

To the Lord Mayor, Chairperson and Members of
The North Central Area Committee

Meeting: 18/10/2021

Dublin City Sport and Wellbeing Partnership Report- October 2021



Please note that indoor activities sporting activities and initiatives have now resumed. Dublin City Sport & Wellbeing Partnership will be delivering indoor and outdoor programmes strictly in adherence with current Government and Sport Ireland Return to Indoor Sport advice/guidelines.

Communities in the North Central Area will also be supported by the development of the DCSWP Virtual Hub which is currently undergoing re-development. The Hub will act as a dedicated sport & wellbeing resource for communities in terms of information on services, how to get involved in local programmes, who to contact and how to access online programmes.

Upcoming events DCSWP will be linking in with over the next period include:

19th November	Men's International Health Day
Nov- Dec	GAGA (Get All Girls Active) programme and GAGA Day (TBC)
3rd December	International Day of Persons With Disabilities
5th December	International Volunteer Day
18th December	International Migrants Day

Women in Sport - Empowering Women through Sport and Physical Activity

Dublin City Sport & Wellbeing Partnership is dedicated to providing opportunities for women of all ages to get involved or re-engage with sport and physical activity through delivery of the core Get All Girls Active programme (GAGA), school multi-sport programmes, ongoing community women in sport programmes and by consistently linking in with national initiatives such as the 20x20 'If she Can't See It She Can't Be It Campaign.

- The Developing Women through Sport is a new collaborative programme between TU Dublin and Dublin City Sport & Wellbeing Partnership. The programme aims to address the differences that exist between women's and men's involvement in sport and in doing so provide one year support to women in their sport. The overall purpose of the programme is to promote and increase women's sustained involvement in sport as coaches, volunteers, club members, athletes, advocates, leaders, and participants and help create female role models to empower other women to become involved in a sport within the university and its wider community.

Participants of the programme will be provided with a suite of training and education supports of which they will have to complete a minimum of 8 core and elective modules within an agreed timeframe. The training programme will be tailored to suit the availability of candidates.

A number of national governing bodies acting as delivery agents for sport and physical activity for Sport Ireland are involved in the roll out of a number of elective coaching modules. Below is a link showcasing what the programme can offer.

<https://www.youtube.com/watch?v=4FNmFSgkkdE>

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

Name of core programme:	GAGA Secondary school
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Dance Fitness
Partners (if any):	Mercy Beaumont secondary school
Age group:	Teenage girls
Gender:	Girls
Date/time and location:	Monday, 8.50pm, Mercy Beaumont
Estimated Number of Programme Participants (NB: per session):	25
Programme Start Date:	13 th September
Programme End Date:	6 th December

Marathon Kids 2021

Marathon Kids Ireland is an 8-week educational, health and wellbeing program for primary school students. The programme 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 the North Central area the Marathon Kids programme continue in schools throughout October/ early November. 600+ students registered from the 6 primary schools in NCA to partake in 2021.

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

NORTH CENTRAL AREA SEPTEMBER/OCTOBER HIGHLIGHTS

Underactive Adults October/November 2021:

Name of core programme:	Over 55's Fitness and Flexibility
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Fitness and flexibility
Partners (if any):	HSE
Age group:	Active retired
Gender:	Men
Date/time and location:	Tuesdays, 10.30am, Artane Beaumont Family Recreation centre
Estimated Number of Programme Participants (NB: <u>per session</u>):	20
Programme Start Date:	19 th Oct
Programme End Date:	21 st Dec

Name of core programme:	Get Dublin Walking
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Walking
Partners (if any):	Collaboration with other NCA Sports Officer
Age group:	Adults
Gender:	Mixed
Date/time and location:	Mondays & Wednesdays, 11am, Edenmore Park
Estimated Number of Programme Participants (NB: <u>per session</u>):	20
Programme Start Date:	18 th May
Programme End Date:	Ongoing

Name of core programme:	Get Dublin Walking
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Walking
Partners (if any):	Artane Coolock FRC
Age group:	Adults
Gender:	Mixed
Date/time and location:	Mondays 10am, McCauley Park
Estimated Number of Programme Participants (NB: <u>per session</u>):	20
Programme Start Date:	20 th September
Programme End Date:	Ongoing

