
**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
July 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,			
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

Name	Area	Office	Email	Phone Number
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	Football	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

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
New officer to be in place shortly **	Swimming		
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

Name	Sport	Email	Phone Number
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)	neicccro@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 July 2023 in the North Central Area. New initiatives/programmes will be reported on in the July area report.

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 application process closed on 2nd June and each club has been sent receipt confirmation of their application.

[DCSCWP | Support for New and Existing Sports Clubs \(dcswphub.ie\)](https://dcswphub.ie)

HELL & BACK 2023

Ireland's largest and toughest obstacle course challenge is back this year. DCSWP will have local youth services to support its youngest and most daring participants Training programmes are being provided across the city and North Central Area during the summer for young people in the lead up to the 7km adventure challenge in Kilruddery, Wicklow in August.

Upcoming Flagship Events

Sports officers are busy planning their local schedules for the National HerOutdoors campaign in August (14th – 20th Aug) and the annual Sports fest event to coincide with European Week of Sport 2023 (23rd – 30th Sep) , schedules will be available late July early August.

There are also multiple trips and programmes running in partnership with the Youth Projects and Youth clubs, in the area facilitated and supported by the local sports officers some activities include Rowing, Kayaking, Aquazone, Zipit and Jumpzone sessions.

Local support is also been provided to family fun days and summer camps providing activities to the community

- St John Vianney FC on the 30th July.
- Supporting with the Summer camp in partnership with the ACFRC in McAuley Park, Artane from 3rd-14th July
- Supporting with sports day for Thornwood youth club, Beaumont on the 18th July.

Active Cities Box Up Stations

As part of the Active Cities Dublin initiative (funded through Dormant Accounts and Sport Ireland), the Sports Partnership have purchased two Boxup storage stations to be used for storing sports equipment in outdoor parks.

These unique stations are designed to store a variety of sports and exercise equipment that can be accessed by the public free of charge for up to 3 hours. The user just downloads the Boxup app on their phone which then enables them to choose the sporting equipment they would like to borrow. The locker is then opened and the equipment made available to them. The App, which is registered to the user using a document of identification, will also provide user data and feedback.

The Boxups will provide more opportunities for people of all abilities to get active and will encourage increased use of parks sporting facilities and open spaces.

The boxes are solar powered providing an economical and environmentally friendly way of providing better access to new and existing activities. DCSWP have ordered two units one to be placed in Mt Bernard Park, Cabra and the second in Sundrive Park, Kimmage.

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
- Facebook: DublinCitySportandWellbeing
- Instagram: @dublincitysportandwellbeing

North Central Area Programme Highlights July 2023

Name of core programme:	Chair Fit
DSCWP Sport Officer:	John McDonald
Description of programme activity:	6 week seated exercise classes focusing on balance, coordination and strength targeting the 'Hampstead go getters', an active retirement group living in the Hampstead Court Older persons unit. This is a partnership programme with the Community section in NCA
Age group:	Older Adults
Gender:	Mixed
Date/time and location:	Mondays 1-2pm, June 12 th -July 17 th , Hampstead Court Community Rooms, Hampstead Court, Dublin 11

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

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

Name of core programme:	Outdoor Fitness Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Outdoor Fitness Programme , various physical activity
Age group:	All ages 18 +
Gender:	Inclusive to all genders
Date/time and location:	Every Tuesday at 7pm , Rockfield Park , Artane 4 th July – 25 th July

Name of core programme:	Chair based Yoga & Mindfulness
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Chair based yoga & mindfulness for general population
Age group:	All ages 18 +
Gender:	Inclusive to all genders
Date/time and location:	Every Wednesday at 2pm , Kilmore Recreation Centre , 5 th July – 26 th July

Name of core programme:	Active Retired Dance fit
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Gentle dance routines performed to music focusing on coordination and balance
Age group:	Older Adults
Gender:	Mixed
Date/time and location:	9 th May – 18 th July ABFRC Artane

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

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 Adult Multi-Sport Programme
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:	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:	Older Adults - Aqua Aerobics Programme
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:	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
Date/time and location:	Ongoing every Wednesday from 2.30pm in Foxfield St. John Centre

Name of core programme:	Yoga /Mindfulness Green Scene
DSCWP Sport Officer:	Olivia Shattock
Age group:	18+ years
Gender:	Female/Male
Date/time and location:	Ayrfield Park , every Wednesday 11am from 5 th July – 26 th July

Name of core programme:	Summer Walking Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	18+ years (All welcome)
Gender:	Female/Male
Date/time and location:	Belcamp Park, Priorswood – Every Wed from 5 th July 10am

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

Name of core programme:	Sportsability
DSCWP Sport Officer:	Gareth Herbert/Derek Ahern
Age group:	8+ years
Gender:	Male/Female
Date/time and location:	03/07/23 – 07/07/03 Mixed Sports Provision as part of Childvisons summer Project, Drumcondra

Name of core programme:	Sports Ability
DSCWP Sport Officer:	John McDonald
Description of programme activity:	Summer outdoor activities targeting 3 training centres from St Michael's House in Santry- Omni, Northbrook and Santry Hall Training Centres
Age group:	People with additional needs over 18
Gender:	Mixed
Date/time and location:	<p>Sumer Trips:</p> <p>July 5th 12pm- Footgolf in Footee - Santry Hall Training Centre</p> <p>July 6th 11am – Tour of the Aviva stadium followed by a boxing session with DCSWP IABA co-funded officers- Omni, Northbrook and Santry hall training centres all attending</p> <p>July 20th 11am- National Aquatic Centre- Northbrook Training Centre</p> <p>July 25th 12pm- Footgolf in Footee – Northbrook Training Centre</p>

Name of core programme:	Rose Festival Activities
DSCWP Sport Officer:	John Sweeney
Age group:	All
Gender:	Male/Female
Date/time and location:	15 th /16 th July Boxing & Cricket Taster sessions 12- 2pm

Name of core programme:	Donaghmede Park Residents Day
DSCWP Sport Officer:	John Sweeney
Age group:	All
Gender:	Male/Female
Date/time and location:	July 23 rd 2- 4pm Athletics

Name of core programme:	Belmayne Community Project Multi Sports
DSCWP Sport Officer:	John Sweeney
Age group:	Young Children /Youths
Gender:	Male/Female
Date/time and location:	July 23 rd /Aug 14 th 10 – 2pm Multi Sports

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's	Ongoing began on Monday 20 th March. Coolock Swimming Pool.

Name of core programme:	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 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.

Boxing in the Community

The StartBox Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits take place from 5th June to 26 July from 12pm-2pm. The following schools will take part this year;

- St Joseph's BNS Fairview

- Drumcondra NS
- Dora's BUI Group
- Dora's BUI Group
- St Michaels Santry

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.

This month sessions will take place in Scoil Catriona for 5th and 6th class.

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

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.

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

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