

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

Meeting 16th January 2024

Item No: 12

**. NORTH WEST AREA COMMITTEE
DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT
JANUARY 2024**

1. Dublin City Sport & Wellbeing Partnership Highlights January 2024:

Linking in with National Events & Initiatives

The primary goal of Dublin City Sport & Wellbeing Partnership (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 sporting 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.

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 kicked off for 2024 in the Phoenix Park on 1st January with the Tom Brennan memorial 5k race. The challenge is to complete the three remaining races below and a park run (within the time period 1st January 2024 and 6th April 2024). Participants have received 5 A T-Shirts and a medal will be presented by the Lord Mayor after the end of the last race - DCC / BHAA 4 Mile Road Race – 6th April 2024 @ 11.00 (TBC).

- **Raheny 5 Mile** - Raheny Village/St. Anne's Park – 28th January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount – 12th March 2024 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park – 6th April 2024 @ 11am **(DCC will register and pay entry fee)**

Change For Life 2024

Change For Life (CFL) is Dublin City Sport and Wellbeing Partnership's eight-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 adults but broadened in recent years to include young people and a Dublin City employee programme focused on supporting staff to develop health habits for life.

Change For Life – DCC Staff Programme 2024

In partnership with DCC’s Health and Wellbeing Unit, DCSWP is delighted to resume the Change for Life programme for staff in 2024. Due to the temporary closure of the Wood Quay Venue, the classes will take place in St Catherine’s Community Sport Centre. A shuttle bus will be available to staff leaving Cook Street at 12:30 pm and departing St Catherine’s at 1:20 pm.

Fitness classes commenced on Thursday 11th January 2024 for four weeks. Programmes have been advertised to staff and places are number dependant:

| <u>Pre-Assessment</u> | <u>Fitness Classes*</u> | <u>Post-Assessment</u> |
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| Date: 9th January 2024 | Date: Every Tuesday and Thursday | Date: 8 th February 2024 |
| Time: 12-2 p.m. | Time: 12:45-1:15pm | Time: 12 - 2 p.m. |
| Location: Room 132 <i>Block1, Floor 3</i> | Location: St Catherine’s Community Sport Centre | Location: Room 132 <i>Block1, Floor 3</i> |

Dublin City Council Sports Plan 2024 – 2028

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

Teneo will present the draft strategy to the North West Area Committee on Tuesday 19th March 2.30pm

DCSWP Staffing Update:

➤ **Sport Inclusion and Integration Officer (3 year temporary)**

Two DCSWP Sport Inclusion and Integration Officers have been appointed and will commence duties on 26th January 2024. Further information on 2024 initiatives will be outlined in the next report.

Inclusion in Sport is a priority for DCSWP's under our core target group requirements and the appointment of two dedicated officers will expand the reach of these targeted initiatives.

➤ **Sport Officer (permanent)**

Interviews for the position of Sport Officer took place in December 2023. Start dates TBC.

The appointment of two new Sport Officers will address the current vacancies in the North West Area (NWA) and North Central Area.

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.dcwspub.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)

2. North West Area Programme Report 2024

The identification of DCSWP core target groups is informed by the Sport Ireland Participation Plan which is guided by the National Sports Policy 2018-2027 and the Sport Ireland

Strategy. Core target groups provide a strategic focus for the delivery of DCSWP programmes which seek to remove barriers to participation and provide viable opportunities for everyone to partake in sport and physical activity.

DCSWP Sport and Co-funded Officers work closely with groups and services in the area in the delivery of these initiatives. Officers also engage with coaches from the DCSWP coaching panel who deliver programmes on behalf of the service helping to increase reach and develop sustainable, ongoing programmes.

