
**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
October 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
Name	Sport	Email	Phone Number
Gráinne Vaugh (maternity leave). Replacement Niall Kerley	Women's Rugby Development	niall.kerley@leinsterrugby.ie	087 740 3266

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 October 2023.

Marathon Kids 2023

Marathon Kids Is an 8 week physical education program covering daily short runs, physical & mental health education, nutrition, exercise and lots of fun. The programmes is a national initiative aimed at primary school students at 4th, 5th and 6th class level. David Gillick, ambassador for Marathon Kids visited the 50+ schools (including schools from the North Central area) participating in this year's programme during European Week of Sport/Dublin Sportsfest 2023.

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. The Shortlisting/Eligibility/Interview process is to follow shortly.

DCSWP SIMS (School Information Management System) For Schools Motor Sport Programme Highlight Programme

DCSWP and Active Cities, in partnership with Nicci Daly and Formula Female, launched the Dublin City Council SIM for Schools Program across five schools in each administrative area during European Week Of Sport/ Sportsfest 2023. The programme engages transition year classes in girls' schools providing the opportunity to take part in this novel motorsport programme, utilising simulator rigs that DCSWP has purchased. The programme is delivered by Nicci Daly. Nicci is a Member of the Ladies Hockey Team who won the Silver Medal at the 2018 World Cup, and was a member of the team that represented Ireland at the 2020 Olympics in 2020. Nicci's family is steeped in the Irish motorsport history, and Nicci herself worked as a data engineer for Juncos Racing in Indycar from 2016. In the USA Nicci has developed a programme aimed at introducing

motorsport opportunities for school aged girls, while also overlapping and interweaving stem elements that will compliment academic curriculums, using the interactive platform of simulator rigs.

This new and exciting DCSWP programme runs for 6 weeks, as students work through a progressive curriculum with overlapping interweaved elements, developing technical knowhow, racing skills, team promotion and design. There will be ongoing friendly competition as well as a final event between the schools. There is also potential opportunity for final participants to participate in a high profile final event at Gamer Fest 2023 in the RDS, as well as experiential finish day in Mondello with actual in-car experience. The Programme has also been approached by TG4 who want to do a piece on the programme and organisations such as Curry's/World who are interested in further sponsoring the programme.

- In the North Central area the programme was launched in Ard De La Salle, Raheny during Sportsfest.

Sport for Young People Small Grant Scheme 2023

170 applications have been received from clubs across the city including the North Central Area (closing date 2nd June 2023). Sport Ireland Contribution for 2023 is €80,000. The first phase of the assessment is complete with phase two in progress.

This is a priority for DCSWP and clubs will be notified in the coming weeks. Once confirmed, a full list of North Central Area clubs can be provided for the committees' information on request.

Social Media/Communication

All DCSWP highlighted programmes will continue to be supported by social media channels and the DCSWP Virtual Hub.

- 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 Continuing Programmes October 2023

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:	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

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:	Ongoing. Every Wednesday at 2pm , Kilmore Recreation Centre
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Name of core programme:	Swim Programme (general)
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.

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:	Ongoing. 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, 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 Centre 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:	Ongoing

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:	Ongoing. Every Tuesday. 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:	Ongoing. Every Thursday Priorswood/ Clonshaugh/ Glin/ Coolock Centres

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:	Ongoing. Tuesdays 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:	Ongoing. Details to be confirmed by Sport Officer

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

Get All Girls Active (GAGA)/Women In Sport

Name of core programme:	Trinity Research Programme
DSCWP Sport Officer:	Fergal Scally
Age group:	18+ years
Gender:	Female
Date/time and location:	12 week multi-fitness initiative aimed at teenage girls in Mercy Secondary School, Beaumont. Programme includes dance fitness and resistance classes. Researching what factors influence participation in physical activity

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:	Ongoing in local schools
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
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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 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.

Active Cities

➤ Box Up

As part of the Active Cities Dublin initiative the Sports Partnership have purchased two Box up 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 three hours. The user downloads the Box up 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 provides user data and feedback.

The Box-ups will provide more opportunities for people of all abilities to get active and will encourage increased use of parks sporting facilities and open spaces units have to date been placed in Mt Bernard Park, Cabra and Sundrive Park, Kimmage as part of the pilot city parks roll out.

(<https://www.dcswphub.ie/boxup-comes-to-ireland>).

The official Launch of Box-Up took place on Wednesday 4th October at 2.30pm in Eamonn Ceannt Park, Crumlin.

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 challenges. Every 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 North Central area 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. As reported above, the Marathon Kids programmes continues.

Boxing in the Community

The Start Box Bronze programme continue 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 (Start box Bronze)
- St. David's BNS every Tuesday (5th and 6th class level - Start box Bronze)
- Scoil Áine GNS, Raheny every Wednesday (6th class level - Start box Bronze)
- Our Lady of Consolation, Donnycarney every Thursday (5th class level - Start box 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 every Monday 11.00am-12.30pm
- Howth Road NS every Wednesday from 11.00am-12.30pm

Football in the Community

- Walking football aimed at Older Adults continues
- Football for All (disability), grassroots school and club programmes in the NCA
- 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)..

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 Rob Wolfe has taken up the position of Rugby Development Officer in the NCA and a report on activities will be provided in the November 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 North 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)

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