



25th November, 2021.

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

Meeting: 13th December 2021

Sports & Wellbeing Partnership Report

Delivery of indoor DCSWP sporting activities continue across the city strictly in adherence with current Government and Sport Ireland Indoor Sport advice/guidelines.

Communities in the North Central Area will also be supported by the development and delivery of outdoors initiative and via the DCSWP Virtual Hub. The re-development of the Hub continues and once finalised 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 **International Migrants Day on 18th December.**

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

Lord Mayor's 5 Alive Challenge 2022

The Lord Mayor's 5 Alive Challenge is back for 2022! Every year the challenge aims to inspire people to take up regular exercise and find the encouragement to stick to what may be a New Year's Resolution through to the end of March and beyond.

The 5 Alive challenge is to complete all 5 races and ultimately commit to taking part in regular physical activity. 400 people signed up for the virtual challenge in 2021 which meant participants could complete each challenge within the timeframe allowed in whatever location suited and most importantly in a safe environment.

Registration for the 2022 challenge went live on Wednesday 1st December and is being advertised across all communication platforms. The following races have been provisionally confirmed but remain subject to Covid restrictions. Races in red are TBC:

Date	Race
1 st January 2022	Tom Brennan Memorial 5k Phoenix Park
30 th January 2022	AXA Raheny 5 Mile Raheny
5 th February 2022	Garda / BHAA 2/4 Mile Cross Country Phoenix Park
20 th March 2022	Purple Run Phoenix Park
2 nd April 2022	DCC / BHAA 4 Mile St. Anne's Park Raheny

Change for Life 2022

Change For Life is one of DCSWP's flagship annual events bringing people across the city together since 2013 as they embark on an 8-week journey towards health and happiness. The CFL programme typically emulates the format of and is delivered in tandem with RTE's Operation Transformation. Aligning with the principles of OT greatly helps promotion of the programme on a local and community basis. Community spirit remained undaunted by recent challenges with over 2000 people registering to take part in for the 2021 online programme which was delivered via the DCSWP Virtual Hub and supported by Healthy Ireland/Sport Ireland. Regardless of age, gender or ability there was something for everyone including fitness classes, nutrition talks and weekly challenges.

Change for Life 2022 is currently in the planning stages and a full update will be provided in DCSWP's new year area reports.

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>

Cycling without Age Training Day & Launch

DCSWP alongside the DCC community Section organised and delivered Cycling without Age training to 15 sports staff and community officers at the Islandbridge Rowing Centre on 19th October. The training was delivered by Irish Founder of Cycling without Age Clara Clarke. It was an excellent training day where staff got to experience what it is like to cycle Trishaws and how to carefully look after the passengers who will use them.

It is envisaged that DCSWP sports staff will be able to become a train the trainer. DCSWP will then be in a position to recruit local volunteers to become qualified pilots and be in a position to bring Cycling without Age into communities and reach the most vulnerable and less mobile population by creating opportunities to accessible activity.

The initiative was officially launched during Inclusion & Integration Week by Lord Mayor of Dublin Cllr Alison Gilliland at the OPW War Memorial Gardens on 11th Nov. DCSWP staff acted as cycling pilots for the Lord Mayor and also present were students from the local St John of Gods special school and ladies from the Rialto Active Retirement Group. The project is co funded by Healthy Ireland, DCSWP and DCC Local Area offices.

DCSWP is responsible for the coordination, recruitment and delivery of the training to local volunteers. For more information email: sports@dublincity.ie

GAGE - Get All Girls Active

Get All Girls Active or 'GAGA' is DCSWP's core programme is dedicated to increasing opportunities for females to participate in sport and physical activity. Research has shown that teenage girls are at a higher risk of dropping out of sport and exercise than any other

demographic. Our dedicated programme recognises that we have a pivotal role to play in ensuring opportunities like this are provided to keep teenage.

Over the years the programme has culminated in a day-long celebration of women in sport. 'GAGA Day' is held to enable and inspire all girls to participate and engage in sport and physical activity through a range of new and existing programmes and events across the city. It is also supported by a strong online and social media presence on the day.

Our annual GAGA (Getting All Girls Active) event took place on Wednesday Nov 24th and once again DCSWP offered a wide & diverse schedule of activities taking place across the city, co-ordinated and delivered by our fantastic team of Sport Officers and our sport specific Co-funded Development Officers.

- GAGA Day 2022 highlights in the North Central area included a multi-sports event at Clontarf Pitches for two local primary schools encompassing tag rugby, soccer, athletics & ultimate Frisbee.

The GAGA initiative has evolved from initially being targeted at teenage girls (aged 12 – 15) to now engaging with females of all ages to encourage participation in sport & physical activity. From 2022 onwards, GAGA will move to a new March time-slot within the annual DCSWP calendar of programmes & events. This is to create an alignment with both International Women's Day and Women in Sport Week.

