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**North Central Area Committee Dublin City Sport & Wellbeing Partnership Report**  
**April 2024**

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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
<b>Sport Officer to commence duties in April. Date TBC.</b>	Donaghmede, Kilbarrack, Belmayne, Clarehall, Clongriffin,			
Olivia Shattock	Clonshaugh, Coolock, Darndale, Edenmore.	Kilmore Community Centre	<a href="mailto:olivia.shattock@dublincity.ie">olivia.shattock@dublincity.ie</a>	086 383 5020
Fergal Scally	Artane, Beaumont Clonshaugh Industrial Estate, Donnycarney, Kilmore.	Kilmore Community Centre	<a href="mailto:fergal.scally@dublincity.ie">fergal.scally@dublincity.ie</a>	087 118 1885

Name	Area	Office	Email	Phone Number
John McDonald	Santry, Whitehall	Poppintree Community Sports Centre	<a href="mailto:john.mcdonald@dublincity.ie">john.mcdonald@dublincity.ie</a>	087 112 7291
John Sweeney	Clontarf, Fairview, Killester, Howth Road, Raheny.	Ballybough Youth & Community Centre	<a href="mailto:john.sweeney@dublincity.ie">john.sweeney@dublincity.ie</a>	087 980 9095

### **North Central Area – Sport Specific Officers**

Name	Sport	Specific Area	Email	Phone Number
<b>FAI Officer to be appointed</b>	Football	Artane, Clontarf, Donaghmede, Whitehall		
Neil Keoghan	Football	Marino, Santry, Whitehall,	<a href="mailto:neil.keoghan@fai.ie">neil.keoghan@fai.ie</a>	083 879 5580.
Rob Wolfe	Rugby	North Central Area	<a href="mailto:rob.wolfe@leinsterrugby.ie">rob.wolfe @leinsterrugby.ie</a>	083 3872 945
Noel Burke	Boxing	North Central Area	<a href="mailto:noelkarenburke@gmail.com">noelkarenburke@gmail.com</a>	086 326 5777

Name	Sport	Email	Phone Number
Carmel O'Callaghan	Active Cities Officer (Dublin City)	<a href="mailto:carmel.ocallaghan@dublincity.ie">carmel.ocallaghan@dublincity.ie</a>	087 265 8577
Colette Quinn	Athletics - North City	<a href="mailto:colettequinn@athleticsireland.ie">colettequinn@athleticsireland.ie</a>	085 871 2817.
Fintan McAllister	Cricket	<a href="mailto:fintan.mcallister@cricketleinster.ie">fintan.mcallister@cricketleinster.ie</a>	086 179 5587
Aoife Byrne	Rowing	<a href="mailto:dublincoordinator@rowingireland.ie">dublincoordinator@rowingireland.ie</a>	087 269 6071
Christine Russell	Swimming	<a href="mailto:christinerussell@swimireland.ie">christinerussell@swimireland.ie</a>	086 128 7087
David Phelan	Health Promotion and Improvement	<a href="mailto:david.phelan@dublincity.ie">david.phelan@dublincity.ie</a>	087 652 5001
Heather Jameson	Football For All (Disability) – North City	<a href="mailto:heather.jameson@fai.ie">heather.jameson@fai.ie</a>	083 879 3086

Name	Sport	Email	Phone Number
Gráinne Vaugh	Women's Rugby Development	<a href="mailto:grainne.vaugh@leinsterrugby.ie">grainne.vaugh@leinsterrugby.ie</a>	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 continues 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.

The DCSWP calendar of events has been circulated to all Area Managers

### North Central Area Staffing News

The new North Central Area DCSWP Sport Officer is due to commence duty in April. DCSWP has liaised with senior management in the NCA regarding the appointment date. The FAI vacancy will be addressed in the coming weeks following an FAI recruitment and structure review process.

### Primary School's Cross Country Race Series 2024

In partnership with Athletics Ireland the primary school cross country race series for 2024 will take place in local DCC parks across the city from March - May. The series is due to be advertised on DCSWP communication platforms. Schools across the city will be invited to partake in this following events:

- John Paul Park, Cabra - (rescheduled to 16<sup>th</sup> April due to adverse weather conditions)
- Fairview Park, Thursday 7<sup>th</sup> March – (to be rescheduled due to adverse weather conditions)

- Wednesday 10<sup>th</sup> April – Albert College Park
- Thursday 11<sup>th</sup> April – At. Anne's Park
- Wednesday 1<sup>st</sup> May – Eamonn Ceannt Park
- Thursday 2<sup>nd</sup> May – Ringsend Park

### **National Active Schools Week 2024**

Active schools week takes place from 29<sup>th</sup> April - 3<sup>rd</sup> May. Local DCSWP Sport Officers support Central Area schools that have signed up to the week in the delivery of multi-sport initiatives.

