

NORTH WEST AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 2023

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. 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 are currently engaging with local schools in the NWA 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 23 – 30 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 NWA officers have engaged with schools, youth services and community groups. Various sport and physical activities have been organised across the week.

. Listed below are samples of some of the citywide events.

- ✓ Dublin City Liffey Odyssey 17 Sep
- ✓ Griffith Mile 17 Sep
- ✓ Marathonkids programme launching 23 Sep
- ✓ Dance/Dip, Clontary 23 September
- ✓ Be Active Night Active Cities 23 Sep – Ballymun Health & Fitness committee hosting
- ✓ Inclusive Football Blitz DCSWP & Shelbourne FC
- ✓ National Walking Day 24 September

- ✓ National Fitness Day 28 September
- ✓ Boxfest showcase Integration Event 27 Sep
- ✓ Multiple sport & physical activity programmes across the City
- ✓ Cycle With Confidence workshops

Specifically in the NWA the following events will take place during Dublin Sportsfest:

- Primary Schools Cross Country Race for schools in Ballymun area that missed out on the original races in April. Event to take in Albert College Park on Thursday, 28 September at 11am.
- Launch of older adults exercise program in Ballymun library on Monday 25 Sept at 2pm. An 8 week programme in the library will run after this date.
- Additional needs programme on Wednesday 27 September in Poppintree Sports & Fitness at 11am. The programme is open to people with additional needs who will have the opportunity to try out fitness games on the day. Further information on this programme can be provided by contacting local Sport Officer Paul Donnelly (contact details below).

Staffing News

Sport Officer (x2) and Sport Inclusion and Integration Officer roles (x 2. 3 year temporary) have been advertised. Closing date for application was 12 September.

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

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

Sport for Young People Small Grant Scheme 2023

170 applications have been received from clubs across the city including the NWA (closing date 2nd June 2023). Sport Ireland Contribution for 2023 is €80,000. The first phase of the assessment is nearing completion. Following this phase, a member of the DCSWP Advisory board will be nominated to assist in Phase two 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.dcwspub.ie
- Email: sports@dublincity.ie
- Twitter: @dccsportsrec

- Facebook: DublinCitySportandWellbeing
- Instagram: @dublincitysportandwellbeing

NWA Programme Highlights September 2023

Underactive Communities

Name of core programme:	Get Dublin Walking
Description of programme activity:	Walking programme aimed at underactive adults
Age group:	Adults
Gender:	Mixed
Date/time and location:	Ongoing Every Thursday from 10.30am in Poppintree Park

Name of core programme:	Adult General Fitness Classes
Description of programme activity:	Multi-Sport/Activity Classes supporting underactive adults to build fitness levels and build sustainable pathways to health and fitness.
Age group:	Adults
Gender:	Mixed
Date/time and location:	Ongoing every Wednesday in Ballymun United Grounds and every Tuesday in Poppintree Community & Sports Centre

Name of core programme:	Ballymun Table Tennis Open Event
Age group:	All Ages
Gender:	Mixed
Date/time and location:	Sunday 24 September in Trinity Comprehensive School, Ballymun

Older Adults (Age 55 years +)

Name of core programme:	Senior Citizens Yoga Classes
Description of programme activity:	Yoga Programme to improve movement, flexibility and mobility
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Ongoing. Every Monday from 1pm in Poppintree Youth & Fitness Centre.

Name of core programme:	Older Adult Active Retirement
Description of programme activity:	Targeting Active Retirement Groups including those in Finglas East area
Age group:	Adults age 55+ years

Gender:	Mixed
Date/time and location:	Ballygall Community Centre. Time & Date TBC

Name of core programme:	Aqua Aerobics
Description of programme activity:	Eight week programme delivered in partnership with DCSWP Co-funded Swimming Officer
Age group:	Adults age 55+ years
Gender:	Mixed
Date/time and location:	Tuesday 2-3pm Finglas Sports & Fitness every. Start date TBC

GAGA (Get All Girls Active) - Women in Sport

Name of Core Programme	Powerlifting Programme
Age group:	15-17 years
Gender:	Females 18+ years
Partners (If any):	
Date/time and location:	Ongoing. Every Thursday from 5pm in Poppintree Sports & Fitness Centre

Name of Core Programme:	GAGA Multi-Sport Programme
Description of Programme Activity:	Six week programme in partnership with existing groups in area.
Age group:	18+ years
Gender:	Females
Date/time and location:	Start Date TBC

Thrive – People With Physical, Intellectual and Sensory Disabilities

Description of programme activity:	Spina Bifida Hydrocephalus Ireland (SBHI) Programme
Age group:	18+ years
Gender:	Mixed
Partners (If any):	Exercises and activity programme aimed at adults with physical challenges.
Date/time and location:	Ongoing - every Wednesday in Poppintree Sport & Fitness Centre

Youth At Risk - 10-21 years. Aimed at providing viable opportunities for young people in the NWA to stay active and thereby mitigate anti-social behaviour). All programmes are delivered in partnership with local NWA groups and Youth Services.