Target Group Name: Underactive Communities

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| 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. This is a partnership programme between DCSWP and DCC's Community section. |

Target Group Name: Women in Sport/Get All Girls Active (GAGA)

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| 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 |
| Date/time and location: | Every Thursday from 5pm in Poppintree Sports & Fitness Centre. This is a long-term DCSWP initiative in the area. |

Target Group Name: Older Adults/Health Improvement in the NWA

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| Name of Core Programme | OTAGO Strength and Balance Programme |
| Description of Programme Activity: | Strength & balance programme for older adults at high risk of a fall in partnership with HSE physios (referral only) |
| Age group: | 55+ years |
| Gender: | Mixed |
| Partners (If Any): | HSE/DCSWP Health Improvement in the Community Co-funded Officer |
| Date/time and location: | Tuesdays from 11am. Poppintree Community Centre |

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| Name of Core Programme: | Falls Management Programme |
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| Description of programme activity: | Strength & balance programme for older adults at medium risk of a fall in partnership with HSE physios (referral only) |
| Age group: | 55+ years |
| Gender: | Mixed |
| Partners (If Any): | HSE/DCSWP Health Improvement in the Community Co-funded Officer |
| Date/time and location: | Tuesdays from 12 noon. Poppintree Community Centre |

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| Name of Core Programme: | Move For Health |
| Description of programme activity: | Strength & balance programme for older adults in partnership with HSE physios (referral only) |
| Age group: | 55+ years |
| Gender: | Mixed |
| Partners (If Any): | HSE/DCSWP Health Improvement in the Community Co-funded Officer |
| Date/time and location: | Tuesdays from 1pm. Poppintree Community Centre |

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| Name of Core Programme: | Pulmonary Rehabilitation Programme |
| Description of programme activity: | Partnership project with HSE Primary Care Physiotherapists providing exercise classes for patients with COPD and other chronic pulmonary illness (referral only) |
| Age group: | 55+ years |
| Gender: | Mixed |
| Partners (If Any): | HSE/DCSWP Health Improvement in the Community Co-funded Officer |
| Date/time and location: | Tuesdays and Thursdays from 2.30pm. Finglas Sport & Fitness Centre |

Target Group Name: Thrive – People with Physical, Intellectual and Sensory Disabilities

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| Name of Core Programme: | Thrive |
| Description of programme activity: | Exercises and activity programme aimed at adults with physical challenges. This is a long-term DCSWP programme delivered in partnership with Spina Bifida Hydrocephalus Ireland (SBHI) |

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| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Wednesdays. Poppintree Sports & Fitness Centre |

Target Group Name: Youth At Risk (10-24 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.

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| Name of Core Programme: | Teen Basketball |
| Age group: | 13-17 years |
| Gender: | Mixed |
| Partners (If Any): | Trinity Comprehensive, Ballymun |
| Date/time and location: | Sunday from 11am-1pm. Poppintree Sports & Fitness Centre |

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| Name of Core Programme | Youth At Risk Ice Skating Programme |
| Age group: | 10-21 years |
| Gender: | Mixed |
| Partners (If Any): | Finglas Youth Resource Centre/Crosscare Teen Counselling Service |
| Date/time and location: | 2024 programme details remain TBC |

Sports Leadership Programme – Finglas Youth Resource Centre

Sports Leadership UK is a programme that aims to provide young people with the confidence, skills and behaviours necessary to lead physical activity sessions in their school/community setting. This year DCSWP offered the programme to Finglas Youth Resource Centre.

Young people at Transition Year level from different schools within the NWA community attend 21 tutor learner hours developing leadership behaviours and skills in order to plan, structure and deliver physical activity sessions to a group of younger children. As part of the programme participants are assessed on their performance and if successful they will receive an internationally recognised qualification from SLUK. The programme has been running from late September 2023 and concludes at the end of January 2024 with a planned social action piece in the community delivered by the 16 leaders.

3. Active Cities, Dublin City – NWA Update

NWA Active City Programme Plans 2024

As agreed with the NWA Office in November 2023, the Active Cities Officer will arrange a meeting in early 2024 with all stakeholders currently providing programmes/activities in the Ballymun to identify gaps in provision and to ensure that there are no overlaps. From there DCSWP will have a clearer picture of what is required in the area in 2024.

