

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JUNE 2021



Face to Face delivery of DCSWP programmes across communities in the Central Area has now resumed. Delivery of programmes remains subject to Government, HSE and Sport Ireland Return to Sport guidelines.

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 Virtual Hub

Dublin City Sport & Wellbeing Partnership Virtual Hub support continues virtually via dcwsphub.ie

GAGA (Get All Girls Active) - Supporting Women In Sport

The Woman in Sport 'GAGA' (Get All Girls Active) has resumed following the return to on-site education. Five schools DCSWP applied for and secured funding to roll out this initiative which led to the development and delivery of a school physical activity and exercise programme aimed at teenage girls aged 12-15 years. The programme is a wellbeing project led by Children & Young People's Services Board and delivered in partnership with DCSWP, Healthy Ireland, Tusla and Pobal. In September it is planned that the following schools in the Central area will be taking up the programme:

- Mount Carmel, Kings Inn St.
- Colaiste Mhuire, Cabra

Central Area Highlights:

School Programmes:

DCSWP Sport Officers are currently assisting schools across the city around the implementation of initiatives to help ongoing physical activity programmes for young people.

- In the Central area Glasnevin Educate Together is one of many schools that are enjoying- outdoor walking, Zumba, and cycling programmes. DCSWP has provided

resources and advice around the use of stencils and spray paint for creating permanent playground markings that result in safe environments for young people to enjoy physical activity throughout the day.

Older Adult Programmes:

Forever Fit is DCSWP's core programme targeted at adults age 55 plus.

- In the Central Area the Heels and Wheels walking and cycling programme commenced from the following dates and location from 16th May:

Location: Ierne Social Club, Drumcondra

Date/Time: Mondays and Tuesdays from 10am

- Clontarf Pitches will play host to fitness and mobility classes for mixed gender older adults over the next period. Details outlined below:

Location: Clontarf Pitches

Date/Time: Thursdays from 10am

Underactive/Young Adults:

Bike For life is DCSWP's core programme targeted at underactive people. Bike Polo is a new alternative sport based on traditional Horse polo and is targeted at people of both genders age 15-40.

- In the Central area the following Bike for Life/ Bike Polo programmes commenced from the 16th May. Details outlined below:

Location: TBC

Date/Time: Wednesday 6-8pm/ Saturday 1-6pm (times may vary due to weather)

Youth Fit:

Youth Fit is a DCSWP core programme focussed on providing opportunities for young people age 10-21 years to take part in sport & physical activities and initiatives.

- In the Central area fitness classes aimed at females age 13-16 will commence from 8th June and will focus on promoting positive health & wellbeing amongst young women:

Location: Ballybough Astro Pitches.

Date/Time: Tuesday/Thursday 12-1pm

- Youth Fit Outdoor Pursuits will be delivered in the Central Area in partnership with Ballybough Youth Services and Youth Services across the city aimed at young people age 12-16 years

Location: Ballybough Community, Youth & Fitness Centre

Date/Time: Thursday from 11a

General:

Keep Well/ Keep Active 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.

DCSWP received funding from Sport Ireland for three specific programmes, two of which were halted temporarily due to Covid restrictions but are now due to be delivered.

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 parks and green spaces in the city.

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

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.

The scheme, its purpose and information on the application process, was advertised on 31st March on the DCC website and all social media platforms. It was also communicated via email to National Governing Bodies and over 180 clubs on the DCSWP club database. Clubs across the city were then afforded three weeks to submit applications before the closing date of Friday 23rd April.

Decisions on the 170 applications received for 2021 will be submitted in due course.

Co-Funded Programmes:

Engagement with schools and delivery has resumed in keeping with restrictions. School programmes (Athletics, Boxing, Cricket, Football, Rowing and Rugby) delivered by DCSWP co-funded officers will continue and expand.

Online supports for all age groups continue. A full co-funded officer report will be provided in the July Central area report.

Upcoming:

DCSWP events/programmes will be supporting and linking in with the following national and international programmes

Date:	Programme/Event/Initiative	Target Group:
14-20 June	Men's Health Awareness Week	Men's Health Forum In Ireland
21st June	International Day of Yoga	United Nations

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