### **National Bike Week 2024**

Bike Week 2024 takes place from 11<sup>th</sup> - 19<sup>th</sup> May. DCSWP Sport Officers in the area deliver cycling programmes targeted at various age groups and abilities. Bike safety programmes are also rolled out in local schools. The Sundrive Velodrome in Eamonn Ceannt Park will host activities throughout the week. Details TBC.

### **Women's Mini Marathon 2024**

12 week lead-in programmes have commenced to support participants in the lead-up to the Women's Mini Marathon 2024 which takes place on the June Bank Holiday. Local Sport Officers help train groups in the North Central Area in a safe and supportive environment as the event approaches.

### **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](http://www.dcwsphub.ie)

- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Updates to the Hub re the promotion of flagship/highlight events include the Cross Country Race Series and to include promotion of Bike Week 2024.

## NCA Programmes April 2024

### Women in Sport

<b>Name of core programme:</b>	<b>Women's Mini Marathon Training Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Walking/jogging programme supporting 2024 participants. Delivered in partnership with Athletics Ireland/DCSWP Athletics Development Officer.
<b>Age group:</b>	Females age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays from 10am. McCauley Park, Artane/ Mondays from 12.30pm Maypark, Donnycarney

## Change for Life - Underactive Communities

<b>Name of core programme:</b>	<b>McCauley Park 'Walk and Talk'</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Walking/Social programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays from 10am, McCauley Park, Artane

<b>Name of core programme:</b>	<b>Walking Group Edenmore</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Age group:</b>	All ages
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Mondays from 11am, Edenmore Park

<b>Name of core programme:</b>	<b>Men's Swimming</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Age group:</b>	40+ years
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Thursdays from 1pm. Coolock Swimming Pool

<b>Name of core programme:</b>	<b>Social Boules</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays from 11am, Rockfield Park, Artane

<b>Name of core programme:</b>	<b>Aqua Aerobics</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally/Olivia Shattock
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Tuesdays from 1.30pm/Thursdays from 11am. Coolock Swimming Pool

<b>Name of core programme:</b>	<b>Chair Based Yoga &amp; Mindfulness</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Gentle exercises to improve movement/flexibility and support mental health
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesdays from 2pm. Kilmore Recreation Centre

<b>Name of core programme:</b>	<b>Kilmore General Fitness Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Cardio and Body Resistance Training
<b>Age group:</b>	Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays from 7pm. Kilmore Recreation Centre

<b>Name of core programme:</b>	<b>Men's General Fitness Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Strength & Cardio Training Programme/Exercise Programme
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Mondays from 10.30am. Artane/Beaumont Family Recreation Centre. Kilmore Recreation Centre. Start date TBC

<b>Name of core programme:</b>	<b>Men's Aqua Fit</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Swimming Lessons/Recreational Programme. Delivered in partnership with Swim Ireland/DCSWP Swimming Development Officer
<b>Age group:</b>	Adults age 18+ years

<b>Gender:</b>	Male
<b>Date/time and location:</b>	Mondays from 1pm. Coolock Swimming Pool

<b>Name of core programme:</b>	<b>Men's Walking Football</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Wednesdays from 2pm. Rockfield Park, Artane

<b>Name of core programme:</b>	<b>Bike Week Community Cycle Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally/John Sweeney
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays from 10.30am an 11am. Clontarf Playing Pitches

<b>Name of core programme:</b>	<b>Bike Week Cycle Training Programme</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Age group:</b>	Adults age 40+ years
<b>Gender:</b>	Female

<b>Date/time and location:</b>	Clontarf Playing Pitches and Greenway. Start date TBC
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<b>Name of core programme:</b>	<b>Hillwalking - Dublin Mountain Festival</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Priorswood Hillwalking group to participate
<b>Age group:</b>	Adults age 50+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Dublin Mountains (Glencullen). 7 <sup>th</sup> and 8 <sup>th</sup> June. 10-3pm

<b>Name of core programme:</b>	<b>Pickle Ball</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Fridays from 1pm. Kilmore Recreation Centre