Description of programme activity:	Youth Orienteering Day
Age group:	Young People (age limits TBC)
Gender:	Mixed
Partners (If any):	Poppintree Sports & Fitness Centre and Trinity Comprehensive, Ballymun
Date/time and location:	Saturday 23 September. Poppintree Park

Description of programme activity:	Teen Basketball
Age group:	13-17 years
Gender:	Mixed
Partners (If Any):	Trinity Comprehensive, Ballymun
Date/time and location:	Ongoing every Sunday from 11am-1pm in Poppintree Sports & Fitness Centre

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 NWA:

Name of programme:	St. Michael's House, Ballymun Multi-Sport Programme
Description of programme activity :	Programme aimed at service users from multiple services age 16 years + experiencing mental health difficulties. Delivered in Partnership with St. Michael's House, Ballymun. Start date 13 October
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
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Description of programme activity :	Multi-sport initiative aimed at all ages. Existing programmes such as the Track Partnership in Sundrive Park to continue
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Name of programme:	Child Vision Ireland Tai Chi Programme
Description of programme activity :	Six-Eight week programme aimed at children. Delivered in partnership with Childvision, 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.

Health Improvement Programmes in the NWA

- OTAGO Strength & Balance programme targeted at Older Adults. Tuesdays at 12 noon in Poppintree Sports & Fitness Centre
- Falls Management, Poppintree - Strength & Balance programme targeted at Older Adults. Tuesdays at 1pm in Poppintree Sports & Fitness Centre
- Move For Health, Poppintree – Strength & Balance programme targeted at Older Adults. Tuesdays at 2pm in Poppintree Sports & Fitness Centre
- Pulmonary Rehabilitation Programme, Finglas – programme targeted at Adults with Chronic Pulmonary Obstructive Disease. Tuesdays and Thursdays, Finglas Sports & Fitness Centre

- Functional Fitness NCT Health Promotion Day North West Area – Wednesday 4 October in the Axis Centre, Ballymun. Delivered in partnership with HSE physio and Laterlife Training UK. Focussing on assessing strength, mobility and fitness

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 its 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.

DCSWP NWA Co-Funded Programmes

Athletics in the Community

Couch to 3/5k and walking programmes continue in the NWA area in partnership with the Co-funded Athletic 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 to all primary schools in the NWA area.

Boxing in the Community

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

Cricket in the Community

- The DCSWP Cricket Officer continues to support inclusive programmes and engage with the following NWA primary schools/youth centres via softball cricket introductory sessions.
 - Sunshiny Youth Centre, Finglas. Wednesdays from 5-6pm
 - St. Brigid's GNS, Finglas. Wednesdays from 1-2pm

Football in the Community

➤ **Late Night Leagues**

Late Night leagues form part of the DCSWP/FAI Youth at Risk Programme which aims to mitigate anti-social behaviour by providing social/sporting outlets for young people. In the NWA programmes will recommence in October every Tuesday (males age 10-14 years from 25 October), Wednesdays (females age 10-14 years from 26 October) in various FC clubs in the Finglas area and on Fridays in Trinity Comprehensive, Ballymun (mixed age 12-16 years from 29 September) from 9-11pm. The leagues are delivered in partnership with An Garda Síochána and local Youth Services.

➤ **Girls Future Stars Programme**

The Future Stars programme, Finglas is targeted at young female's age 8-12 years. Its aim is to encourage young females to participate and form pathways to local clubs. The programmes is delivered in partnership with Rivermount FC every Wednesday.

➤ **Futsal In The Yard programme**

This is a six week indoor programme aimed at primary school students age 10-12 years in the Finglas area.

➤ **Football Against Racism**

This intercultural programme will take place during European Football against Racism Week (commencing 16 October) in schools in the NWA. The initiative focuses on in-class education followed by sessions which give young people practical skills on how to deal with racism.

➤ **Disney Playmakers Programme**

This programme target young females age 4-7 years. The programme is delivered in Ballymun United every Saturday from 10-11am.

➤ **FAI Coaching**

- FAI 9 v 9 Workshops continue aimed at young people age 16+ years. Workshops are delivered every Wednesday from 6pm I Leisure Point, Finglas South
- PDP 1, 7X7 and 9X9 coaching continues in Coláiste Íde and PDP 1 in Trinity Comprehensive, Ballymun.

➤ **Football For All (Disability)**

The National Learning Network Blitz days continue once a month in Clontarf pitches. The programme is aimed at encouraging participation in the sport for adults with additional needs.

Rowing in the Community

The Get Going Get Rowing indoor rowing schools programme will recommence in mid-September in schools across Dublin City.

Rugby in the Community

Tag rugby/Aldi play in-school sessions have recommenced in NWA primary and secondary schools. A full report on activities will be provided in the October report. Any queries on programmes can be directed to the DCSWP office or the Rugby Development Officer (details below).

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.

Training for 2023 (Citywide)

- 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.

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