

To the chairperson & members of
the North Central Area Committee

**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
September 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
<p>Officer to be appointed– these areas continue to be supported in the interim. Sport Officer competition advertised in August. Closing date 8th September 2023.</p>	<p>Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,</p>			
<p>Olivia Shattock</p>	<p>Clonshaugh, Coolock, Darndale, Edenmore.</p>	<p>Kilmore Community Centre</p>	<p>olivia.shattock@dublincity.ie</p>	<p>086 383 5020</p>

Name	Area	Office	Email	Phone Number
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
FAI Officer to be appointed	Football	Artane, Clontarf, Donaghmede, Whitehall		
Neil Keoghan	Football	Marino, Santry, Whitehall,	neil.keoghan@fai.ie	083 879 5580.
Rob Wolfe	Rugby	North Central Area	rob.wolfe @leinsterrugby.ie	083 3872 945
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.
Fintan McAllister	Cricket	fintan.mcallister@cricketleinster.ie	086 179 5587
Aoife Byrne	Rowing	dublincoordinator@rowingireland.ie	087 269 6071
Christine Russell	Swimming	christinerussell@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
Gráinne Vaugh (maternity leave). Replacement Niall Kerley	Women's Rugby Development	niall.kerley@leinsterrugby.ie	087 740 3266
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 September/October 2023.

Marathon Kids 2023

Marathon Kids is a National eight week initiative aimed at primary school students at 4th, 5th and 6th class level. DCSWP Sport Officers and Athletics Ireland continue to engage with local schools in the NCA around registration/participation process.

Dublin City Sportsfest 2023/European Week of Sport 2023

2023 marks the sixth year of DCSWP's citywide flagship event, Dublin Sportsfest. The overall aim of Sportsfest is to bring together the people, clubs, sports and spaces in a week-long celebration of sport and physical activity in the city. The event is planned to coincide with European Week of Sport from 23rd – 30th September.

In the lead up to Dublin Sportsfest, DCSWP invited clubs across the sporting spectrum to join the celebration by hosting sporting events and activities in communities across the city. Sportsfest will offer clubs the opportunity to showcase their facility, promote their sport and potentially increase membership. As part of the Dublin Sportsfest promotional campaign DCSWP is offering prizes to clubs for the best social media campaign and best initiative.

In the North Central area officers have engaged with schools, youth services and community groups. Various sport and physical activities have been organised across the week.

The schedule for the week (23rd – 30th September) is currently in draft format. Listed below are samples of some of the events (exact details TBC):

- ✓ Dublin City Liffey Odyssey 17th Sep
- ✓ Griffith Mile 17th Sep
- ✓ Marathonkids programme launching 23rd Sep
- ✓ Dance/Dip, Clontarf 23rd September

- ✓ Be Active Night Active Cities 23rd Sep – Ballymun Health & Fitness committee hosting
- ✓ Inclusive Football Blitz DCSWP & Shelbourne FC
- ✓ National Walking Day 24TH September
- ✓ National Fitness Day 28th September
- ✓ Boxfest showcase Integration Event 27th Sep
- ✓ Multiple sport & physical activity programmes across the City
- ✓ Cycle With Confidence workshops

DCSWP Sim for Schools Motor Sport Programme Highlight Programme

DCSWP and Active Cities, in partnership with Nicci Daly and Formula Female will be launching the Dublin City Council Sim For Schools Program during European Week of Sport (*23rd Sept-30th Sept*)

This pilot program will be launched across 5 schools one in each of the administrative areas of the city. The program will engage transition year classes in girls' schools providing the opportunity to take part in novel motorsport program. The program will be delivered utilising simulator rigs that DCSWP has purchased with schools to which Sports Officers have existing relationships.

Sport for Young People Small Grant Scheme 2023

170 applications received from clubs across the city including the NCA (closing date 2nd June 2023). Sport Ireland Contribution €80,000. First phase of the assessment nearing completion. Following this phase a member of the DCSWP Advisory board will be nominated to assist in Phase 2 of the assessment of applications where a further in depth review will be required.