<b>Name of core programme:</b>	<b>'Another Way' 5k</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Description of programme activity:</b>	Community run - participants can walk/jog or run. This is a partnership community event between DCC and An Garda Síochána. Local DCSWP groups to participate.
<b>Age group:</b>	All Ages
<b>Date/time and location:</b>	Saturday 27 <sup>th</sup> April from 11am - 1pm. Darndale Park

#### Older Adult Programmes (age 55+ years)

<b>Name of core programme:</b>	<b>Active Retired Functional Fitness Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Programme Description:</b>	Gentle Exercise Programme
<b>Age group:</b>	55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Thursdays from 11am and 12pm. Artane/Beaumont Family Recreation Centre
<b>Name of core programme:</b>	<b>Active Retired Dance Fit Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Programme Description:</b>	Dance Exercise Programme
<b>Age group:</b>	55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays from 10am and 11am. Artane/Beaumont Family Recreation Centre

<b>Name of core programme:</b>	<b>Chair Aerobics</b>
<b>DSCWP Sport Officer:</b>	Olivia Shattock
<b>Age group:</b>	Adults age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesdays from 10.30am. Priorswood Pastoral Centre. Thursdays from 10am. St. Monica's Hall, Edenmore

<b>Name of core programme:</b>	<b>Chair Exercise Programme</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Age group:</b>	Adults age 65 + years
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Tuesdays from 11am. Ballybough Youth & Community 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, schools and local Youth Services. **Youth Fit** - Schools and Young People

<b>Name of Core programme:</b>	<b>Bike Week Primary Schools Programme</b>
<b>DCSWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Cycling Programme - Lead-In Bike Week Programme aimed at NCA primary schools

<b>Gender:</b>	Mixed
<b>Date/time and location's</b>	Tuesdays from 9.30am. Clontarf Playing Pitches

<b>Name of core programme:</b>	<b>Bike Week Transition Year Bike Safety Programme</b>
<b>DSCWP Sport Officer:</b>	Fergal Scally
<b>Description of programme activity:</b>	Cycling Programme - Lead-In Bike Week Programme aimed at NCA secondary schools (TY Level) focusing on bike safety
<b>Gender:</b>	Female
<b>Age Group:</b>	13-18 years
<b>Date/time and location:</b>	Mondays from 10am. Clontarf Playing Pitches

<b>Name of core programme:</b>	<b>Transition Year Swimming Programme</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Description of programme activity:</b>	Delivered in partnership with Swim Ireland/DCSWP Swimming Development Officer
<b>Gender:</b>	Mixed
<b>Age Group:</b>	14-16 years
<b>Date/time and location:</b>	Start date TBC. Westwood pool, Clontarf

<b>Name of core programme:</b>	<b>St. Brigid's Frisbee Day</b>
<b>DSCWP Sport Officer:</b>	John Sweeney
<b>Gender:</b>	Male
<b>Age Group:</b>	Primary school - all ages
<b>Date/time and location:</b>	Monday 10 <sup>th</sup> June. St. Brigid's BNS, Killester

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

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. Rollout/Delivery of these programmes will be included in upcoming reports Sport Inclusion & Integration Officers have completed Disability and Inclusion in Sport Awareness Training and will roll out delivery of educational programmes to support clubs and groups etc in the coming months.

The following programmes continue on a citywide basis and include partners and participants from the North Central Area:

<b>Name of programme:</b>	<b>Ukrainian Crisis Centre Programme</b>
<b>Description of programme activity :</b>	Multi-sport initiative aimed at all ages. Delivered in partnership with emergency/housing services etc. Continues in St. Catherine's Sport & Fitness Centre every Wednesday in November/December

<b>Name of programme:</b>	<b>Sport Inclusion Day</b>
<b>Description of programme activity :</b>	GAA primary school inclusive initiative aimed at local schools. Full details TBC. Saturday 15 <sup>th</sup> June from 1pm. St. Anne's Park, Raheny

### **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). Fridays from 11am
- St. Vincent's Holistic Health – aimed at adults with mental health challenges. Fridays from 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. Tuesdays and Fridays from 11am.
- Move for Health, Killester - Strength & Balance programme aimed at older adults (age 55+ years). Delivered in partnership with HSE physiotherapists. St. Brigid's Resource Centre, Killester. Mondays from 12pm.
- Strong & Steady, Killester - Strength & Balance programme aimed at older adults (age 55+ years).at medium risk of a fall. elivered in partnership with HSE physiotherapists (referral only). Brigid's Resource Centre, Killester. Mondays from 11am.

