

**To the chairperson & members  
of the North Central Area Committee**

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**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report  
January 2023**

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Please see below details of Sport and Co-funded Officers who work across communities in the North Central Area and Citywide officers who deliver programmes in all five electoral areas.

**North Central Area – Sport Officers**

Name	Area	Office	Email	Phone Number
<b>Officer to be appointed following resignation – these areas continue to be supported in the interim.</b>	Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,			

Name	Area	Office	Email	Phone Number
Olivia Shattock	Clonshaugh, Coolock, Darndale, Edenmore.	Kilmore Community Centre	<a href="mailto:olivia.shattock@dublincity.ie">olivia.shattock@dublincity.ie</a>	086 383 5020
Fergal Scally	Artane, Beaumont Clonshaugh Industrial Estate, Donnycarney, Kilmore.	Kilmore Community Centre	<a href="mailto:fergal.scally@dublincity.ie">fergal.scally@dublincity.ie</a>	087 118 1885
John McDonald	Santry, Whitehall	Poppintree Community Sports Centre	<a href="mailto:john.mcdonald@dublincity.ie">john.mcdonald@dublincity.ie</a>	087 112 7291
John Sweeney	Clontarf, Fairview, Killester, Howth Road, Raheny.	Ballybough Youth & Community Centre	<a href="mailto:john.sweeney@dublincity.ie">john.sweeney@dublincity.ie</a>	087 980 9095

### **North Central Area – Sport Specific Officers**

Name	Sport	Specific Area	Email	Phone Number
Keith O'Halloran	Soccer	Artane, Clontarf, Donaghmede, Whitehall	<a href="mailto:keith.ohalloran@fai.ie">keith.ohalloran@fai.ie</a>	083 879 2335
Neil Keoghan	Football	Drumcondra, Marino, Santry, Whitehall	<a href="mailto:neil.keoghan@fai.ie">neil.keoghan@fai.ie</a>	083 879 5580.
Ray McCabe	Rugby	North Central Area	<a href="mailto:ray.mccabe@leinsterrugby.ie">ray.mccabe@leinsterrugby.ie</a>	083 463 1065
Noel Burke	Boxing	North Central Area	<a href="mailto:noelkarenburke@gmail.com">noelkarenburke@gmail.com</a>	086 326 5777

## Citywide Sport Specific Officers

Name	Sport	Email	Phone Number
Carmel O'Callaghan	Active Cities Officer (Dublin City)	<a href="mailto:carmel.ocallaghan@dublincity.ie">carmel.ocallaghan@dublincity.ie</a>	087 265 8577
Colette Quinn	Athletics - North City	<a href="mailto:colettequinn@athleticsireland.ie">colettequinn@athleticsireland.ie</a>	085 871 2817.
Conor Wilson	Athletics - South City	<a href="mailto:conorwilson@athleticsireland.ie">conorwilson@athleticsireland.ie</a>	086 032 9578
Fintan McAllister	Cricket	<a href="mailto:fintan.mcallister@cricketleinster.ie">fintan.mcallister@cricketleinster.ie</a>	086 179 5587
Aoife Byrne	Rowing	<a href="mailto:dublincoordinator@rowingireland.ie">dublincoordinator@rowingireland.ie</a>	087 269 6071
Gearoid Fallon	Swimming	<a href="mailto:gearoidfallon@swimireland.ie">gearoidfallon@swimireland.ie</a>	086 128 7087
David Phelan	Health Promotion and Improvement	<a href="mailto:david.phelan@dublincity.ie">david.phelan@dublincity.ie</a>	087 652 5001
Heather Jameson	Football For All (Disability) – North City	<a href="mailto:heather.jameson@fai.ie">heather.jameson@fai.ie</a>	083 879 3086
Chris McElligott	Football for All (Disability) – South City	<a href="mailto:chris.mcelligott@fai.ie">chris.mcelligott@fai.ie</a>	083 816 2334
Gráinne Vaugh	Women's Rugby Development	<a href="mailto:grainne.vaugh@leinsterrugby.ie">grainne.vaugh@leinsterrugby.ie</a>	087 274 8860
Matt Gill	Rugby Development Officer for the North East Inner City (part-time)	<a href="mailto:neiccro@leinsterrugby.ie">neiccro@leinsterrugby.ie</a>	083 8026482