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 September 2023

Underactive Communities

Name of core programme:	Adult Swimming lessons
DCSWP NCA Sport Officer:	Fergal Scally
Description of programme activity:	8 week term of adult swimming lessons beginners-intermediate
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:	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:	Couch to 5K
DSCWP Sport Officer:	Fergal Scally/John McDonald
Description of programme activity:	Walking/Jogging Programme to assist participants in achieving their goal of completing a 5k run
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Maypark, Donnycarney every Wednesday. Time TBC Elmfield Park, Donaghmede every Wednesday. Time TBC

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:	Aqua Aerobics (HSE Clients)
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Moderate Exercise Swim Classes
Age group:	Adults age 18+ years
Gender:	Mixed

Date/time and location:	Coolock Swimming Pool. Time TBC
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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:	Adults
Gender:	Inclusive to all genders
Date/time and location:	Every Wednesday at 2pm , Kilmore Recreation Centre

Name of core programme:	Family Fun Day NCA
DSCWP Sport Officer:	Fergal Scally
Age group:	All ages but activities aimed at young people age 5-13 years
Gender:	Multi-sport activities
Date/time and location:	St. David's BNS, Artane. Sunday 1 st October

Name of core programme:	Swim Programme
DSCWP Sport Officer:	Olivia Shattock
Age group:	All ages
Gender:	Mixed – this is a general swim programme involving lessons and classes

Date/time and location:	Coolock Swimming Pool. Full details TBC
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Older Adult Programmes (age 55+ years)

Name of core programme:	Walking Football
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	FAI Adapted Football Programme
Age group:	55+years
Gender:	Mixed
Date/time and location:	Every Thursday in Rockfield Park. Time TBC

Name of core programme:	Active Retired
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	FAI Adapted Football Programme
Age group:	55+years
Gender:	Mixed
Date/time and location:	Every Thursday in Rockfield Park. Time TBC

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:	55+years
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:	Older Adults Multi-Sport NCA Programmes
DSCWP Sport Officer:	John McDonald
Description of programme activity:	6 Week Chair Yoga programme targeting communities in Greenfields Community Club Santry. Six week multi-sport activity programme targeting member of Whitehall Active Retirement Association (WARA) and Larkhill Active Retirement Group Whitehall , Boules Group, Hampstead Court, Whitehall
Age group:	55+years
Gender:	Mixed
Date/time and location:	Details of all programmes remain TBC

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:	55+years
Gender:	Mixed
Date/time and location:	Tuesdays. Artane/Beaumont Family Resource Centre

Name of core programme:	Men's Fitness Programme
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	General Fitness Class
Age group:	55+years
Gender:	Male
Date/time and location:	Every Thursday Priorswood/ Clonshaugh/ Glin/ Coolock Centres Time TBC

Name of core programme:	Older Adult Functional Fitness
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Chair Exercise Older Adult community programme
Age group:	60+ years
Gender:	Mixed
Date/time and location:	Ongoing every Tuesday In Clontarf & Ballybough Centres. Kilbarrack Group (Details TBC)

Name of core programme:	Older Adult Walking Group
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Active Age Walking Group
Age group:	60+ years
Gender:	Mixed
Date/time and location:	Tuesdays (from 3 rd October) in Raheny area

Name of core programme:	Older Adult Multi-Pickle Ball Group
DSCWP Sport Officer:	Olivia Shattock
Description of programme activity:	New programme introducing the sport to older adults
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Full details TBC
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:	55+ years
Gender:	Mixed
Date/time and location:	Ongoing every Monday at 11.00am 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
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

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 every Thursday from 10.30am in Donnycarney Beaumont Local centre

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 NCA 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 and Artane Area
Partners):	DCSWP Co-Funded Swimming Officer/Swimming Ireland
Gender:	Mixed
Date/time and location's	Ongoing. Coolock Swimming Pool.

Name of core programme:	Youth At Risk/Youth Fit Tag Rugby
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Targeting 5 th and 6 th Class primary school students in the Clontarf/Raheny/Killester area. Delivered in partnership with Leinster Rugby
Gender:	Mixed
Date/time and location:	Details TBC

Name of core programme:	Youth At Risk/Get All Girls Active
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	Health & Fitness programme targeting secondary schools in the Killester area. Delivered in partnership with the DCSWP Health Promotion/HSE Officer
Gender:	Female
Date/time and location:	Details TBC

Sport Inclusion & Integration – Individuals with Physical, Intellectual and Sensory Disabilities

The following programmes are delivered on a citywide basis and include partners and participants from the North Central Area:

Name of programme:	Shelbourne Football For All Programme
Description of programme activity :	Programme aimed at service users from multiple services age 16 years + experiencing mental health difficulties.

