

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

Meeting: 17<sup>th</sup> January, 2022.

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### **Sports & Wellbeing Partnership Report – January, 2022.**

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DCSWP's strategic mission is to provide opportunities for all people across our communities to get involved in sport and physical activity regardless of age, gender or ability. Delivering on that vision and goal has been challenging in recent times due to Covid-19 but has also presented new opportunities to deliver events and programmes in different and innovative ways and this evolution will continue into 2022.

- **Operation Transformation Walk 2022: Covid-19 Update:** DCSWP is currently awaiting official advice and clarification on programme delivery to ensure the safety of participants. In view of the current public health situation and uncertainty around numbers etc. the decision has been made not to facilitate physical Operation Transformation walks in communities on 24<sup>th</sup> January. DCSWP will hopefully be in a position to support communities via the virtual couch to 2/3 and 5k in the next two weeks and as always will support and encourage communities via all communication channels.
- Indoor programmes will continue where possible and communities in the North Central Area will be supported through the delivery of outdoor initiatives, online programmes, the launch of the DCSWP Virtual Hub and general ongoing community supports.
- **Note:** Due to the Christmas Break work plans regarding all New Year programmes in the area were not possible to report on in detail for the January area report. What has been confirmed (pending restrictions) at the time of writing has been listed in the highlights section. A full activity report will be provided in the February area report.

Details on all programmes can be found by contacting officers/DCSWP admin staff on the contact details outlined at the end of the report or online at:

- 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](https://dcwsphub.ie) (official launch TBC in January).
- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)

### **New Year DCSWP Citywide Highlights:**

- Creative Residency In Sport Update (ongoing local initiative)
  - <https://www.dublincitycouncilculturecompany.ie/news/sport-meets-culture-as-creative-residency-in-arts-sports-wellbeing-artists-and-clubs-announced>
- Lord Mayor's 5-Alive challenge (January – March) Up next for the 2022 challenge will be the AXA Raheny 5 mile challenge in St. Anne's park on 30<sup>th</sup> January. (All races confirmed pending public health restrictions).
- Active Cities - (ongoing national Local Sports Partnership project).
- DCSWP Virtual Hub Official Launch - (Ongoing development, launch date TBC).
- First Quarter DCSWP Newsletter.
- Change For Life - (Underactive Communities) 8-week programme emulating Operation Transformation format in local communities. Details TBC
- Men on the Move multi-sport and mental health programmes.
- Women's multi-Sport and mental Health programmes.
- Women in Sport - Empowering Women through Sport and Physical Activity (see December report)
- Sports Ability – programmes focussed on individuals with physical, intellectual and sensory disabilities.
- Multi-sport school programmes 2022.
- Youth Fit Central area programmes focussing on young people age 10-21 years
- Linking in with National and International sport/health and wellbeing initiatives.
- Ongoing work around Governance in Sport Code.

### **New Year North Central Area Programme Highlights**

#### **Older Adults**

- The Walking Football males' active retired group programme will commence on 19<sup>th</sup> January and continue for the next period every Wednesday from 2pm in Rockfield Park, Artane. The programmes is delivered in partnership with North Central area FAI officers.
- The Fitness and Flexibility males' active retired group programme will commence on 18<sup>th</sup> January and continue for the next period every Tuesday from 10.30am in Rockfield Park, Artane. The programme is delivered in partnership with the HSE.

- Aqua Aerobic programmes will resume from 18<sup>th</sup> January and continue over the next period every Tuesday at 2.15pm in Coolock swimming pool.
- The Clontarf Chair Fit programme will resume from 25<sup>th</sup> January in St. Gabriel's Hall, Clontarf. This programme is aimed at mixed older adults' age 65-80 years.
- The Ballybough Chair Fit programme will resume from 25<sup>th</sup> January in Ballybough Youth and Fitness Centre. This programme is aimed at mixed older adults' age 65-80 years.

### **Underactive Adults/Communities**

- Get Dublin Walking Artane/Coolock – weekly walks commencing every Monday (from 17<sup>th</sup> January) at 10am in McCauley Park.
- Change for Life programmes in the NCA are TBC but will involve hybrid fitness programmes including walking, running and swimming.

### **Women in Sport/GAGA (Get All Girls Active)**

The GAGA multi-sport programmes will commence in the following NCA schools in January for a four week period:

- St Mary's Holy Faith, Killester from January 25<sup>th</sup> (Females age 14-16 years)
- St. Brigid's GNS, Killester from January 27<sup>th</sup> (Females age 8-12 years)

### **New Year DCSWP North Central Area Co-Funded Programmes**

A full report on co-funded activities (Athletics, Boxing, Cricket, Rowing and Rugby) will be provided in the February 2022 report. School programmes reported on in the November report will resume with details TBC.

### **Upcoming Training for 2022:**

- Online Safeguarding Training to support compliance in local clubs and organisations Safeguarding 2 & 3 delivered on an on-demand basis.
- Disability & Inclusion and Autism in Sport training programmes delivered in partnership with CARA.
- First Aid/PHECC (pre-hospital emergency care training for adults in the community).

**CONTACT DETAILS:**

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