Ongoing North Central GAGA and Women in Sport Programmes:

Name of core programme:	GAGA Secondary school programme
Description of programme activity:	Dance Fitness
Partners	Mercy Beaumont secondary school
Age group:	Teenage girls
Gender:	Girls
Date/time and location:	Monday, 8.50pm, Mercy Beaumont
Estimated Number of Programme Participants per session:	25
Programme Start Date:	13 th September
Programme End Date:	20 th December

Under active Adult North Central Area Programmes:

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: per session):	20
Programme Start Date:	18 th May
Programme End Date:	20 th December

Name of core programme:	Get Dublin Walking
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Walking
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:	20 th December

Name of core programme:	Boules Sessions
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:	Rockfield Park 2pm
Estimated Number of Programme Participants (NB: <u>per session</u>):	30-40
Programme Start Date:	4 th November
Programme End Date:	2 nd December

North Central Area School Programmes:

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

Outside School Initiatives

Name of core programme:	Afterschool Fundamental Fitness- Primary school
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Physical activity
Partners (If any):	St John of Gods GNS, Artane
Age group:	Children
Gender:	Girls
Date/time and location:	9 th November/1.30pm-3.30pm. St John of Gods GNS, Artane
Estimated Number of Programme Participants <u>per session</u>:	50
Programme Start Date:	9 th November 2021
Programme End Date:	14 th December 2021

Name of core programme:	Afterschool Fundamental Fitness-Primary school
Description of programme activity:	Physical activity
Partners:	Our Lady of Consolation, Donnycarney
Age group:	Children
Gender:	Girls
Date/time and location:	11th November/1.30pm-3.30pm. Our Lady of Consolation, Donnycarney
Estimated Number of Programme Participants per session:	50
Programme Start Date:	11th November 2021
Programme End Date:	16 th December 2021

North Central Area Older Adult Programmes (age 55+ years)

Name of core programme:	Aqua Aerobics
Description of programme activity:	Swimming/Aqua aerobics
Gender:	Mixed
Date/time and location:	5 th Oct 2.15pm in Coolock pool
Estimated Number of Programme Participants per session:	30
Programme Start Date:	5 th Oct 2021
Programme End Date:	21 st Dec

Name of core programme:	Over 55's Fitness and Flexibility
Description of programme activity:	Fitness and flexibility
Partners:	HSE
Age group:	Active retired
Gender:	Men
Date/time and location:	Tuesdays, 10.30am, Artane Beaumont Family Recreation centre
Estimated Number of Programme Participants per session:	20
Programme Start Date:	19 th Oct
Programme End Date:	21 st Dec

Name of core programme:	Older Adults Chair Exercise Programme
Description of programme activity:	Senior Citizens Chair Exercise Programme.
Partners:	St Gabriel's Community Centre Hall, Clontarf
Age group:	60-85
Gender:	Mixed
Date/time and location:	This programme will take place from November 9th next in St Gabriel's Community Centre Hall, Clontarf. It will run from 11am-12pm every second Tuesday until Christmas.
Programme Start Date:	November 9 th
Programme End Date:	December 14 th

Name of core programme:	Walking Football (Ongoing)
Description of programme activity	Adapted Football
Partners (if any):	FAI
Age group:	Active retired
Gender:	Male
Date/time and location:	Wednesdays, 2pm, Rockfield Park

Name of core programme:	Aqua Aerobics (Ongoing until end of 2021)
Description of programme activity:	Swimming/Aqua aerobics
Age group:	Older Adults
Gender:	Mixed
Date/time and location:	Tuesdays 2.15pm Thursdays 11.15 in Coolock pool

Name of core programme:	Chair Aerobics
Age group:	Older Adults
Gender:	Mixed
Date/time and location:	12 th November at 2pm in Kilmore Recreation centre
Estimated Number of Programme Participants per session	20
Programme Start Date:	12 th November 2021
Programme End Date:	17 th December 2021

Name of core programme:	Chair Aerobics
Age group:	55 plus
Gender:	Woman
Date/time and location:	Every Wed at 10.30 am Priorswood Pastoral Centre
Estimated Number of Programme Participants per session:	20
Programme Start Date:	Ongoing
Programme End Date:	22 nd December

Name of core programme:	Clonshaugh Men's Group
Description of programme activity:	Walking Football
Partners	FAI
Age group:	Over 55
Gender:	Men
Date/time and location:	27 th Sept 10am Glin Road sports hall
Estimated Number of Programme Participants per session:	14
Programme Start Date:	27 th Sept
Programme End Date:	20 th Dec

Name of core programme:	Chair Fit Clontarf
Age group:	Over 55
Gender:	Mixed

Date/time and location:	Commencing Tuesday January 4 th 2022 in St. Gabriel's Community Centre, Clontarf
Estimated Number of Programme Participants per session:	20-30 in total (pending restrictions)
Programme Start Date:	Tuesday January 4th
Programme End Date:	Ongoing

North Central Area Youth At Risk programmes:

DCSWP core programme aimed at providing sport and physical activity outlets for young people age 10-21 years. In the North Central area the following Youth programmes are ongoing in partnership with local Youth Services:

