

**The Chairman and Members of
North West Area Committee.**

Meeting: 16th November 2021

Item No: 10

DCSWP HIGHLIGHTS EVENTS AND PROGRAMME

Please note that indoor activities, sporting activities and initiatives have now resumed and will be delivering indoor and outdoor programmes strictly in adherence with Government and Sport Ireland Return to Indoor Sport advice/guidelines. Upcoming events DCSWP will be linking in with over the next period include:

19th November	Men's International Health Day
24th November	GAGA (Get All Girls Active) programme and GAGA Day
3rd December	International Day of Persons With Disabilities (DCSWP Sport Inclusion and Integration Officers to link to events)
5th December	International Volunteer Day
18th December	International Migrants Day

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 Hub (Undergoing Review) : dcwsphub.ie

Marathon Kids

The Marathon Kids programme is targeted at 4th, 5th and 6th class pupils and continues over the next period. Students in North West area are currently running, jogging or walking at an assigned distance each week over the 8 weeks. Schools participating in Marathon Kids from: St Canice's Girls National School, Sacred Heart Boys National School, Mother of Divine Grace National School, Gaelscoil Uí Earcain are participating in the project.

North West Area Highlights:

Poppintree Couch to 5k Running/Walking Programme every Wednesday in Poppintree Park from 10.30am.

Ballymun Walking Group every Thursday from 10.30 – 11.30am in Poppintree Park.

Spina Bifida Hydrocephalus Ireland Disability Sports programme every Tuesday in Poppintree Sports & Fitness Centre.

Trinity Comprehensive Ballymun Basketball 8-week programme aimed at mixed teens.

The 'Gaelic 4 Ma's' Beginners GAA programme is a DCSWP initiative seeking to engage or re-engage under active women over the age of 21 with Gaelic Football. The programme is delivered in DCC's Finglas Sports & Fitness Centre every Tuesday evening from 6-7pm and new members are welcome. The programme runs up to Dec 14th.

GAGA – Get All Girls Active

In the North West area the GAGA programme has recommenced in Trinity Comprehensive Ballymun aimed at teenage girls age 13-16 years. The programme will lead into a designated

GAGA day on 24th November where we will be promoting GAGA associated events and activities on our social media channels
Health Improvement in the Community

Name of core programme:	Digital Inequalities
Description of programme activity eg: 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
Programme Start Date:	19 th October
Programme End Date:	7 th December

Training November/December 2021 include Safeguarding 1, 2 & 3 and CARA Xcessible Award

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Sports Inclusion Disability Awareness Training Online training course to promote awareness of people with disabilities in sport and PA
Age group:	18+
Gender:	mixed
Date/time and location:	2 nd December online
Estimated Number of Programme Participants (NB: <u>per session</u>):	24
Programme Start Date:	2/12/21
Programme End Date:	2/12/21

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Disability Inclusion Training Online training course for coaches/leaders to develop skills to include individuals with disabilities in sports
Age group:	18+
Gender:	mixed
Date/time and location:	Wednesday 8 th December Fatima
Estimated Number of Programme Participants (NB: <u>per session</u>):	20
Programme Start Date:	Wednesday 8 th December
Programme End Date:	Wednesday 8 th December

Co-Funded Programmes November/December 2021

Athletics

Athletics and DCSWP Officers continue to support the Marathon Kids programme. Startbox programmes continue in the following North West area schools St, Kevin's, Finglas St. Canice's, Finglas Virgin Mary's Ballymun, Our Lady of Victory Ballymun, North Dublin National School Project Glasnevin, St. Josephs Poppintree, and Holy Child Whitehall. A

start box programme is also being rolled out in Carton Road for teenage members of the travelling community.

Cricket

Name of core programme:	Schoolyard Sessions
Description of programme activity	Cricket- St Brigid's GNS
Age group:	7-13
Gender:	Female
Date/time and location:	Tuesdays 10.00pm-12.00pm, Finglas
Estimated Number of Programme Participants (per session):	43
Programme Start Date:	Tuesdays Mid November – Mid December
Programme End Date:	Tuesdays Mid November – Mid December

Name of core programme:	Schoolyard Sessions
Description of programme activity	Cricket- Mother of Divine Grace
Age group:	7-13
Gender:	Female
Date/time and location:	Tuesdays 1.00pm-2.30pm, Finglas
Estimated Number of Programme Participants (per session):	90
Programme Start Date:	Tuesdays Mid November – Mid December
Programme End Date:	Tuesdays Mid November – Mid December

Football

Name of programme:	Late Night League
Description of programme activity	Late night Social Inclusion Football
Partners (If any):	Garda
Age group:	13-16
Gender:	Mixed
Date/time and location:	Every Friday 9-11pm Trinity Comprehensive
Programme Start Date:	12 th November
Programme End Date:	10 th December

Name of programme:	Player Development Pathway Level 1
Description of programme activity	Coach Education
Partners (If any):	Trinity Comp TY & Leaving Cert Students
Age group:	16-18 yr olds
Gender:	Mixed
Date/time and location:	12 th November 9.30-3pm Trinity Comprehensive
Programme Start Date:	12 th November
Programme End Date:	12 th November

Rugby

School programmes ongoing in the North West area. For full details the local DCSWP Rugby Officer Juliet Short can be contacted. Details below.

Rowing

Primary and Secondary Get Going Get Rowing School programmes. Rowing based leadership and coaching programme for TY students. After completing a coaching course, the TY students coach rowing to a younger year group for minimum three weeks

CONTACT DETAILS

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