## **January 2023 – Linking in with National Events & Initiatives**

The primary goal of DCSWP is to provide opportunities for everyone to get involved in sport & physical activity regardless of age, gender or ability. In 2023 DCSWP will continue to align the planning and delivery of programmes with national and international events. This strategic approach helps maximise promotion of the service, adds momentum to local programmes and initiatives and ultimately increases reach across communities in Dublin City.

Please see below highlight programmes for January/February 2023:

### **Change for Life 2023**

This 8 week programmes first commenced in communities across Dublin City in 2013. Initially the programme focussed on underactive adults but over the years the initiative has grown and expanded to include other core target groups and a Dublin City Staff programme was introduced in 2020. Change for Life emulates the format of and runs in tandem with RTE's Operation Transformation programme. The programme will provide fitness assessments, weigh-ins, a 5K timed walk (repeated at week 8) nutritional/dietary advice and multi-exercise programmes.

### **Get Dublin Walking/Couch to 3 & 5k**

These core DCSWP programmes commence in January in local communities including the North Central area. The Couch to 3 & 5k programmes link to parkrun and 5k programmes will link in with the Operation Transformation 5k run in early February. This year participants will be further supported by the launch of the DCSWP couch to 5k podcast (due to be launched in January).

### **Lord Mayor's 5 Alive 2023**

The LM5 Alive is now in its 11<sup>th</sup> year and will once again link in with Dublin road races from January to March 2023. At the time of submitting the December report details for 2023 remain TBC. DCSWP is working closely with the Lord Mayor's Office and will communicate once details are finalised.

The Lord Mayor's 5 Alive is back for 2023 and once again is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals. The challenge is to complete all five races within the timeframe 1<sup>st</sup> January 2023 – 1<sup>st</sup> April 2023. The race distances vary between 5-8k. Participants register themselves for each race except for the BHAA / Dublin City Council - 4 Mile Road Race which DCSWP will register for and cover the cost of. **Race 1**, the Tom Brennan 5k race, took place in the Phoenix Park on 1<sup>st</sup> January 2023. The final four races are:

- **Race 2** - Raheny 5 Mile - Raheny Village/St. Anne's Park – 29th January 2023 at 3pm
- **Race 3** – TBC
- **Race 4** – A park run of participants' choice within the time period 1<sup>st</sup> January 2023 – 1<sup>st</sup> April 2023.
- **Race 5** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park – 1st April 2023 at 11am

LM 5 Alive was advertised across all DCC/DCSWP communication/social media platforms on 14<sup>th</sup> December 2022.

### **Women in Sport**

DCSWP's Get All Girls Active (GAGA) initiative is dedicated to providing opportunities for women of all ages and abilities to become involved in sport and physical activity and to increasing the visibility/representation of Women in Sport. In 2022 Ellen Keane and Kellie Harrington were appointed as DCSWP ambassadors to promote and celebrate female sporting achievements. While female focussed programmes are delivered throughout the year, GAGA will take on a strategic focus in March by running in tandem with Women in Sport Week (7<sup>th</sup>-13<sup>th</sup> March). DCSWP Sport and Co-funded Officers will commence planning in February 2023.

### **School's Cross-Country**

The schools cross country citywide programme will commence in early January (TBC) in partnership with Athletics Ireland as part of the national Active Flag programme.

### **Active cites**

The Active Cities National Project was launched on November 7<sup>th</sup>. Since the launch The Dublin City Active City lead has continued to meet with DCSWP officers to identify gaps that fit within the remit of Active Cities funding of disadvantage, disability and minority groups. It is expected to launch Active Cities at local level in early 2023.