Name of core programme:	Couch to 5km
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Running/walking
Partners (If any):	Athletics Ireland
Age group:	Adults
Gender:	Mixed
Date/time and location:	Thursdays, 10am Maypark in Donnycarney
Estimated Number of Programme Participants (NB: <u>per session</u>):	20
Programme Start Date:	14 th October
Programme End Date:	2 nd December

Name of core programme:	Boules Demonstration and games
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Boules/Petanque
Partners (If any):	Irish Petanque Association
Age group:	All
Gender:	Mixed
Date/time and location:	16 th October at 2pm in Rockfield Park
Estimated Number of Programme Participants (NB: <u>per session</u>):	30-40
Programme Start Date:	16 th October
Programme End Date:	16 th October

School Programmes October/November 2021

Name of core programme:	Futsal in the Yard
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Football
Partners (If any):	FAI
Age group:	1 st to 4 th class
Gender:	Girls
Date/time and location:	30 th September. Scoil Ide GNS, Kilmore
Estimated Number of Programme Participants (NB: <u>per session</u>):	4 classes Approx. 100 participants in total
Programme Start Date:	30 th September
Programme End Date:	Ongoing

Name of core programme:	Dance - St Brendan's BNS
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Dance
Partners (If any):	
Age group:	Primary children
Gender:	Boys
Date/time and location:	TBC – 1 hour sessions
Estimated Number of Programme Participants (NB: <u>per session</u>):	50 (2 classes)
Programme Start Date:	Start mid - Oct
Programme End Date:	End mid- Nov

Older Adult Programmes October/November 2021

Name of core programme:	Men's Over 55s Walking football Event
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Football
Partners (if any):	FAI
Age group:	Over 55
Gender:	Male
Date/time and location:	3 rd Nov Wednesday Oscar Traynor Pitches 1 - 3pm

Name of core programme:	Walking Football
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Football
Partners (if any):	FAI
Age group:	Active retired
Gender:	Men
Date/time and location:	Wednesdays, 2pm, Rockfield Park

Name of core programme:	Northside Aqua Programme
Description of programme activity	Aqua Aerobics
Age group:	55 plus
Gender:	Predominantly female woman but open to all
Date/time and location:	Thursday 11.15 to 12.15 Coolock Pool

Name of core programme:	Aqua Aerobics
Description of programme activity:	Swimming/Aqua aerobics
Age group:	Older Adults
Gender:	Mixed
Date/time and location:	Tuesdays 2.15pm in Coolock pool

Name of core programme:	Walking Football Tournament
Description of programme activity :	Walking Football
Partners (if any):	FAI and other sports officer
Age group:	Older Adults
Gender:	Men
Date/time and location:	3 rd November at 2.00pm in Oscar Traynor pitches

Name of core programme:	Digital Inequalities
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Online exercise classes targeting clients with COPD
Partners (if any):	HSE
Age group:	Older Adults
Gender:	Mixed
Date/time and location:	Numerous sessions for 8 weeks

Health and Improvement in the Community October/November 2021

Name of programme:	Men on the Move
Description of programme activity	Men only Health & Wellbeing programme including exercise classes & nutrition and mental health workshops
Partners (If any):	HSE
Age group:	Adults
Gender:	Male
Date/time and location:	Coolock: Glin Rd Sports Hall Tuesday & Friday 11am

Sport inclusion & Integration Programmes October/November 2021 (Citywide)

Participants in the following programmes include those from the North Central Area:

Name of programme:	Walking Football
Description of programme activity	Walking football for people with Alzheimer's
Partners (If any):	FAI
Age group:	Older Adult
Gender:	Male
Date/time and location:	Wednesday 11am Finglas
Programme Start Date:	29/09/2021
Programme End Date:	20/10/2021

Name of programme:	Inclusive Physical Activity
Description of programme activity	Circuit training for adults with intellectual disability
Partners (If any):	St Michael's House
Age group:	Adult
Gender:	Mixed
Date/time and location:	Tuesday 12pm Glin Road
Programme Start Date:	28/09/2021
Programme End Date:	12/10/2021

Name of programme:	Learn to Cycle
Description of programme activity	Learn to Cycle for Children with disabilities
Partners (If any):	Will Morris
Age group:	U 10
Gender:	Mixed
Date/time and location:	Tuesdays, 3.30pm, Crumlin
Programme Start Date:	14/09/2021
Programme End Date:	19/10/2021

