

**To the chairperson & members of
the North Central Area Committee**

**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report
December 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 interviews commenced on 29th November and will conclude on 6th December.</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 Vaughn (maternity leave). Replacement Niall Kerley)	Women's Rugby Development	niall.kerley@leinsterrugby.ie	087 740 3266

2024 – 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 will continue to align the planning and delivery of programmes with national and international events in 2024. 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.

➤ Dublin City Council Sports Plan

New plan to align with the City Development Plan & National Sports Policy
Final Draft to feature two separate but inter-related documents:

- Sports Infrastructure Strategy
- Sports Provision & Programming Strategy (including review of DCSWP)

Purpose

- A common vision for improving sport and recreation provision and participation across Dublin City
- The actions that must be taken to achieve this vision
- The role Dublin City Council and other organisations will play

Timeframe Update

- Tender for consultant via e-tenders was published at the end of 2022 and was awarded to Teneo Strategy Ireland Ltd
- Work commenced in March and began with an extensive stakeholder engagement phase.
- Teneo has also completed all of the research and data analysis elements of the Sports Plan development
- The first iteration of the Sports Plan is currently being drafted and Teneo is working closely with the City Council Project Team and Steering Group to ensure all expected outputs and items within scope have been addressed and covered off
- The finalised draft document is expected to be completed early 2024

Lord Mayor's 5 Alive Road Race Challenge 2024

The Lord Mayor's 5 Alive is back for 2024 and is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals.

The Challenge is to complete the four named races below and a park run (within the time period 01 January 2024 & 06 April 2024). Participants will receive a T-Shirt and a medal presented by the Lord Mayor after the end of the last race: DCC / BHAA 4 Mile Road Race - 06 April 2024 @ 11.00 (TBC). The Lord Mayor is planning on taking part in the races.

- **Tom Brennan Memorial 5K** - Phoenix Park – 01 January 2024 @ 09.30am
- **Raheny 5 Mile** - Raheny Village/St. Anne's Park - 28 January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount - 12 March 2024 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park - 06 April 2024 @ 11am **(DCC will register and pay entry fee)**

The 5 Alive 2024 challenge was advertised on 17th November:

<https://www.dcswhub.ie/programmes/lord-mayor-5-alive-challenge>

Change for Life 2024

Change for Life (CFL) is Dublin City Sport and Wellbeing Partnership's 8-week core programme aimed at transforming the long-term health and wellbeing of communities across Dublin City. Change for Life runs in tandem with and emulates the formula of RTE's Operation Transformation from January to March every year. The programme initially targeted underactive adults but broadened in recent years to include young people and a Dublin City staff focussed programme.

Details of CFL North Central Area programmes will be included in the end of year report in December

Operation Transformation Walks 2024

OT walks will commence in January 2024. DCSWP Sport Officers to engage with local walking groups targeting all ages in the NCA. Details to be included in January reports.

Sport for Young People Club Small Grant Scheme 2023

As previously reported the SYP Grant was advertised in early June 2023. Please see list attached of NCA clubs in receipt of the grant for 2023 and the amount awarded.

Active Cities Update (Citywide)

➤ **BoxUp**

The Boxup initiative continues in city parks offering free sporting equipment for members of the public to enjoy sport in DCC green spaces. Data recently collated on the Box up facilities identifies Eamonn Ceannt Park as the second most used in European parks.

<https://www.dcswhub.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 including the Darndale/Glin area in the NCA.

➤ **Active Cities Swimming/Yoga**

DCSWP, as part of the Active Cities (Dublin) programme, has funded swimming lessons and yoga classes for women living in the Aoibhneas shelter in Coolock. The Active Cities Officer continues to work with NCA Officer Fergal Scally on the initiative.

Social Media/Communication

All DCSWP highlighted programmes 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 Ongoing Programmes December 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. Elmfield Park, Donaghmede every Wednesday.

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:	Pickleball Programme
DSCWP Sport Officer:	Fergal Scally
Description of programme activity:	Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ongoing. Every Friday. Kilmore Recreation Centre.

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:	Ongoing. 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:	Ongoing. Every Thursday in Rockfield Park.

Name of core programme:	Chair based Yoga & Mindfulness/Chair Based General Exercise Programme
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 (Yoga) Every Monday, Kilmore Recreation Centre. 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 'Hamstead Go Getters', an active retirement group living in the Hamstead 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:	Ongoing. Every Monday from 1pm, 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, Hamstead 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. 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. Every Tuesday. 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.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. 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:	Ongoing. 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

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 Teen Health & Fitness Programme
DSCWP Sport Officer:	John Sweeney
Description of programme activity:	General Fitness Programme delivered in St. Mary's Holy Faith, Killester
Gender:	Mixed
Date/time and location:	Ongoing in local schools

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

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

Name of programme:	Yoga Programme
Description of programme activity :	Inclusive Yoga. Aimed at Sporting Pride LGTBQ + community.

Name of programme:	Bravo Volleyball Club
Description of programme activity :	Club development aimed at supporting members of the LGTBQ+ community.
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 Winter Programme
Description of programme activity :	Multi-sport initiative aimed at all ages. Delivered in partnership with emergency/housing services etc. Takes place in St. Catherine's Sport & Fitness Centre every Wednesday in November/December

Name of programme:	Sim 4 STEM Motorsports Female Programme
Description of programme activity :	See start of report. DCC/DCSWP initiative as part of Active Cities, Dublin.

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 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/Swimming

Athletics in the Community

Couch to 3/5k and walking community programmes continue in the SCA in partnership with the Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes such as training for schools cross country 2024.

Boxing in the Community

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, 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 +) Start box concludes in the NCA schools previously reported on in December with the showcase finals and will recommence in January 2024.

Cricket in the Community

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

Schoolyard/Softball Cricket Sessions

- Dominican College, Griffith Avenue every Wednesday from 11am (female)
- Holy Child, Whitehall every Wednesday from 11.00am (mixed)
- Belmayne ETSS every Monday from 11am (mixed)

Football in the Community

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

Tag Rugby sessions continue in the following NCA primary schools until year end.

- St. Brendan's BNS, Artane (male, 4th class)
- Scoil Fhursa, Kilmore (male, 3rd class)
- Gaelscoil, Cholmcille, Kilmore (mixed, 6th class)
- Springdale NS, Edenmore (mixed, 6th class)

Contact Rugby

- Junior full contact rugby sessions in Chanel Catholic College, Coolock (male, 2nd and 3rd year)
- Senior full contact rugby sessions in Mount Temple Comprehensive, Clontarf (mixed, 1st and 2nd year)
- Senior full contact rugby sessions in St. Mary's Holy Faith, Killester (female, 2nd year)

Coaching

TY five-week coaching programme in St. Mary's Holy Faith, Killester

Rowing in the Community

The Get Going Get Rowing indoor rowing school programme continues. In the NCA the programme continues in St. Mary's Holy Faith, Killester every Monday aimed at 1st year and TY level.

Swimming in the Community (citywide)

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

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Men's wellness, female wellness, Foróige, Foundations youth project and Vision Sports swim programmes continue in Sean McDermott swimming pool. In the NCA Coolock swimming pool facilitates the Men's Shed 'Lean To Swim' programme.

Ongoing Training for 2023

- Safeguarding 1,2 & 3 (delivered on an on-demand basis)

REPORT BY:

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