In January 2023 the following is planned:-

- Upload orienteering maps on to the map run app. The following parks each have had six maps prepared :-

Albert Park, Bushy Park, Herbert Park, John Paul Park, Le Fanu Park, Poppintree Park, **St. Anne's Park (NCA)** and Sundrive Park.

- Promote use of the maps in local schools and on social media.
- Install outdoor stencils in the grounds of four primary schools to encourage outdoor play.
- Collaborate with local HSE and DCSWP/Co-funded officers to encourage the inactive to participate in the “Change for life” programme.
- Collaborate with local HSE physiotherapist and DCSWP Sport Officers in Harold's Cross/Rathmines/Terenure area to run a strength and balance class to reduce falls for the elderly.

**All DCSWP highlight programmes will continue to be supported by our social media channels and the DCSWP Virtual Hub. See below:**

- Dublin City Sport & Wellbeing Partnership Virtual Hub: [www.dcwsphub.ie](http://www.dcwsphub.ie)
- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

## North Central Area Programme Highlights January 2023

### Change for Life 2023 - Underactive Communities

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DCSWP NCA Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	High Intensity Lunchtime Fitness Classes
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing programme delivered every Thursday from 12.30pm in Rockfield Park

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Active Retired Movement to Music Programmes
<b>Age group:</b>	Older Adults age 55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Every Thursday at 12pm in the Artane/Beaumont FRC (commencing 12 <sup>th</sup> January)

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	8-week Health & Wellbeing programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Tuesday at 7pm in Kilmore Recreation Centre (commencing 10th January)

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	8-week Health & Wellbeing programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Tuesday at 7pm in Artane/Beaumont FRC (commencing 10th January)



<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Multi-sport 8-week Older Adult community programme
<b>Age group:</b>	60+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Foxfield St. John every Thursday at 2.30pm 11am (commencing 12 <sup>th</sup> January)

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Multi-sport 8-week programme targeting participants from the Travelling community in the Darndale area
<b>Age group:</b>	18+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Glin Rd. Centre every Tuesday at 10am.

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Multi-sport 8-week Hillwalking programme. Delivered in various locations from January – March in partnership with Ballyfermot Youth Adventure Centre
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Multi-sport 8-week walking programme targeting local groups. To conclude in tandem with the Operation Transformation Walks in the Phoenix Park on 25 <sup>th</sup> February
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	8-week Yoga & Mindfulness Programme in partnership with HSE and Sláinte
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Darndale Sports Hall every Tuesday from 9.30am.

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	8-week multi-fitness programme in partnership with HSE and Sláinte
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Darndale Sports Hall every Monday and Wednesday. Time TBC.

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	8-week 'Walk in the Park' programme aimed at communities in the Darndale area
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Darndale Park every Wednesday from 10am

## Get Dublin Walking

<b>Name of core programme:</b>	<b>Walk and Talk</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Adult Fitness & Social Programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Monday at 10am in McCauley Park (commencing 9th January)

<b>Name of core programme:</b>	<b>Buggy Buddies</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Walking Programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Tuesday at 9.30am in McCauley Park (commencing 17th January)

### Older Adult Programmes (age 55+ years)

<b>Name of core programme:</b>	<b>Men's Walking Football</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	FAI Adapted Football Programme
<b>Age group:</b>	55+years
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Every Monday from 10am in Glin Rd. Centre

<b>Name of core programme:</b>	<b>PALS Older Adult Training Workshop</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Educational workshop around sports & fitness for Older Adults delivered in partnership with Age & Opportunity throughout January.