Name of programme:	Roll & Stroll
Description of programme activity	Inclusive Walking Programme
Partners (if any):	
Age group:	Mixed
Gender:	Mixed
Date/time and location:	Tuesday, 1pm, Eamonn Ceannt Park, Crumlin
Programme Start Date:	05/10/2021
Programme End Date:	09/11/2021

Name of programme:	Sport Inclusion & Disability Awareness Training
Description of programme activity	Set up of inclusive section in St Vincent's GAA Club
Partners (if any):	
Age group:	Mixed
Gender:	Mixed
Date/time and location:	Wednesday, 7pm, Marion (taking place online)
Programme Start Date:	06/10/2021
Programme End Date:	06/10/2021

Name of programme:	Fit For All Week
Description of programme activity	Inclusive Activities across our gyms & leisure centres (TBC)
Partners (if any):	DCC Gyms and Leisure Centres
Age group:	Mixed
Gender:	Mixed
Date/time and location:	Citywide
Programme Start Date:	11/10/2021
Programme End Date:	17/11/2021

Name of programme:	Inclusive Boxing
Description of programme activity	Inclusive Boxing for Children with Disabilities
Partners (if any):	Enable Ireland
Age group:	Children
Gender:	Mixed
Date/time and location:	Tuesday, 9.30am, Enable Ireland Sandymount
Programme Start Date:	02/11/2021
Programme End Date:	23/11/2021

General:

Training October/November 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.
- In 2021 Dublin City Sport & Wellbeing Partnership was 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 has completed its Xcessible training to support the application and training has also recently been completed by the DCSWP Board.
- First Aid Training will take place in the Edenmore area aimed at adults in the coming weeks in the North Central area.
- Online Nutrition classes for groups in the Edenmore area are also in the planning stages

Co-Funded Programmes October/November 2021

Athletics in the Community

Athletics and DCSWP Officers continue to support the Marathon Kids programme aimed at primary school children at 4th – 6th class level. The Marathon Kids initiative aims to support young people to complete a marathon over an 8-week period of weeks. Completion of the last mile has taken place in Morton Stadium in the past but due to restrictions the final mile in November. Athletics Officers are also supporting DCSWP Officers in the delivery of Couch to 3, 5k walking and running programmes and the Daily Mile programme across the city in the next few weeks.

Boxing in the Community

The Startbox IABA programme has encouraged young boxers in communities in the Dublin City area to take up the sport, have some fun and discover and hone their skills through the Startbox, Bronze, Silver and Gold programme.

Startbox programmes in the North Central area continue in the following schools over the next period:

- 8 week TY Boxing programme (target group 15 to 17 years)
 - The Donahie's (Donaghmede)
 - St. Paul's (Raheny)
 - St. David's (Artane)

- 4 week primary schools programme (target group 7 – 12 years)
- St. Francis's (Priorswood)
- St. Eithne's (Edenmore)

Cricket in the Community (Citywide)

- Schoolyard, Tape Ball and Street Cricket sessions continue in all areas.
- U11 Boys and Girls Cricket sessions continue in Railway Union Sports Ground (Citywide)

Football in the Community

- Futsal in The Yard 6 week schools programme 7-11 year old boys and girls – 5 Schools 500 kids (Scoil Fhursa, Scoil Ide, St David's, Greenlanes & St Joseph's CBS)
- Sports Fest Taster sessions 11-13 year olds boys and girls (Ellenfield Park and Clontarf)
- Scoil Fhursa School Football Fitness Sessions 12 year olds 40 Boys (Kilmore)
- Walking Football Over 55's men 30 adults (Artane and Priorswood)
- UEFA Disney Play Makers Blitz 5-8 year old girls 50-75 girls (Kilmore)
- Coach Education Academy 4-6 year olds 30 Male/Female (DCC North Central coaches)
- Coach Education PDP1 6-9 year olds 30 Male/Female (DCC North Central coaches)
- Coach Education Safe Guarding 1 30 Male/Female (DCC North Central coaches)

Rugby in the Community

- School Rugby programmes continue in secondary schools in the Artane/Killester/Clontarf and Whitehall area targeted at 1st and 2nd year level.
- The Darndale Our Lady Immaculate Tag Rugby programme in in the planning stages aimed at primary schools in the area. .
- The Children Coaching Awards for new coaches will take place in Clontarf RFC on 24th October

Rowing in the Community

- Citywide school programmes have now resumed following the return to education.

CONTACT DETAILS

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Date: 7th October, 2021.

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