

To the chairperson & members

Of the North Central Area Committee

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

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:neicccro@leinsterrugby.ie">neicccro@leinsterrugby.ie</a>	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 May 2023 in the North Central Area. New initiatives/programmes will be reported on in the June area report.

#### **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 to everyone in the community. The programmes will be aimed at all ages and abilities in the North Central Area.

#### **Bike week Pedalpalooza Cycle Parade**

Cyclists of all ages and abilities are invited to join the Pedalpalooza cycle parade for a fun, colourful, community cycle. This 5km cycle will be family-friendly and travel at a gentle pace. Starting in Capel Street the cycle parade will travel along the Liffey, through the Docklands, ending at Ringsend Park, where activities celebrating cycling will be taking place throughout the day for Pedalpalooza.

This safe cycle will be led by an Garda Siochana and will give participants the chance to enjoy the views of the city centre and the river. The cycle will finish at the Ringsend Park where the PedalPalooza event will take place. PedalPalooza is a family-friendly bike festival celebrating cycling. The festival will be full of pedal powered activities, bike maintenance workshops, music and food.

### **Sport for Young people Small Grant Scheme**

The grant is provided to clubs affiliated to a National Governing Body of Sport with members between the ages of 4 to 21, with the aim of increasing participation in sport by young people throughout Dublin City. The Grant will be advertised in May.

### **VHI Women's Mini Marathon**

DCSWP, in partnership with the VHI Women's Mini Marathon, are delighted to announce this exciting programme is back for its 2nd year.

DCSWP are delighted to be able to promote, support and get involved in this prestigious event with over 30,000 females taking to the streets on Sunday, June 4th to walk, jog or run the 10k distance.

We are calling on all females who have never before participated in the Vhi Women's Mini Marathon to sign up and register for this exciting initiative. The ethos of the programme is to try to engage, encourage and motivate women of all ages to be a part of this journey towards the Vhi Women's Mini Marathon. You will be guided through the official 12-week Mini Marathon Programme Plan to take you from walking level to a slow and steady jogging pace in preparation for race day and DCSWP will support you all the way

Please contact your local Sports officer to find out more about the 12 week programme.

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

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- Dublin City Sport & Wellbeing Partnership Virtual Hub: [www.dcwspclub.ie](http://www.dcwspclub.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 May – June 2023

<b>Name of core programme:</b>	<b>Adult Swimming lessons</b>
<b>DCSWP NCA Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	8 week term of adult swimming lessons
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays from 2 <sup>nd</sup> May at 1pm in Coolock swimming pool

<b>Name of core programme:</b>	<b>Primary School Swimming lessons</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Primary school swimming lessons targeting 4 primary schools in the Kilmore & Artane area - 9 week term
<b>Age group:</b>	Children Primary school
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Beginning on the 17th April 2023 at 10am in Coolock pool

<b>Name of core programme:</b>	<b>Active retired Fitness Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Gentle exercise classes focusing on balance, coordination and strength
<b>Age group:</b>	Older Adults
<b>Gender:</b>	Female
<b>Date/time and location:</b>	2nd May at 11am in the Artane Beaumont Family Recreation Centre

<b>Name of core programme:</b>	<b>Multi-cultural festival in Clongriffin</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Multi-Sport
<b>Age group:</b>	Youths
<b>Gender:</b>	All
<b>Date/time and location:</b>	14th May in Fr. Collins Park



<b>Name of core programme:</b>	<b>Memory Movers Alzheimer's/ Dementia group</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	6 week Chair activity programme
<b>Age group:</b>	Over 55
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	26th April Friday St Pauls YS – 6 week term

<b>Name of core programme:</b>	<b>Bike week Schools</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Bike week Schools safety cycle sessions
<b>Age group:</b>	School children
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	16 <sup>th</sup> May Clontarf pitches 9.30am to 1.30