<b>Name of core programme:</b>	<b>Older Adults – Boules Programmes</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally/Olivia Shattock
<b>Description of programme activity:</b>	Boules Social Sessions
<b>Age group:</b>	Older Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Monday at 10.30am in Rockfield Park (commencing 9th January)

<b>Name of core programme:</b>	<b>Aqua Aerobics</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Pool based exercise classes
<b>Age group:</b>	55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Every Thursday from 11am in Coolock Swimming Pool

<b>Name of core programme:</b>	<b>Chair Fit Ballybough</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Chair based fitness programme
<b>Age group:</b>	60+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Every Thursday from 11am in Ballybough Sport & Fitness Centre (commencing 2nd February)

<b>Name of core programme:</b>	<b>Chair Fit Clontarf</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Chair bases fitness programme
<b>Age group:</b>	60+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	TBC

### **Health Improvement in the Community**

Two exercise programmes aimed at residents in St. Vincent's Hospital, Fairview continue until the end of January 2023 in partnership with the HSE. Programmes target adult residents' age 18+ years (mixed) and Older Adults age 60+ years (mixed).

### **Sport Inclusion & Integration (Citywide inclusion & integration programmes (programmes include participants from the North Central Area))**

- Sport for All Visually Impaired Indoor Rowing programme in partnership with Vision Ireland and DCSWP Co-funded Rowing Officer every Tuesday from January to March (age 10- 18 years, commencing 31<sup>st</sup> January)
- Sport for All Table Cricket (adapted cricket) programme in partnership with Enable Ireland, Sandymount and DCSWP Co-funded Cricket Officer every Wednesday from January to March (age 10-18 years, commencing 31<sup>st</sup> January).
- Sport for All Accessible Powerboat wheelchair programme in partnership with various organisations. Facilitated by DCC East Wall Water Sports Centre (all ages commencing January. Dates TBC and delivery is tide dependant).
- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to March (18+ years, ongoing December 2022 – March 2023)
- Learn 2 Cycle programme for young people with additional needs looking to start or improve cycling skills in Ballyfermot Sports & Fitness Centre every Friday from January to March (age 4 – 18 years, commencing 13<sup>th</sup> January)

## **DCSWP North Central Area Co-Funded Programmes Athletics/Boxing/Cricket/Rowing, Rugby and Swimming**

### **Athletics in the Community**

Couch to 3/5k and walking programmes will be delivered in the North Central area in partnership with co-funded Athletics Officers. Officers to re-engage with schools re Daily Mile programme.

### **Boxing in the Community**

The North Central area Boxing Development Officer will be re-engaging with primary schools (from second class) and secondary TY students re the Startbox programme and coaching/leadership education in early January. Officers to continue linking programmes to local clubs.

### **Cricket in the Community**

- Cricket Officer to support inclusive programmes (see above) and engage with following primary local schools in softball cricket session. The programme will introduce young people age 8-13 years to cricket.
  - Howth Rd. NS every Monday from 11am – 12.30pm
  - Belgrove NS every Tuesday from 11am – 12.30pm.
  - Mobhi Rd. NS every Tuesday from 1 – 2.30pm

### **Football in the Community**

FAI youth football initiatives to resume, walking football aimed at Older Adults to continue (as outlined above), Football For All (disability), grassroots school and club programmes, women in football initiatives and club engagement to continue. Full details to be provided in the January report.



## **Rugby in the Community**

Tag rugby in-school sessions to commence in North Central area primary and secondary schools from Wednesday 4<sup>th</sup> January. Secondary schools will also participate in contact rugby sessions.

Coaching programmes are currently in the planning stages for 2023.

## **Rowing in the Community**

Secondary school engagement to continue re indoor rowing programmes. On the water programmes will be supported by an increase in equipment. A more detailed report will follow in January.

## **Swimming in the Community**

As previously reported DCC/DCSWP recently appointed a Co-funded Swimming Ireland Development Officer. Progress reports to be included going forward. Indoor and open water facilities are currently being identified to maximise participation (including existing facilities) along with plans to increase lifeguarding training. All TBC.

## **Training for 2023 (All TBC)**

- Safeguarding
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

## **REPORT BY:**

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**Ref: Aideen O'Connor, Programmes and Services Manager**