Name of core programme:	Ice skating Sessions
Partners (If any):	Local Youth Projects across the NCA
Age group:	Children
Gender:	Mixed
Date/time and location:	TBC Various sessions
Estimated Number of Programme Participants per session:	50 (approx.)
Programme Start Date:	Dec 2021
Programme End Date:	Jan 2022

Name of core programme:	Jump zone sessions
Description of programme activity:	Multi- activities
Partners	Local Youth Projects
Age group:	Children
Gender:	Mixed
Date/time and location:	TBC- Various sessions
Estimated Number of Programme Participants per session:	40
Programme Start Date:	Dec 2021
Programme End Date:	Jan 2022

North Central Area Mental Health Initiative:

Name of core programme:	Woodland for Health
Description of programme activity:	Walking group – Mental health
Partners:	Coilte/ Integration SO/ Mental health Ireland
Age group:	Adults
Gender:	Mixed
Date/time and location:	3 rd Dec 10am Different locations weekly
Estimated Number of Programme Participants per session:	12
Programme Start Date:	3 rd Dec 2021
Programme End Date:	4 th Feb

Citywide Programme Highlights December 2021:

Health Improvement in the Community

Programmes outlined below conclude in December for the Christmas period and will resume in January 2022 pending Covid-19 public health restrictions.

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:	HSE
Age group:	Adults
Gender:	Male
Date/time and location:	Rialto: F2 Centre Rialto Wednesday 10am

Name of programme:	Mountain View Mental Health.
Description of programme activity	Women only exercise programme (referral only through HSE)
Partners:	HSE
Age group:	Adults
Gender:	Female
Date/time and location:	Mountain View Cherry Orchard Wednesday 10am

Name of programme:	Chapelizod Men on the Move Mental Health.
Description of programme activity	Men only exercise programme (referral only through HSE)
Partners:	HSE
Age group:	Adults
Gender:	Male
Date/time and location:	Wednesday 11am
Programme Start Date:	September 1 st
Programme End Date:	December 15 th

Name of programme:	Fatima Fit
Description of programme activity	Chair aerobics exercise class
Partners:	HSE
Age group:	Older adults 55+
Gender:	All
Date/time and location:	F2 Centre Rialto Tuesday 11am
Programme Start Date:	September 21 st
Programme End Date:	December 14 th

Name of programme:	Fatima Women's Wellbeing
Description of programme activity	Pilates exercise class for women
Partners:	HSE, Fatima Groups United
Age group:	Adults
Gender:	Female
Date/time and location:	F2 Centre Rialto Wednesday 11am

Name of programme:	Men's Health Labre Park
Description of programme activity:	Health & Exercise programme for Traveller men from Labre Park, Ballyfermot
Partners:	HSE, BP Partnership
Age group:	Adults
Gender:	Male
Date/time and location:	TBC

Name of programme:	Heads Up
Description of programme activity	Holistic Mental Health & Exercise programme for men experiencing mental health difficulties
Partners:	HSE, BP Partnership
Age group:	Adults
Gender:	Male
Date/time and location:	Ballyfermot, Rialto, Walkinstown

Name of programme:	Digital Equalities Citywide Project
Description of programme activity	Virtual pulmonary rehab exercise classes & Living Well programme (referral only through HSE)
Partners (If any):	HSE
Age group:	Adults
Gender:	All

Sport Inclusion & Integration in the Community

Name of core programme:	Sports Ability
Description of programme activity:	Adapted Rowing: Rowing for individuals with Disabilities
Partners:	DCC Rowing Centre
Age group:	18+
Gender:	Mixed
Date/time and location:	Thursdays 1.30-3.30pm Islandbridge (To conclude in December)

Description of programme activity:	Fun Fitness –fundamental movement skills programme for children with disabilities
Age group:	6-9yrs
Gender:	Mixed
Date/time and location:	Monday 1 st November 6pm-7pm Ballyfermot leisure centre
Programme Start Date:	Monday 1 st November
Programme End Date:	Concluding In December 2021

Name of core programme:	Sports Ability
Description of programme:	Walking Programme Walking programme to develop and maintain fundamental movement skills in older adults & people with Disabilities
Age group:	All ages
Gender:	Mixed
Date/time and location:	Tuesdays 1-2pm Eamon Ceannt park
Programme Start Date:	22 nd September
Programme End Date:	Dec 2021

NAME OF CORE PROGRAMME:	Autism Fundamental Programme
DESCRIPTION OF PROGRAMME:	Fun Fitness 6 Week Autism Fundamental Programme targeting 6 to 8 year olds in Ballyfermot area Programme being delivered by Leisure Centre staff with support from Sports Officer and SIOs
PARTNERS:	Sports and Fitness Ballyfermot
TARGET AGE GROUP:	Children (6 to 8 years)
GENDER:	Mixed
DATE/TIME AND LOCATION:	Sports and Fitness Centre Ballyfermot commenced 1 st November 6pm
Programme End Date:	Mid December 2021

North Central Area Co-Funded Programmes December 2021/January 2022

A full report on co-funded activities, which are currently in the planning stages, will be provided in the January 2022 report. Programmes reported on in the November report will continue until mid-December.

CONTACT DETAILS

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