Name of programme:	Ukrainian Crisis Centre Programme
Description of programme activity :	Multi-sport initiative aimed at all ages. Existing programmes such as the Track Partnership in Sundrive Park to continue

Name of programme:	Child Vision Ireland Tai Chi Programme
Description of programme activity :	Six-Eight week programme aimed at children. Delivered in partnership with Child Vision, Drumcondra

Name of programme:	Learn 2 Cycle/Cycle With Confidence Programme
Description of programme activity :	Targeted at persons with physical and cognitive needs. Citywide programme. Locations TBC

Name of programme:	Sim For Schools/Formula Female
Description of programme activity :	Motorsports programme designed to integrate stem learnings with school curriculums. Targeted at teenage girls. Programme to focus on progressing to completion level and final event.

Active Cities Update (Citywide)

➤ Box Up Stations

As part of the Active Cities Dublin initiative (funded through Dormant Accounts and Sport Ireland), the Sports Partnership has 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 boxes are solar powered providing an economical and environmentally friendly way of providing better access to new and existing activities. As part of the pilot programme units have been placed in Mt Bernard Park, Cabra and Eamon Ceannt Park, Kimmage

The units have received a great deal of positive feedback on social media and from various other channels. Only recently the National Active Cities Officer, Mary Corry was interviewed on RTE 2FM. The project was in the planning stages for numerous of months and highlights the positive collaboration between different sections of Dublin City Council. DCC Parks department worked closely with the DCSWP Active Cities officer, from initial meetings to discuss potential locations to highlighting potential concerns /issues to overcoming these barriers and finally to the implementation phase of the units in the parks.

So far usage of the equipment and downloading of the app has been really popular. Active Cities has access to all data on usage, most popular equipment, user groups /profile data etc. to allow for monitoring of the BoxUp Units.

North East Inner City local area is considering installing a two locker BoxUp unit in one of their new parks on Sean McDermott Street.

So far this National driven initiative is proving that a collective approach to some projects can have a far more wider reach and impact, the Minister for Sport has expressed an interest in attending the Box Up local launches (**Launch Date TBC**)

➤ **Cycle School**

Active Cities Dublin continue to pursue a venue for a cycle school and is collaborating with the Road Safety Division, DCC Walking & Cycling Officer and the Micro Mobility Officer on this project. Various potential sites have been viewed and it is hoped to run a pilot training programme at some of these locations over the next few months.

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
- St. Vincent's Holistic Health – aimed at adults with mental health Friday 10.15am - St Vincent's Hospital Fairview D3
- 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.

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 in the North Central area in partnership with Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes. Registration for the Marathon Kids programmes is open for all primary schools in the area.

Boxing in the Community

The StartBox Bronze programme is currently being rolled out in the following NCA schools by the NCA Boxing Development Officer. The schools will move to the Silver stage of the programme in October:

- St. David's, Artane every Monday (Startbox Bronze)
- St. David's BNS every Tuesday (5th and 6th class level - Startbox Bronze)
- Scoil Áine GNS, Raheny every Wednesday (6th class level - Startbox Bronze)
- Our Lady of Consolation, Donnycarney every Thursday (5th class level - Startbox Bronze)

Cricket in the Community

The DCSWP Cricket Officer will continue to support inclusive programmes and engage with following primary local schools in softball cricket sessions. The programme introduces young people age 8-13 years to cricket.

Schoolyard Sessions

- St Brigid's GNS Killester Mondays 11.00am-12.30pm
- Howth Road NS 11-12.30
- The inter-school cricket Sportsfest Blitz will take place on Saturday 30th September from 11am – 2pm

Football in the Community

Please see below report from the last area committee which outlines continuing programmes in the NCA. A full report will be available in October

- 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). Any queries on programmes on programmes can be directed to the DCSWP office.

Rugby in the Community

Tag rugby/Aldi play in-school sessions have recommenced in North Central area primary and secondary schools. As outlined at the start of this report Ray McCabe has taken up another role in Leinster Rugby. Rob Wolfe has taken up the position of Rugby Development Officer in the NCA and a report on activities will be provided in the October report. Any queries on programmes can be directed to the DCSWP office.

Rowing in the Community

The Get Going Get Rowing indoor rowing schools programme will recommence in mid-September in schools across Dublin City, including secondary schools from the Central area.

Swimming in the Community

DCC/DCSWP appointed a Co-funded Swimming Ireland Development Officer in 2022 to increase opportunities for everyone in our communities to get involved with swimming and enjoy the benefits of water based physical activities

A new DCSWP Swimming Development Officer was appointed over the summer 2023 period. Details of programmes and initiatives will be included in the next area report.

Ongoing 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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