

## NORTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 2021



Face to Face delivery of DCSWP programmes continue across communities in the North Central area. Delivery of programmes, particularly around participant numbers, remain subject to Government, HSE and Sport Ireland guidelines. At the time of writing this report DCSWP was awaiting advice from Central Government/NPHET and Sport Ireland on the resumption of indoor sporting activities.

September/October sees the resumption of DCSWP's walking/running initiatives and school multi-sport programmes as well as Bike Week Dublin Sportsfest 2021 and Marathon Kids (more below).

#### National Bike Week

Bike Week is a national celebration and promotion of the benefits of cycling. DCSWP provides opportunities for people of all ages and abilities to experience the joy of cycling through ongoing programmes. To mark the week and the introduction of Autumn/Winter cycling initiatives the following programme will be delivered in the North Central area:

<b>Name of core programme:</b>	<b>Bike for Life</b>
<b>Partners</b>	Donnycarney Youth Project
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesdays, 4pm, Eastwall water sports centre
<b>Estimated Number of Programme Participants (NB: per session):</b>	15
<b>Programme Start Date:</b>	22 <sup>nd</sup> Sept
<b>Programme End Date:</b>	13 <sup>th</sup> Oct

<b>Name of core programme:</b>	<b>Transition Year Bike for Life Programme</b>
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays, 10.30am, Eastwall water sports centre

<b>Estimated Number of Programme Participants (NB: per session):</b>	15
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### **Dublin Sportsfest /European Week of Sport 23<sup>rd</sup> – 30<sup>th</sup> September 2021**

Dublin Sportsfest, Dublin City Sport & Wellbeing Partnership annual flagship event, is now in its 4<sup>th</sup> year. Sportfest is a celebration of the joy and benefit regular sport and physical activity can provide in our lives. As with previous years Sportsfest has been planned to coincide with European Week Of Sport thereby reinforcing the values that sport is for everyone regardless of age, background or ability.

As 2021 is an Olympic year Sportsfest 2021 DCSWP Sport and Co-funded officers will focus on number of roadshows, offering taster Olympic sports as well as showcasing other activities in each area aimed at all age groups in the community.

### **Marathon Kids 2021**

Marathon Kids Ireland is an 8-week educational, health and wellbeing program for primary school students. The program involves daily short runs, education on physical and mental health, nutrition and exercise. The programme commenced in 2019 when Dublin City Sport & Wellbeing teamed up with South Dublin and Fingal County Council’s Local Sport Partnership’s to deliver the programme in schools across the Dublin region. Sport Officers engage with schools in every area to maximise delivery of the initiative for young people.

DCSWP provide T-shirts, medals and booklets to schools to ensure the achievement of young participants is acknowledged.

In 2021 the following North Central area Marathon Kids programme will take place in September/October:

<b>Name of core programme:</b>	<b>Marathonkids</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Running/Fitness
<b>Age group:</b>	5 <sup>th</sup> and 6 <sup>th</sup> class primary students
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Numerous sessions for 8 weeks
<b>Estimated Number of Programme Participants</b>	600+ students registered from the 6 primary schools in NCA
<b>Programme Start Date:</b>	20 <sup>th</sup> September
<b>Programme End Date:</b>	12 <sup>th</sup> November

### Online/Social Media Supports:

- Twitter: [@dccsportsrec](#)
- Facebook: [DublinCitySportandWellbeing](#)
- Instagram: [@dublincitysportandwellbeing](#)
- Dublin City Sport & Wellbeing Partnership Virtual Hub: [dcwsphub.ie](#)

### **NORTH CENTRAL AREA SEPTEMBER/OCTOBER HIGHLIGHTS**

#### Older Adults:

<b>Name of core programme:</b>	<b>Walking Football (Ongoing)</b>
<b>Partners (If any):</b>	FAI
<b>Age group:</b>	Older Adults – age 55+
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Wednesdays, 2pm, Rockfield Park
<b>Estimated Number of Programme Participants</b>	15

<b>Name of core programme:</b>	<b>Fitness and Flexibility</b>
<b>Age group:</b>	Older Adults – age 55+
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Tuesdays, 10.30am, Rockfield Park
<b>Estimated Number of Programme Participants</b>	15

<b>Name of core programme:</b>	Aqua Aerobics
<b>Age group:</b>	Older Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	21 <sup>st</sup> Sept 2.15pm in Coolock pool
<b>Estimated Number of Programme Participants (NB: per session):</b>	23
<b>Programme Start Date:</b>	21 <sup>st</sup> Sept
<b>Programme End Date:</b>	Ongoing

#### Youths At Risk (age 10-21 years):

<b>Name of core programme:</b>	<b>Youth Hell and Back Fitness Training</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Fitness

