

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

DECEMBER 2021



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 Central Area will also be supported by the development and delivery of outdoor initiatives 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.**

Please note that programmes for January 2022 remain in the planning stages. A comprehensive report on DCSWP activities will be provided in the January 2022 report.

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

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=4FNmFSgkklE>

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 Islandbride 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

GAGA - 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 girls active and develop life-long habits.

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. Citywide events included a multi-sports event at Clontarf Pitches for local primary schools encompassing tag rugby, soccer, athletics & ultimate Frisbee.

- In the Central Area Gaga day highlights included a Dance Fitness event in St. Mary's secondary school, Glasnevin.

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.

CENTRAL AREA HIGHLIGHTS

Older Adult Programmes:

Name of core programme:	Forever fit - Activator pole classes
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Initiative focussed on improving mobility and better balance. Currently outdoors but indoors following easing of restrictions in adherence with guidelines.
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Ongoing Tuesdays at 2pm / John Paul Park

Name of core programme:	Forever fit - Move For Health
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Initiative focussed on supporting older adults recovering from injury.
Partners:	HSE North Strand Primary Care
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Ongoing Thursdays at 10am in Ballybough Fitness Centre
Name of core programme:	Go For Life Games
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Programme involving multiple sports/games which take part in a sociable and non-competitive environment
Partners:	Clonliffe Older Adults Group and Ierne Sports & Social
Age group:	Older adults
Gender:	Mixed
Date/time and location:	January 2022. Dates and times TBC

Underactive Adults

Name of core programme:	Hills/Trailwalking
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Challenge that will sustain local walking groups in the Central area. The walks are also beneficial for participants experiencing mental health issues
Partners:	Ballyfermot Adventure Centre
Age group:	Inactive adults
Gender:	Mixed
Date/time and location:	Commencing 12 th January 2022 in various locations

Central Area Young People At Risk Programmes (10-21 Years)

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

Name of core programme:	Youth Fit Ice Skating
Partners:	Local Central area Youth Services (Swan, NEIC, Bradóg Belvedere, Eastwall) and Secondary Schools
Age group:	Teenagers
Gender:	Mixed
Date/time and location:	TBC
Estimated Number of Programme Participants per session:	#300 in total across multiple sessions
Programme Start Date:	Dec 2021
Programme End Date:	Jan 2022

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 Update (Citywide)

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Adapted Rowing: Rowing for individuals with Disabilities
Partners (If any):	DCC Rowing Centre
Age group:	18+
Gender:	mixed
Date/time and location:	Thursdays 1.30-3.30pm Islandbridge
Estimated Number of Programme Participants (NB: per session):	8
Programme Start Date:	16 th September
Programme End Date:	Dec 2021

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Table cricket for children with physical disabilities
Partners (If any):	Leinster Cricket
Age group:	11-17yrs
Gender:	Mixed
Date/time and location:	Tuesday 29 th November 9.30-11am Sandymount
Estimated Number of Programme Participants (NB: per session):	20
Programme Start Date:	Tuesday 29 th November
Programme End Date:	17 th December

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Ice skating for individuals disabilities
Age group:	11-17yrs
Gender:	mixed
Date/time and location:	1 st December until 6 th January 2021 9Blanchardstown
Estimated Number of Programme Participants (NB: <u>per session</u>):	60
Programme Start Date:	1 st December
Programme End Date:	6 th January 2021

Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Fun Fitness Fundamental movement skills programme for children with disabilities
Partners (If any):	
Age group:	6-9yrs
Gender:	Mixed
Date/time and location:	Monday 1 st November 6pm-7pm Ballyfermot leisure centre
Estimated Number of Programme Participants (NB: <u>per session</u>):	10
Programme Start Date:	Monday 1 st November
Programme End Date:	17 th December

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Inclusive walking programme
Partners (If any):	DCC North Central area Office and community officers
Age group:	18yrs plus
Gender:	Mixed
Date/time and location:	Fridays, Donaghmeade Park
Estimated Number of Programme Participants (NB: <u>per session</u>):	10
Programme Start Date:	Friday 28 th November
Programme End Date:	17 th December

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Inclusive Boules programme for adults with & without Disabilities
Partners (If any):	
Age group:	18yrs plus
Gender:	Mixed
Date/time and location:	Thursdays 10am Donaghmeade Park
Estimated Number of Programme Participants (NB: <u>per session</u>):	15

Programme Start Date:	Thursday 11 th November
Programme End Date:	17 th December

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Adapted TY Physical Activity programme: Empowering TY students to develop community based Physical activity sessions for individuals in the community with disabilities
Partners (If any):	
Age group:	16+
Gender:	Mixed
Date/time and location:	14 th & 21 st January Dominican college, Griffith Ave secondary school Wednesday 19 January 2021 Rathgar secondary school
Estimated Number of Programme Participants (NB: per session):	120
Programme Start Date:	January 21
Programme End Date:	January 21

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Woodlands for health: Walking programme, in costal walkways and Dublin mountains for individuals with mental health challenges
Partners (If any):	HSE, Coilte
Age group:	18+
Gender:	Mixed
Date/time and location:	3 rd December
Estimated Number of Programme Participants (NB: per session):	24
Programme Start Date:	3/12/21
Programme End Date:	January 2021

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Boccia & New Age Kurling For adults with Intellectual Disabilities in St. Michaels House
Partners (If any):	
Age group:	18+
Gender:	Mixed
Date/time and location:	Thursdays Adare Green, Coolock
Estimated Number of Programme Participants (NB: per session):	8-10

Programme Start Date:	November 21
Programme End Date:	17 th Dec 2021

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Adapted Dance For adults with Intellectual Disabilities
Partners (If any):	
Age group:	18+
Gender:	Mixed
Date/time and location:	Mondays 11am Sports & Fitness Ballymun
Estimated Number of Programme Participants (NB: per session):	8-10
Programme Start Date:	November 21
Programme End Date:	20 th Dec 2021

Central Area Co-Funded Programmes December 2021/January 2022

A full report on co-funded activities (Athletics, Boxing, Cricket, Rowing, Rugby) 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.

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 is 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.

CONTACT DETAILS :

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