

**The Chairman and Members of
North West Area Committee.**

Meeting: 17th October 2023

Item No: 11

NORTH WEST AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

OCTOBER 2023

2023 – Linking in with National Events & Initiatives

The primary goal of Dublin City Sport & Wellbeing (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 programme 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 West 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 West Area (NWA) the six-week programme was launched in Trinity Comprehensive, Ballymun on Friday 29th September.**

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 list of NWA clubs can be provided for the committees' information on request.

Active Cities (Citywide)

- BoxUp

As part of the Active Cities Dublin initiative 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 three hours. The user 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 provides 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 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.dcswhub.ie/boxup-comes-to-ireland>).

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

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.dcswhub.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)

NWA Ongoing Core DCSWP Programme Highlights October 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 very Wednesday in Ballymun United Grounds and every Tuesday in Poppintree Community & Sports Centre

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:	Ongoing in Ballygall Community Centre.

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:	Ongoing every Tuesday 2-3pm Finglas Sports & Fitness every.

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:	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
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.

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 (see start of report)

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

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. As above the Marathon Kids programmes continues in primary schools in the NWA area.

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 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it to another level (combination of first two levels and progression to contact).

The programme has expanded over the years to include young participants from 7 – 10 years (second class +)

- The StartBox Bronze programme is currently being rolled out in schools by the NWA Boxing Development Officer. The Silver stage of the programme will commence in St. Joseph's National school, Ballymun from Tuesday 24th October (four programmes)

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 is currently being delivered in schools in the NWA to coincide with European Football against Racism Week (commenced 16th October). 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 citywide programme is aimed at encouraging participation in the sport for adults with additional needs (includes participants from the NWA).

Rowing in the Community

The Get Going Get Rowing indoor rowing schools programme continues in schools across Dublin City.

Rugby in the Community

➤ **School Development**

The Rugby Development Officer continues to focus on the delivery of programmes at on first year level. Eight classes in three NWA schools are currently being delivered on a weekly basis:

- Newcross College, Finglas West
- Beneavin De La Salle College, Ballygall,
- St. Kevin's College, Ballygall

These schools will compete in a first year blitz at the end of October. In late October and into November and December focus will be on reviewing the programme in schools listed above and introducing a new development programme to primary schools in the NWA.

➤ **Inclusion**

Rugby programmes previously rolled out in S. Michaels, Finglas will resume following the mid-term/Halloween break.

➤ **Youth At Risk**

The Monday Night Rugby programme is delivered in partnership with Poppintree Youth Project and will continue until Christmas. Following the programmes' success, plans are currently being put in place to partner with other NWA youth projects and develop links.

➤ **Division 4 Rugby**

In November and December the Rugby Development Officer will revisit I will be getting in contact with all the 1st year groups who are now at second year level to scope out interest in progressing to full contact division 4 rugby. In many cases this will be the first time these schools have entered competitive competition. It is hoped that building these pathways will lead to school representation in the 2023 council cup.

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)

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