

To the Lord Mayor, chairperson &

members of the North Central Area Committee

Sports & Wellbeing Partnership

North Central Area Committee Dublin City Sport & Wellbeing Partnership Report April 2022



Following the lifting of Covid-19 restrictions in late January physical delivery of all Dublin City Sport & Wellbeing Partnership programmes and events continues.

Linking with National Events

Over the next few weeks DCSWP will be linking on with the following major events. Programmes and initiatives in the North Central Area will run in tandem with national and international events across communities and will be promoted across all social media platforms.

Date	Event
April/May	Active Schools Week 2022 *DCSWP Active Schools Week programmes to take place in late April/early May to support school timetables.
29th April	Workplace Wellbeing Day
5th May	Inter-school rowing Blitz in Grand Canal Dock in partnership with DCSWP Rowing Officer/Rowing Ireland
1st – 31st May	Bealtaine Festival (DCSWP to support through promotion of ongoing Older Adult programmes) Partners: Age & Opportunity & HSE

The launch of DSWP's Virtual HUB

The official launch of the DCSWP Virtual HUB remains TBC. The HUB was initially created to support virtual deliver of the 2021 Change for Life programme and over the past 12 months has undergone development in partnership with Titan Experience. While the Hub will be an invaluable resource in terms of enhancing service delivery, it will not replace face to face programmes in communities. Its purpose will be to promote the work we do, provide up to date information and give platforms to programmes while linking to all DCSWP social media platforms.

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](#)
- Facebook: [DublinCitySportandWellbeing](#)
- Instagram: [@dublincitysportandwellbeing](#)
- Dublin City Sport & Wellbeing Partnership Virtual Hub: [dcwsphub.ie](#) (official launch TBC in January).
- Email: sports@dublincity.ie

Return to Sport and Physical Activity Grant 2022

Sports clubs and community groups operating within the administrative area of Dublin City Council have been invited to apply for financial assistance to cover costs associated with a full return to sport and physical activity after the lifting of restrictions. The grant is funded by Sport Ireland and administered by the Dublin City Sport & Wellbeing Partnership.

The grant was advertised on Tuesday 1st March and the closing date for applications was Monday 21st March. 95 applications were received from local clubs in total for 2022

Grant information and advice can be found on the DCSWP page on the main DCC website:

<https://www.dublincity.ie/residential/sports-and-leisure/dublin-city-sport-wellbeing-partnership>

The Sport For Young People Club Small Grant Scheme will be advertised in the coming months.

North Central Area Programme Highlights April

Older Adults

- The Walking Football males active retired group programme continues for the next period every Wednesday from 2pm in Rockfield Park, Artane and Monday from 10am in Priorswood Park, Coolock. Programmes are delivered in partnership with North Central area FAI Football Development Officers.
- The Fitness and Flexibility males active retired group programme will 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 continue over the next period every Tuesday at 2.15pm and Thursday at 11.15am in Coolock swimming pool. This programme is aimed at older adults age 55+ years. (mixed).
- The Priorswood Pastoral Chair Aerobics programme continues every Wednesday from 10.30am in Priorswood Pastoral Centre (mixed).

- The Clontarf Chair Fit programme continues in St. Gabriel's Hall, Clontarf. This programme is aimed at older adults age 65-80 years (mixed).
- The Ballybough Chair Fit programme continues in Ballybough Youth and Fitness Centre. This programme is aimed at older adults age 65-80 years (mixed).
- The Older Adult Badminton programme is aimed at Active retirement groups in the Artane area (males). The programme is delivered in Artane Beaumont Family Recreation Centre every Tuesday from 10am.

Thrive – Adults with Mental Health Difficulties

The Woodland for Health walking programme is targeted at adults with mental health difficulties age 18+ years (mixed). Walks continue place in various locations NCA every Thursday from 10am. The programme will conclude with a final walk in Howth in the coming weeks.

Sport Inclusion and Integration Update

- The Sports Ability Football For all programme is delivered in partnership with the NCA Football Development Officer and DCSWP Sports Officers. The programme is targeted at adults (mixed) from St. Michael's House in the Santry area and is delivered in Poppintree Sports & Fitness Centre every Thursday from 11.30-12.30pm.
- The Sports Ability Zumba For all programme is targeted at adults (mixed) from St. Michael's House in the Santry area and is delivered in Poppintree Sports & Fitness Centres every Monday from 11am – 12pm.
- The Sports Ability Boxing for young people with a visual impairment takes place every Thursday in Drumcondra from 11.30am.
- The Citywide Sports Ability Gym programme for adults with an intellectual disability (mixed) will be delivered every Wednesday at 12 noon in Trinity College, Dublin over the next period.