➤ Orienteering – Poppintree Park

Plans are being finalised to launch the Orienteering courses that have now been physically signposted throughout Poppintree Park in the NWA. In total eight parks throughout Dublin city have had orienteering maps uploaded on to Maprun which is an online portal that is used to access orienteering routes.

Poppintree is the first of the parks in the DCC area to have the signage installed. DCSWP's Active Cities Officer plans to meet with the Ballymun Health & Fitness Local Community Group in the coming weeks to arrange a local launch of the signs.

The Active Cities Officer is also engaging with local P.E teacher Paddy O Reilly, Ballymun Trinity Comprehensive School, Ballymun regarding the delivery of a programme whereby local scouts will use the course along with Transition Year students.

Plans are also being put in place to liaise with local NWA primary schools around the idea of teaching younger primary school children to use the course and follow on with one-day orienteering events where younger children attend along with a grandparent/other older member of the family as an intergenerational event.

➤ **Cycle with Confidence**

Plans are being put in place to deliver another 'Cycle with Confidence' programme for adults in the NWA at the Decathlon cycle course which has been made available to DCSWP at no cost.

➤ **Freestyle Soccer Event**

Documentary evidence from the world cup freestyle soccer event in Ballymun United last September is currently being collated by DCSWP/Active Cities as part of the submission to the Guinness Book of Records.

4. 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 local schools in the Daily Mile and School's Cross-Country 2024 programmes. Couch to 3 & 5k and the launch of the Couch to 5k podcast are in the planning stages for March/April.

- In January/February Holy Spirit GNS Primary School, Ballymun will participate in the Primary School Athletics programme every Monday from 9.30am.

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 2024 StartBox programme will be delivered in the following NWA schools/youth service (commencing February)

- Trinity Comprehensive, Ballymun
- Beneavin De La Salle College, Finglas
- Our Lady Victories, Ballymun
- St. Kevin's College Ballygall
- Virgin Mary NS, Ballymun
- Aisling Youth Project, Ballymun
- North Dublin National School Project

Cricket in the Community

The DCSWP Cricket Officer continues to support inclusive programmes and engage with the NWA primary schools/youth groups via softball cricket introductory sessions.

- School softball sessions for 2024 commence with Mother of Divine Grace, Ballygall every Wednesday from 11am (mixed 8-13 years)
- Club training sessions in partnership with Finglas Cricket Club take place in Poppintree Park every Saturday from 10am (mixed 11-17 years)
- Plans are in place for inter-school midterm camps in the Phoenix Park in late February.

Football in the Community

➤ **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 age 8-12 years to participate and form pathways to local clubs. The programme is delivered in partnership with Rivermount FC, Finglas and St. Joseph's GNS, Finglas. Times and dates for 2024 TBC.

➤ **FAI National D Grassroots Coaching Licence**

Aimed at students age 18+ years in Coláiste Íde, Finglas. Delivered every Wednesday from 9.30am.

➤ **Inter Primary School 5 Aside Competition**

Participants from NWA age 10-12 years will partake in the inter-school competition in Irishtown Stadium from 11th – 15th March.

➤ **Child Safeguarding**

Safeguarding 1 to be delivered in local NWA clubs by FAI Co-funded Officers over the next period.

Rugby in the Community

➤ **Skills and Tag Rugby Programme**

To be delivered in Trinity Comprehensive, Ballymun with participants from Poppintree Youth Project and Trinity Comprehensive every Monday from 6pm aimed at young people age 13-17 years.

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. A new DCSWP Swimming Development Officer was appointed over the summer 2023 period.

Men’s wellness, female wellness, Foróige, Foundations youth project and Vision Sports swim programmes continue in Sean McDermott swimming pool with participants from across the city including the NWA.

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