

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

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

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
Officer to be appointed following resignation – these areas continue to be supported in the interim.	Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,			

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

North Central Area – Sport Specific Officers

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

Citywide Sport Specific Officers

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

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 continues 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 March 2023 in the North Central Area. New initiatives/programmes will be reported on in the April area report.

Change for Life 2023

Continues in the North Central area until the end of March (see programme report below)

Lord Mayor's 5 Alive 2023

As reported on in the January update The Lord Mayor's 5 Alive continues in 2023. Please refer to the January report.

Active Cities/Health Improvement

Please see previous report. Schools across the city, including those in the North Central area, continue to be supported through the DCSWP Active Cities/ HSE Playground Stencil Programme.

School's Cross-Country

The 2023 school's cross country citywide programme (age 8-12 years) has commenced and DCSWP is working closely with Parks & Landscape Service to facilitate events. In the North Central further cross-country school events will take place in April/May in partnership with local schools and DCSWP Athletics Ireland Officers. Details TBC.

Easter 2023 in the North Central Area

DCSWP and Co-funded Officers will also be working closely with local Youth Services to deliver Easter camps and activities over the school holidays as part of the Youth at Risk programme in the North Central area. Programmes include the NCA Easter multi-sport Integration Programme which will be delivered in partnership with local youth projects. Full details TBC

Active School's Week 2023

DCSWP will be working closely with local schools during Active school's week 2023(24th – 28th April) Full details will be included in the next report. Schools in the NCA confirmed to partake in activities in the week include St. Brigid's primary school, Killester (targeted at students' age 7-12 years)

Northside Integration Week

As part of a Northside Integration initiative DCSWP and co-funded officers will be delivering multi-sport programmes aimed at teenagers in the area. Programmes will be delivered in partnership with local youth services on 3rd and 4th April from 10am -3pm and will include activities such as rugby, pickle ball, swimming, yoga, cricket and boxing. Full details can be provided by contacting local sport officer Olivia Shattock (see contact details below).

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
- Email: 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 March – April 2023

Change for Life 2023 - Underactive Communities

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

Name of core programme:	Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Active Retired Movement to Music Programmes
Age group:	Older Adults age 55+ years
Gender:	Female
Date/time and location:	Ongoing every Thursday at 12pm in the Artane/Beaumont FRC

Name of core programme:	Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	8-week Health & Wellbeing programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Ongoing every Tuesday at 7pm in Kilmore Recreation Centre

Name of core programme:	Change For Life
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	8-week Health & Wellbeing programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Ongoing every Tuesday at 7pm in Artane/Beaumont FRC

Name of core programme:	Change For Life
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Multi-sport 8-week Older Adult community programme
Age group:	60+ years
Gender:	Mixed
Date/time and location:	Ongoing every Thursday at 2.30pm 11am in Foxfield St. John

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

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

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

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

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

Get Dublin Walking (Underactive Communities)

Name of core programme:	Walk and Talk
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Adult Fitness & Social Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Ongoing. Every Monday at 10am in McCauley Park

Name of core programme:	Buggy Buddies
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Walking Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Ongoing. Every Tuesday at 9.30am in McCauley Park

Name of core programme:	Couch to 5k
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Participants build stamina over an 8-week period with the aim of completing a 5k parkrun at the programmes' conclusion
Age group:	Young people age 15-17 years from Holy Faith, Killester
Gender:	Mixed
Date/time and location:	Clontarf pitches every Tuesday (from 11 th April) from 12 noon

Older Adult Programmes (age 55+ years)

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

Name of core programme:	Older Adults – Boules & Social Programme
DSCWP Sport Officer:	Fergal Scally/Olivia Shattock
Description of programme activity:	Boules Social Sessions
Age group:	Older Adults age 55+ years
Gender:	Mixed
Date/time and location:	Ongoing every Monday at 10.30am in Rockfield Park

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

Name of core programme:	Older Adults - Chair Aerobics Programme
DSCWP Sport Officer:	Olivia Shattock
Partners:	Edenmore Active Age Group
Age group:	55+ years
Gender:	Female
Date/time and location:	Ongoing every Thursday from 9.30am

Name of core programme:	Older Adults - Chair Aerobics Programme
DSCWP Sport Officer:	Olivia Shattock
Partners:	Priorswood Pastoral Active Age Group
Age group:	55+ years
Gender:	Female
Date/time and location:	Ongoing every Wednesday from 9.30am

Name of core programme:	Older Adults General Fitness Programme
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	Multi-fitness Programme
Age group:	55+ years
Gender:	Male
Date/time and location:	Details of date, time and location TBC

Name of core programme:	Chair Exercise Class Killester
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Chair based fitness programme
Partners:	Kilbarrack Active Retirement
Age group:	70+ years
Gender:	Mixed

Name of core programme:	Chair Fit Ballybough
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Chair based fitness programme
Age group:	60+ years
Gender:	Female
Date/time and location:	Ongoing every Thursday from 11am in Ballybough Sport & Fitness Centre

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

Thrive – Adults with Mental Health Difficulties/ Challenges

Name of core programme:	Yoga & Mindfulness
DSCWP Sport Officer:	Fergal Scally
Age group:	18+ years
Gender:	Female
Date/time and location:	Ongoing every Wednesday from 2pm and Donnycarney Beaumont Local centre every Thursday from 10.30am

Youth at Risk (10-24 years) - Aimed at providing viable opportunities for young people in the NCA to stay active and thereby mitigate anti-social behaviour). All programmes are delivered in partnership with local SCA groups and Youth Services.