Underactive Adults/Communities

- The Get Dublin Walking programme is targeted at adults (mixed). In Artane/Coolock the programme continues every Monday at 10am in McCauley Park, in Edenmore every Monday and Wednesday at 11am in Edenmore Park and in Ellenfield Park, every Thursday from 10am.
- The Change For Life Dance and Yoga programme is targeted at older adults age 55+ years (mixed). This programme will be delivered every Thursday in the Artane/Beaumont Recreation Centre.
- The Change For Life Boxercise and Yoga programme is targeted at adults age 18+ years (mixed). The programme will be delivered every Tuesday from 7pm in the Artane/Beaumont Family Recreation Centre.
- Couch to Parkrun 5k programmes have resumed and are delivered in partnership with Athletics Ireland. In the NCA the Couch to Parkrun programme is delivered every Monday from 12.30pm in Maypark, Donnycarney. The programme is targeted at adults age 18+ years (mixed). The eight week programme supports participants to take up walking or running and build up sufficient fitness levels to complete a 5k walk or run at the conclusion of the programme.

Youth At Risk - 10-21 years. Aimed at providing viable opportunities for young people to stay active and mitigate anti-social behaviour

- Ultimate Frisbee aimed at young people age 12-14 years (mixed) will commence from 1st March and continue every Tuesday in Kilmore Recreation Hall.
- The multi-sport Easter Youth Project Integration Programme will take place across the area during the school break aimed at young people age 11-13 years. The project takes place in various locations.

For full details please contact DCSWP Officer on the contact details listed at the end of the report.

DCSWP North Central Area Co-Funded Programme Highlights

Athletics in the Community

- Athletics Officers will continue to assist DCSWP Officers in the delivery of school programmes in the lead up to the schools cross-country events in March April and May. In the NCA local primary schools will take part in the following events:
- The Women's mini marathon walking and running programme will commence on Monday 28th March from 12.30pm in May Park, Donnycarney. The programme is being delivered in partnership with Athletics Ireland and will support local groups and participants in the lead up to the VHI Women's mini marathon in June.

Boxing in the Community

The *Startbox* Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people aged 10 – 17 years to first engage with amateur boxing, Ireland's most successful Olympic sport. The programme is structured into Bronze (non-contact), Silver and Gold phases. The bronze phase focuses on general strength & fitness, method and technique.

Startbox Bronze programmes continue over the next period in the following NCA schools:

Primary Level:

- St Eithne's, Edenmore every Thursday from 1pm targeted at females 9-10 years.
- St Malachy's, Edenmore every Tuesday from 1pm targeted at males 9-10 years.
- Our Lady Immaculate, Darndale every Monday from 1pm target at students age 11-13 years (mixed).
- St. Benedict's & St. Mary's, Raheny every Wednesday from 1pm targeted at students age 8-10 years (mixed).
- St Ciaran's, Donnycarney every Friday from 1pm target at males age 11-13 years.

Secondary Level:

- St Fintan's, Clontarf every Monday from 1pm targeted at males age 15-17 years.

Cricket in the Community

Cricket schoolyard sessions will be delivered in the following NCA primary schools over the next period:

- Scoil Assam, BNS, Clontarf/Raheny every Thursday from 1-2.30pm
- Scoil Mobhi NS, (mixed) every Tuesday from 11am -12.30pm

Provincial coaching sessions for young people age 9-18 years (mixed) continue in Clontarf. Schoolyard and Table Cricket (Disability) sessions continue to be delivered in schools across the NCA.

Football in the Community

- The Girls Centre of Excellence Programme continues in partnership with DCSWP FAI Development Officers and Athletic Union League every Wednesday from 6pm aimed at young female football players in the area age 11-15 years.
- Football Development Officers continue to support clubs in the NCA by delivering online and in-person best practice PDP 1 and safeguarding courses for club members.
- The FAI Easter Soccer Sisters camp will be delivered in Haddon Park, Killester on Tuesday 19th April aimed at young female footballers age 6-15 years in the Killester/Donnycarney area.

Rowing in the Community

Outdoor rowing sessions for beginner rowers continues for participants (mixed) who have completed DCSWP's indoor rowing programme. The sessions take place in Neptune Rowing Club, Islandbridge between 9am and 3pm and will conclude with an inter-school blitz on 5th May in Grand Canal Dock.

In the North Central Area the following secondary schools continue to participate at 1st, 2nd, Transition Year and 5th year level:

- St Mary's Holy Faith, Killester,
- Our Lady of Mercy, Beaumont,

Rugby in the community

Rugby Development Officers continue to engage with schools in the NCA area via the following programmes;

- Rugby training in St. David's CBS, Artane aimed at U14 level continues in March/April.

Following its conclusion the NCA Rugby Development Officer will continue to engage with schools. For details of all school and Easter rugby programmes please contact DCSWP.

Training in 2022:

- Online Safeguarding Training to support compliance in local clubs and organisations Safeguarding 1, 2 & 3 continues to be delivered on an on-demand basis.

- Disability & Inclusion and Autism in Sport training programmes in partnership with CARA.
- First Aid/PHECC (pre-hospital emergency care training for adults in the community).

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