<b>Name of core programme:</b>	<b>Clonshaugh/Priorswood adults activity day</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Yoga, Frisbee, Cricket, Games, Pickelball, Athletics
<b>Age group:</b>	All
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	23rd May 11 to 1pm

<b>Name of core programme:</b>	<b>Bike week Community group</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Cycle Intro & cycle Clontarf greenway
<b>Age group:</b>	All
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	17th May Wed 10am to 1pm

### Get Dublin Walking (Underactive Communities)

<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>	Ongoing. Every Monday at 10am in McCauley Park

<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>	Ongoing. Every Tuesday at 9.30am in McCauley Park

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

#### 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>Older Adult Multi-Sport Programme</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>	Ongoing every Thursday at 2.30pm 11am in Foxfield St. John

<b>Name of core programme:</b>	<b>Older Adults – Boules &amp; Social Programme</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>	Ongoing every Monday at 10.30am in Rockfield Park

<b>Name of core programme:</b>	<b>Older Adults - Aqua Aerobics Programme</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>	Ongoing every Thursday from 11am in Coolock Swimming Pool
<b>Name of core programme:</b>	<b>Older Adults - Chair Aerobics Programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Partners:</b>	Edenmore Active Age Group
<b>Age group:</b>	55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Thursday from 9.30am
<b>Name of core programme:</b>	<b>Older Adults - Chair Aerobics Programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Partners:</b>	Priorswood Pastoral Active Age Group
<b>Age group:</b>	55+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Wednesday from 9.30am

<b>Name of core programme:</b>	<b>Hell and Back programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Hell & Back
<b>Age group:</b>	Teenagers
<b>Gender:</b>	All
<b>Date/time and location:</b>	6 week preparation programme for Hell and Back event on the 10 <sup>th</sup> June with Youth Services Northside
<b>Name of core programme:</b>	<b>Chair Exercise Class Killester</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Chair based fitness programme
<b>Partners:</b>	Kilbarrack Active Retirement
<b>Age group:</b>	70+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing every Wednesday from 2.30pm in Foxfield St. John Centre

<b>Name of core programme:</b>	<b>Walk to School week</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Walk to school programme
<b>Age group:</b>	Secondary Schools
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Fairview/Clontarf/Raheny/Killester/Howth Road

#### Thrive – Adults with Mental Health Difficulties/ Challenges

<b>Name of core programme:</b>	<b>Yoga &amp; Mindfulness</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Age group:</b>	18+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	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.



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

	<b>Youth At Risk Dance Fitness Programme</b>
<b>Description of programme activity:</b>	Five- week programme targeting three schools in the NCA from 1 <sup>st</sup> – 5 <sup>th</sup> class
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing every Tuesday from 9.30am (commenced Tuesday 7 <sup>th</sup> 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 male's age 60+ years. In the NCA it is delivered in Glin Road. Centre, Coolock every Tuesday and Friday from 11am.

### **Sport Inclusion & Integration (Citywide Inclusion & Integration programmes - programmes include participants from the NCA)**

- 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).
- 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 6 week term

➤ St John of God GNS, Artane  
**Level:** Primary Girls 5th and 6th classes  
**Location:** Training on site  
**Date:** Wednesday each week in March 6 week term

➤ 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 6 week term

➤ Scoil Cholmcille NS, Donaghmede  
**Level:** Primary Mixed 6th Classes  
**Location:** Training on site  
**Date:** Fridays each week in March 6 week term

### **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 Donneycarney FC (PDP 3).

### **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 took place in Clontarf pitches on Thursday 30<sup>th</sup> March. Coaching programmes remain 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 Get Rowing Get Going programme to encourage 15 to 17 year olds to take up the Sport this will be launched in Killester in the coming week's details to be confirmed.

### **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 GAGA (Get All Girls Active) swimming programme will begin on the 2<sup>nd</sup> May in Westwood at 11.15 targeting 15 to 17 year old girls and will run for 4 weeks.

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:**

*Colin Sharkey*

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