### **Community Wellness Programmes (Citywide)**

The following programmes are delivered in partnership with the HSE and are referral only. Programmes focus on supporting individuals with underlying medical conditions.

- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Tuesday and Thursday from 10am in Glin Road, Community Centre, NCA (mixed, all ages)
- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Monday from 9am in St. Catherine's Sport & Fitness Centre in partnership with HSE (mixed, all ages)

- Cardiac Gym and Class programme – every Monday from 1pm, Wednesdays and Fridays from 9am in St. Catherine’s Sports & Fitness Centre.

## **DCSWP April 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 NCA in partnership with the Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes. The 2024 School’s Cross Country Race Series continues in April and May (see start of report). Support for Couch to 3k/5k programmes and lead-in Women’s Mini Marathon programmes also continues.

### **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 +)

The Startbox and Boxing Fitness programmes continue in the following NCA schools over the next period:

- Scoil Áine, Raheny (3 classes) Females age 10-12 years. Thursdays from 1pm
- St Francis BNS, Priorswood (3 classes) Males age 11-13 years. Tuesdays from 1pm
- Scoil Assam, Raheny (2 classes). Males age 10-13 years. Wednesdays from 10am
- St Joseph’s, Bonnybrook (2 classes). Mixed age 10-13 years. Tuesdays from 10am
- Chanel College, Coolock (2 classes). Males age 15-17 years. Mondays from 10am
- Our Lady Immaculate, Darndale (3 classes). Mixed age 10-13 years. Fridays from 12pm

- St. Benedict's/St. Mary's, Kilbarrack (2 classes). Mixed age 10-13 years. Mondays from 1pm

### **Cricket in the Community**

The Cricket schoolyard and softball cricket programme introduces young people age 8-13 years in the NCA to the sport.

#### **Schoolyard/Softball Cricket Sessions**

- Howth Road NS, Clontarf. Mixed age 8-13 years. Mondays from 11am
- Belgrove NS, Clontarf. Mixed age 8-13 years. Wednesdays from 11am (male)
- Holy Child NS, Whitehall Mixed age 8-13 years. Wednesdays from 12pm

### **Football in the Community**

The following Football Development programmes continue in the NCA over the next period:

- Walking football aimed at Older Adults
- Football for All (disability), grassroots school and club programmes continue
- 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)
- Local club support - Governance, Safeguarding, Coaching for parents working with young people 10-16 years

### **Rugby in the Community**

The following Rugby Development programmes continue in the NCA over the next period:

### **Aldi Play Rugby – Primary School Tag Rugby Programme**

- St. Joseph's NS, Bonnybrook (mixed) 7-12 years. Wednesdays from 2.30pm
- Greenlane's NS, Clontarf (mixed) 8-12 years. Mondays from 10am
- Belgrove NS, Clontarf (Male). Mondays from 10am (from 13th May)
- St. David's NS, Artane (male). Wednesdays from 10am (from 8<sup>th</sup> May)

### **Inclusion in Rugby**

Tag Rugby sessions in partnership with Raheny All Stars (adults, mixed). Fridays from 6pm

### **Tag Rugby Blitzes**

Primary and Secondary tag rugby blitzes for schools in the NCA are in the planning stages.

### **Rowing in the Community**

- The Get Going Get Rowing indoor rowing school programme continues. In the NCA the programme will commence in Manor House School, Raheny every Monday (start dates TBC)
- The Citywide Rowing On-The-Water programme is to commence from 8<sup>th</sup> May. The programme targets schools that previously participated in the Get Going Get Rowing programme including St. Mary's Holy Faith, Killester in the NCA.

### **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

Men's wellness, female wellness, Foróige, Foundations youth project and Vision Sports swim programmes (ability) continue in Sean McDermott swimming pool, Trinity College pool, Swan Leisure, Markievicz Sports & Fitness and the National Aquatic Centre.

In the NCA, Coolock swimming pool facilitates the Men's swimming programme, Aqua Fit and Aqua Aerobics programmes as outlined in the core programme report. Holy Faith NS, Clontarf is scheduled to participate in the six-week swimming programme in Westwood Swimming pool, Clontarf every Tuesday (from 21<sup>st</sup> May)

Outdoor/open water programmes and events for the summer months are in the planning phase.

### **Ongoing Training for 2023**

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

### **REPORT BY:**

*Dee O'Boyle*

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