Name of core programme:	Youth At Risk Primary School Swimming
Description of programme activity:	Swimming Lessons aimed at young people age 7-13 years in Kilmore Area
Partners):	DCSWP Co-Funded Swimming Officer/Swimming Ireland
Gender:	Mixed
Date/time and location:	Monday 20 th March. Coolock Swimming Pool. Time TBC

Youth At Risk Dance Fitness Programme	
Description of programme activity:	Five- week programme targeting three schools in the NCA from 1 st – 5 th class
Gender:	Female
Date/time and location:	Ongoing every Tuesday from 9.30am (commenced Tuesday 7 th March)

Health Improvement in the Community

- St Vincent's Forever Fit - Chair aerobics exercise programme for older adult residents at St Vincent's Hospital, Fairview (residents only) every Friday from 11am
- Men on The Move, Coolock – this programme is a fitness/exercise and nutrition programme aimed at males' age 60+ years. In the NCA it is delivered in Glin Rod. Centre, Coolock every Tuesday and Friday from 11am.

Sport Inclusion & Integration (Citywide inclusion & integration programmes - programmes include participants from the NCA)

- Sport For All Visually Impaired Indoor Rowing programme in partnership with Vision Ireland and DCSWP Co-funded Rowing Officer every Tuesday from January to end of March (ongoing age 10-18 years)
- 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 end of March (ongoing age 10-18 years)
- Sport for All Accessible Powerboat wheelchair programme in partnership with various organisations. Facilitated by DCC East Wall Water Sports Centre (all ages. Dates remain 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 – end of March 2023)
- The Learn 2 Cycle programme aimed at children with additional needs has resumed on a citywide basis.

- The Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities will continue in partnership with St. Vincent's Centre, Navan Rd.

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 continue to be delivered in the North Central area in partnership with co-funded Athletics Officers. Officers continue to engage with schools in Daily Mile programme and in the school's cross-country events.

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 (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our five dedicated IABA/DCSWP Development Officers via local schools (Primary & Transition Year level) in communities across the Dublin City area. Approximately 2,000 young people take part each year. The programme has expanded over the years to include young participants from 7 – 10 years.

The North Central area Boxing Development Officer continues to engage in the delivery with primary schools (from second class) and secondary TY students in the Startbox programme. Coaching/leadership education continues. See below details of NCA schools currently participating in training programmes:

- Scoil Reachrann Secondary School, Donaghmede

Level: Transition Year Mixed 2 Classes

Location: Training at Trinity Sports Complex

Date: Tuesday/Thursday each week in March

- St John of God GNS, Artane

Level: Primary Girls 5th and 6th classes

Location: Training on site

Date: Wednesday each week in March

➤ St Francis NS, Priorswood

Level: Primary Mixed 6th Classes

Location: Training on site and in Glin Road Sports Centre

Date: Mondays/Tuesdays each week in March

➤ Scoil Colmcille NS, Donaghmede

Level: Primary Mixed 6th Classes

Location: Training on site

Date: Fridays each week in March

Cricket in the Community

Cricket Officer will continue to support inclusive programmes and engage with following primary local schools in softball cricket sessions. 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.
- Scoil Mobhi Rd. NS every Wednesday from 1 – 2.30pm
- Taster sessions continue in Killester BNS aimed at young people age 8-13 years (TBC)

Football in the Community

➤ FAI youth football initiatives have resumed, 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. In the NCA the FAI Development Officer continues to work with AUL (Girl's Centre of Excellence/UEFA C Licence), Raheny United (Governance,

Safeguarding, Coaching – for parents working with young people 10-16 years), Home Farm (coaching course for parents working with 10-16 years) St. Paul's College Raheny, (PDP 1), Clontarf FC (Safeguarding 1) Trinity Donaghmede FC (PDP 2 & 3) and Killester Donnycarney FC (PDP 3).

- FAI Officers will also be delivering football through storytelling courses in Raheny United for girls' age 5-12 years in St Anne's Park on Saturday 25th March from 10am and in the Artane/Beaumont Recreation Centre on Monday 27th March from 5pm.
- The 7-a-side Blitz for local Football Clubs (female age 10 years +) will include those from the NCA and will take place on Monday 15th April from 10 am in Ballymun United.

Rugby in the Community

Tag rugby in-school sessions continue in North Central area primary and secondary schools. Secondary schools are also participating in contact rugby sessions. The DCC Leinster Rugby Tag Blitz aimed at young people age 10-12 years will take place in Clontarf pitches on Thursday 30th March from 10am. Coaching programmes remain in the planning stages for 2023. The DCC Leinster Rugby Tag Blitz aimed at young people age 10-12 years will take place in Clontarf pitches on Thursday 30th March from 10am.

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.

Swimming in the Community

As previously reported DCC/DCSWP has appointed a Co-funded Swimming Ireland Development Officer. The Swimming Officer continues to work closely with Officers and organisations to identify indoor and open water facilities to maximise participation (including existing facilities) along with plans to increase lifeguarding training. A Youth Fit Swimming programme aimed at young people age 15-17 years is in the planning stages in the NCA. A Youth Fit Swimming programme aimed at young people age 15-17 years is in the planning stages in the NCA.

Training for 2023

- Safeguarding 1,2 & 3 (delivered on an on-demand basis)
- 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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