<b>Partners:</b>	Local Youth Projects
<b>Age group:</b>	Teenagers
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays, 8pm, Kilmore West Recreation centre

### Underactive Adults:

<b>Name of core programme:</b>	<b>Get Dublin Walking</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Walking
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays & Wednesdays, 11am, Edenmore Park

<b>Name of core programme:</b>	<b>Get Dublin Walking</b>
<b>Partners):</b>	Artane Coolock FRC
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays 10am, McCauley Park

<b>Name of core programme:</b>	<b>Couch to 3km Running/Walking Programme</b>
<b>Partners:</b>	Athletics Ireland
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays, 6.30pm, Maypark in Donnycarney
<b>Estimated Number of Programme Participants (NB: per session):</b>	15
<b>Programme Start Date:</b>	7 <sup>th</sup> Sept
<b>Programme End Date:</b>	28 <sup>th</sup> Sept

### School Programmes:

<b>Name of core programme:</b>	<b>Futsal in the Yard Programme (Football)</b>
<b>Partners:</b>	FAI
<b>Age group:</b>	1 <sup>st</sup> to 4 <sup>th</sup> class
<b>Gender:</b>	Boys
<b>Date/time and location:</b>	TBC. St David'ss BNS, Artane

<b>Name of core programme:</b>	<b>Futsal in the Yard Programme (Football)</b>
<b>Partners:</b>	FAI

<b>Age group:</b>	1 <sup>st</sup> to 4 <sup>th</sup> class
<b>Gender:</b>	Girls
<b>Date/time and location:</b>	TBC. Scoil Ide GNS, Kilmore

**Women in Sport - Get All Girls Active (GAGA):**

<b>Name of core programme:</b>	<b>GAGA Secondary School Programme</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Dance Fitness
<b>Partners (If any):</b>	Mercy Beaumont secondary school
<b>Age group:</b>	Teenage girls
<b>Gender:</b>	Girls
<b>Date/time and location:</b>	Monday, 8.50pm, Mercy Beaumont

**Sport inclusion & Integration (Citywide):**

<b>Name of core programme:</b>	<b>Sports Ability – Adapted Rowing</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Adapted Rowing: Rowing for individuals with Disabilities
<b>Partners</b>	DCC Rowing Centre
<b>Age group:</b>	18+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays 1.30-3.30pm Islandbridge

<b>Name of core programme:</b>	<b>Sports Ability – Marathon Kids</b>
<b>Description of programme activity</b>	Marathon Kids: 8 week programme where children run marathon distance along with educational tools booklet Programme adapted for schools with special needs
<b>Partners:</b>	Marathon kids
<b>Age group:</b>	11-13yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Week days Glasnevin, Chapelizod, Crumlin, Sandymount

<b>Name of core programme:</b>	<b>Sports Ability – Bike Leadership</b>
<b>Description of programme activity eg:</b>	Bike leader training: Upskills individuals to bike leaders so they can take groups on cycles
<b>Partners:</b>	Cycling Ireland
<b>Age group:</b>	18+

<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesday 15 <sup>th</sup> September 9.30-5.30pm Dublin 13

<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	<b>Cycle Sportiv:30km cycle – delivered during Bike Week bike week, aimed at ethnic minorities.</b>
<b>Partners</b>	Cycling Ireland
<b>Age group:</b>	12-17yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Friday 17 <sup>th</sup> September 9.30-5.30pm Clontarf

<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	<b>Learn 2 Cycle: Cycle programme for individuals with disabilities</b>
<b>Age group:</b>	4 years+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesday 14 <sup>th</sup> September 3.15pm- 5.45pm Crumlin

<b>Name of core programme:</b>	<b>Sports Ability – Walking Football</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Walking football programme aimed at developing and maintaining fundamental movement skills amongst older adults with alzheimers
<b>Partners</b>	FAI / Alzheimers society of Ireland
<b>Age group:</b>	55+
<b>Gender:</b>	Mixed

<b>Name of core programme:</b>	<b>Sports Ability</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Adapted Transition Year (TY) Physical Activity programme: Empowering TY students to develop community based physical activity sessions for individuals in the community with disabilities
<b>Age group:</b>	16+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays 7 <sup>th</sup> & 14 <sup>th</sup> October Artane/ Ballymun

Training September/October 2021

- DCSWP online Safeguarding open and closed courses continue in order to support compliance in local clubs and organisations. Training is provided by DCSWP Officers. Safeguarding 2 & 3 is currently being 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 have now completed their Xcessible training to support the application.

## Co-Funded Programmes September/October 2021

### Athletics/Boxing/Cricket/Football/Rugby Rowing in the Community

School and Youth programmes have recently resumed following the return to education in the above co-funded sports. Full details will be included in the DCSWP October report. Co-funded Officers will be delivering taster sessions in the North Central area as part of Sportsfest 2021.

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