

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

Meeting 21st November

Item No: 15

**NORTH WEST AREA COMMITTEE
DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT
NOVEMBER 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. 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.

In November DCSWP will be highlighting programmes male focused programmes to coincide with Men's Health week (15th – 20th) and International Men's Health Day (19th Nov). December 3rd marks International Day of People with Disabilities. DCSWP will be promoting ongoing programmes and initiatives that increase opportunities for people with intellectual, physical and sensory disabilities to partake in sport and physical activity.

As we move towards the end of 2023, DCSWP flagship events such as Change For life and the Lord Mayor's 5 Alive road race challenge are in the planning stages.

Marathon Kids Final 2023

Finale of Marathon Kids 2023 programme. Participating schools (including schools from the North West Area) came together on Tuesday 14th and Wednesday 15th to finish their final mile in Santry Stadium and receive medals. This concludes the programme for 2023.

Staffing News

As previously reported Sport Officer (x2) and Sport Inclusion and Integration Officer roles (x 2 three year temporary) were advertised in September. The interview process for the Sport

Inclusion & Integration officer commenced on 13th November with Sport Officer Interviews to commence on 29th November.

Sport for Young People Small Grant Scheme 2023

170 applications were received from clubs across the city including the North West Area (NWA). Sport Ireland Contribution for 2023 is €80,000. Remainder of allocation is from DCC. The assessment stage is now complete. The DCSWP Advisory Board noted the final list and allocation at the meeting of 24th October. Successful clubs have been notified (134). Average funding is between €500- €950). A number of clubs remain under review.

Active Cities Update (Citywide)

➤ **Sim for Motorsport**

Please see previous report for programme information. The DCSWP/Active Cities (Dublin) programme concluded on Tuesday 14th November City in City Hall with a final competition and highest qualifiers from each school including students from Trinity Comprehensive, Ballymun, NWA receiving certificates of completion. The overall winner will be afforded the opportunity to move from the virtual world and gain in-car experience in Mondello.

➤ **BoxUp**

The Boxup initiative continues in city parks offering free sporting equipment for members of the public to enjoy sport in DCC green spaces. Following the release of statistics, the BoxUp facility in Eamon Ceannt Park has been identified as the number two BoxUp in Europe in terms of usage.

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

➤ **TravAct.**

In partnership with the HSE Health promotion teams, DCSWP is currently installing outdoor stencil play areas in locations identified by members of the TravAct community.

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.dcswphub.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 Programme Highlights October 202

Active Communities:

Name of core programme:	Get Dublin Walking
Description of programme activity:	DCC, Ballymun Area Office, Walking programme aimed at 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 (male) and every Tuesday in Poppintree Community & Sports Centre (mixed)

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
Description of Programme Activity:	Beginners and Advanced strength and power 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

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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

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 concludes in primary schools in the NWA area in November. Couch to 3 & 5k and the launch of the Couch to 5k podcast are in the planning stages for January.

Boxing in the Community

The **Starbox** 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 Gold programme is currently being rolled out in the following schools by the NWA Boxing Development Officer:

- Ballymun Comprehensive every Monday (four programmes)
- St. Canice’s BNS, Finglas every Tuesday (four programmes)
- Mother of Divine Grace, Ballygall every Wednesday (four programmes)
- Holy Spirit GNS, Ballymun every Wednesday (four programmes)
- St. Joseph’s NS, Poppintree every Thursday (four programmes)

In December the showcase finals will take place in the schools listed above.

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 continue every Tuesday (males age 10-14 years), every Wednesday (females age 10-14 years) in various FC clubs in the Finglas area and on Fridays in Trinity Comprehensive, Ballymun (mixed age 12-16 years) 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 programme 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 student's age 10-12 years in the Finglas area.

➤ **Disney Playmakers Programme**

This programme target young female's 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 in 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).

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 continue on a weekly basis:

- Newcross College, Finglas West

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

In 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 continue in November/December.

➤ **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.

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