter being examined.

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 with small table 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. Support being provided to volunteers involved in planting projects at Whelan House and O'Rahilly House in Ringsend.

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

A request for road based planters at the entrance to Herberton Drive has been received, however we don't supply units that may have implications for traffic. The local resident has been referred to the Traffic Department to see can the necessary permissions be granted.

HX Grow Project

The project managed to run an event for St. Patricks Day, which was the distribution of wildflower and other growing packs to the local community. Approximately 300 packs were distributed with support from the Community Team and assistance for the new Educate Together School.

'Let's Have a Chat' Gardening Programme

Due to the enormous success of this project being run by the Active IT Society in Terenure, the Community Team have agreed to support two online sessions per month for March, April, May and June. Ordinary members of the public who would like to attend these sessions with Organic Gardner Fiann O'Nualláin will now be admitted, they can have the Zoom Link by contacting the Community Team.

Harold's Cross Virtual Festival 2021

Planning for the Harold's Cross Festival 2021 which will be entirely Virtual and will take place from the 8th – 15th of May continues with two meeting per month on Zoom. A comprehensive programme of online activity with something for all ages is in the planning stage.

Kimmage Manor and the River Poddle Lecture

Cathy Scuffil presented another talk entitled "Kimmage Manor and the River Poddle" on the 22nd of March at 7PM as part of the Dublin City of Learning Virtual programme. The talk will also be repeated during the Harold's Cross Virtual Festival both talks will be hosted by the Community Team.

New-born Knitting

New-born Knitting packs comprising wool, needles and patterns are now being distributed to residents of Beech Hill Court, Beggars Bush Court, Cambridge Court, Charlemont Court, Heskin Court, Powers Court, Ranelagh Close, Verschoyle Court and Woodstock Court sheltered housing complexes with baby blankets, cardigans, hats and teddies for new-born babies and their older siblings to be sent to refugee camps on the Greek island of Samos.

Older Person's Activity Packs

Activity packs for older people are being prepared for distribution initially on a pilot basis to residents of selected sheltered housing schemes. It is hoped to extend this project beyond sheltered housing at a later stage. Packs will include jigsaws, puzzles books (word searches, sudoku, crosswords) and anti-stress Colouring Books. Such brain activities have been proved to help reduce anxiety, develop focus, increase creativity and enhance motor skills. Book reading/library type areas are also being promoted at selected sheltered housing complexes with other ideas at the planning stage.

Other Initiatives

The Community Development Team have also been inputting to or/and have promoted other initiatives including Sculpture Dublin Commissions/Workshops, DCC Integration Strategy, Dublin City Learning Festival, DCC Age Friendly, Pride of Place, Creative Arts Spring School, Culture Connects, Irish Architecture Foundation Public Space Sessions, Autism Friendly Villages, DCC Sport & Wellbeing Partnership, Public Parks Usage Survey, Arts Office Grants and Lottery Grants schemes.

Pearse House

Support has been given to Pearse House residents with their plans for competitions and other safe activities for the St. Patrick's Day and Easter periods, benefitting both younger and older residents.

Rathgar Bee Pollinator Garden

We printed a number of high quality signs for the Rathgar Bee Pollinator Garden which is based at the Church of the Three Patrons in Rathgar, and we will be supporting the project into the Spring/Summer.

Rathgar Business Association

Following the meeting with the RRA, we liaised with Mark Smith from the Rathgar Business Association and are looking at supporting the provision of hanging baskets, linear planters at empty shop fronts and we using one of our suppliers for the provision of planting materials for planters and other locations.

Rathmines Community Survey

The Area Community Officers completed a survey of DCC community activity, local community infrastructure, combined with those services and business that assist with capacity building and enhancing social capital in Rathmines Village and environs. This is on foot of a Motion submitted by Councillor Mary Freehill and was possible given the formal handover of responsibility for most of Rathmines from Ronan O'Donnell to Robert Chester. A combined meeting with the South City Partnership and the Kimmage Rathmines LEA Office with interested Councillors will be convened to discuss matters arising from the survey.

Ringsend & Irishtown Community Centre

We are providing support to the following activities and programmes run from the centre. Activities are currently taking place virtually.

- RICC Movie Club
- RICC Bingo Club
- After Schools Programme
- Ringsend Youth Service
- Friday Night Family Quarantine Quiz

Care packages are being delivered to the elderly and vulnerable who use the centre's services over bank holiday periods. These forthcoming packages will include Easter eggs. Separately, local volunteers and others based at Ringsend & Irishtown Community Centre assist the VDP in delivering 300 care packs every week.

Smart Agers Project

The Terenure Smart Agers Project have managed to create their annual fund raising calendar by carrying out the photography before Christmas, and they have now collated the material with support from the Community Team. This Calendar is usually sold locally and all proceeds are given back to local community groups and projects in the area, although this component may have to wait till later in the year.

St. Agnes CCMA

We have been discussing the best way to support the community music school given the current restrictions, and the Community Team will be providing various supports as agreed. The aim is to prepare the school for the eventual re-opening later in the year with group activity returning, currently all main activity is online.

St. Andrew's Resource Centre

In conjunction with St. Andrew's Resource Centre, dinner deliveries are being arranged for Good Friday and Easter Saturday to 50 people who are isolating or are considered vulnerable. Care packages are also delivered to the elderly and vulnerable over bank holiday periods. These forthcoming packages will include Easter eggs. The local Talk about Youth Project also provides support.

Talk About Youth Project

Support is being provided to this project which works with approximately 150 young people from Pearse House, Leo Fitzgerald, Markievicz, Andrews Court, Conway Court, Macken Villas, Longboat Quay, Hanover Quay, Gallery Quay; Pearse Grove, Princess Street South, Boyne Street, Fenian Street and Creighton Street. Activities are currently having to take place online with some special activities taking place for St. Patricks Day and Easter. During this pandemic period, the project is working not only with young people, but with families also.

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.

Waste Management / Environmental Services

Removal of Graffiti

Supporting community clean-up programmes

Supporting National Spring Clean 1st - 30th April

Public Domain Community (Deep Cleans) recommenced for April 2021

Weed Control to commence early April. Scheduled to start South East Area scheduled streets in late June

Abandoned Bike Removal

56 abandoned bikes removed in March.

Joint Policing Subcommittee (JPC)

Meeting Held on 26th March 2021

SOUTH EAST 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 South East 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 park runners 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.
- SII 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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