

**To the Lord Mayor, chairperson &**

**members of the North Central Area Committee**

**Sports & Wellbeing Partnership**

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

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### **Highlight events/news**

#### **Active Cities**

Logo and brand identity has finally been developed and signed off by senior management in Dublin City Council The recruitment process is currently underway for the Active Cities Officer (local lead for Dublin City). Meanwhile, work is ongoing in collaboration with the National Active Cities Lead Officer, Sport Ireland and the other relevant Local Sports Partnerships. It is hoped DCSWP will have the opportunity to present on Active Cities to the Senior Management Team & SPC over the coming months.

#### **Linking with National Events**

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

<b>14 - 22 May</b>	National Bike Week
<b>15-21 June</b>	Men's Health Awareness Week
<b>21st June</b>	International Day of Yoga

#### **National Bike Week 2022**

In partnership with the National Transport Authority DCSWP will deliver a series of cycling programmes and initiatives to promote the benefits of cycling for everyone in the community. The programmes will be aimed at all ages and abilities.

- In the North Central area Bike Week will be celebrated on Monday 16<sup>th</sup>, Tuesday 17<sup>th</sup> and Wednesday 18<sup>th</sup> May. DCSWP Officers will deliver cycle safety, introductory/skills classes on Clontarf Greenway, Alfie Byrne pitches St. Anne's Park and in Holy Faith, Killester School from 10am – 4pm.

## **Women In Sport - VHI Women's Mini Marathon**

DCSWP, in partnership with our Athletics Officers, is supporting women who have registered for the VHI Women's mini marathon by providing training programmes in the lead up to the main event on 5<sup>th</sup> June

- In the North Central area training sessions are taking place every Monday from 6.30pm in Edenmore Park and in May Park, Donnycarney every Tuesday from 12.30pm.

## **DCSWP Virtual HUB**

The official launch of the DCSWP Virtual HUB is imminent. 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](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)

## **DCSWP Strategic Review**

Development of new strategy to align with 2022 City Development Plan and upcoming Local Sports Plan. The new Sport Ireland strategy for the LSP network across the country (currently in development) will also impact upon our own strategic review. Strategic review of all sports services to be carried out independently by an external consultant. Estimated timeline for review 3-6 months in total.

## **DCSWP Governance Code**

Work is ongoing around strengthening the mechanisms of the DCSWP Advisory Board in addition to other key requirements of the Code. Declaration of compliance anticipated for Q3 2022.

## **North Central Area Programme Highlights May/June**

### **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 Edenmore Yoga programme aimed at older adults' age 55-80 years will be delivered every Friday in St. Monica's Youth Centre, Coolock.
- The 'Circle of Friends' Chair Aerobic programme continues every Thursday from 10am.
- The Priorswood Older Adult multi-sports day takes place on 24<sup>th</sup> May.
- The Donaghmede Men's Shed walking programme will be delivered every Wednesday from 10am across various locations during May and June.
- Men's Shed Football continues in partnership with the NCA FAI Development officer throughout May and June.
- The NCA Hillwalking Older Adult event will take place on 31<sup>st</sup> May in the Dublin Mountains and is delivered in partnership with Ballyfermot Adventure Centre.
- The Fitness and Flexibility male 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 am 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 next few weeks.

### **Sport Inclusion and Integration Update**

Please refer to the April report for ongoing programmes

## **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.
- Couch to Parkrun 5k programmes continue over the next period. Programmes are delivered in partnership with DCSWP Co-funded Athletics Ireland Officers. 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.

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

- Hell and Back training camps will be provided in the area in the lead up to the main event in summer 2022. The camps are targeted at young people age 10-14 years. Full details TBC.
- The Active Schools programme continues during May. In the NCA a multi-sport programme will be delivered in Scoil Áine, Raheny.

## **DCSWP North Central Area Co-Funded Highlights May/June**

### **Athletics in the Community**

- Athletics Officers will continue to assist DCSWP Officers in the delivery of school programmes in the lead up to summer programmes including Hell and Back. Summer camps are in the planning stages.
- As reported above DCSWP Co-funded Athletics Officers are supporting VHI Women's mini-marathon participants in the area.

### **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.

### **Rowing in the Community**

The Get Going Get Rowing secondary school indoor programme continues on a citywide basis.

### **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.

The Aldi Play Tag Rugby programme also continues in the following NCA primary schools:

- St. David's BNS, Artane every Thursday targeted at 5<sup>th</sup> and 6<sup>th</sup> class students.
- Scoil Áine GNS, Raheny every Friday targeted at 5<sup>th</sup> and 6<sup>th</sup> class students.
- Scoil Assam BNS, Raheny every Friday targeted at 5<sup>th</sup> and 6<sup>th</sup> class students.
- St John of God GNS, Artane every Monday targeted at 3<sup>rd</sup> – 6<sup>th</sup> class students.

The Aldi Play programme concludes in March with a rugby inter-school blitz in Clontarf RFC.

Following its conclusion the NCA Rugby Development Officer will continue to engage with schools. For details of school and Easter programmes please contact DCSWP Rugby Development Officer Juliet Short at [juliet.short@leinsterrugby.ie](mailto:juliet.short@leinsterrugby.ie)

## Training:

- 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).

## **CONTACT DETAILS:**

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