



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

Report to Arts, Culture, Leisure  
and Recreation SPC  
1<sup>st</sup> May 2024  
Item No. 11



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Dublin City  
Sport &  
Wellbeing  
Partnership

## DCSWP Programmes & General Service Update

Report Timeline: April – June 2024, for Board meeting Tuesday 9<sup>th</sup> April 2024.

Completed by: Aideen O'Connor 15/04/2024

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## General Update

- **Sport Ireland DAF Applications 2024 /2025** completed and sent to Sport Ireland all 8 strands applied for under : **1)** Community Sports & Physical Activity Hub **2)** Training & Education Fund **3)** Volunteer Supports **4)** Sports Inclusion Disability Project **5)** Active Cities **6)** Her Moves Programme Fund **7)** Equality Diversity& Inclusion Fund **8)** Urban Outdoor Adventure Initiatives
- **Strategy Dublin City Council Sports Plan 2024 – 2029** - the Draft Sports Plan was formally adopted by Council at the monthly meeting held on 8<sup>th</sup> April. Plans are now being put in place to formally launch the document in early to mid-May
- **UEFA Europa League Final 2024**
  - An enormous amount of work is continuing behind the scenes on this event

- Dublin City Council responsibilities include two designated Fan Meeting Points @ RDS and Shelbourne Park, Fan Festival @ Dublin Castle, Public Viewing Event (if required), Mobility planning and City Promotion & Dressing. This is in addition to playing a key role alongside AGS in the Safety & Security planning around the final.
  - The Official Trophy Tour will take place from April 16<sup>th</sup> – April 20<sup>th</sup> when local communities, school children, stakeholders and media outlets had the opportunity to engage with the trophy. A public facing activation will also take place in the ILAC Centre
  
- **Healthy Ireland Outdoor Swimming Infrastructure Funding Grant 2024** has been released via Sport Ireland for Local Sport Partnerships to apply for up to €30,000 to either upgrade facilities /Infrastructure or purchase equipment that will make outdoor swimming more accessible. AOC will work with our co funded Swimming officer and our water safety manager to submit an application, focus area will be Dollymount Beach.
  
- **DCSWP Club Support Grant Scheme 2024** (was the DCSWP young people’s small grant scheme, the grant will now become the **DCSWP Club Support Grant Scheme** meaning that all clubs operating in the Dublin City Council Administrative areas & affiliated to a National Governing Body and have members of all ages will now be applicable to apply) – It is hoped we will advertise this grant scheme end of May 2024, a review of guidelines/criteria, information booklet and application form.
  
- **Staffing** – two new Sport Inclusion & Integration officers commenced with DCSWP on Monday 22<sup>nd</sup> Jan, Teresa Sutton & Mark Hughes. They are currently being mentored by Gareth Herbert and myself, Aideen O’Connor and will, in the early weeks, be introduced gradually to the workings and staff of DCSWP, followed by introductions to external contacts, agencies and groups. The Inclusion officers attended the board meeting on the 9<sup>th</sup> April and gave updates on how they have settled into the role, the programmes/networks they have managed to establish and the challenges faced. Should any board member wish to contact Tess or Mark for information on inclusion or potential to collaborate please [sportsinclusion@dublincity.ie](mailto:sportsinclusion@dublincity.ie) .The two new Sport officers are Jonathan Tormey and Sean Cleary, we now have a full complement of 24 Core DCSWP officers.
  
- **Active Cities** officer Carmel O’Callaghan provided an update of her inclusion programmes at the board meeting on 9<sup>th</sup> April. [Carmel.ocallaghan@dublincity.ie](mailto:Carmel.ocallaghan@dublincity.ie) below is some more general programme updates.
  
- **DCSWP programme** and general services update for 2<sup>nd</sup> Quarter of the year & upcoming plans for 3<sup>rd</sup> Quarter are included in this report.
  
- **DCSWP Flagship Calendar of Events 2024** is in full operation. A request to board members that if there are any KEY events in their organisations calendar they would like to see included in DCSWP calendar or where potential collaboration is possible please email [Aideen.oconnor@dublincity.ie](mailto:Aideen.oconnor@dublincity.ie) with details.

## **Programme Updates (Key highlights only)**

### ➤ **Women In Sport Week 2024**

Women in Sport Week took place from 4<sup>th</sup> - 10<sup>th</sup> March. Women in Sport is one of the major sporting events that DCSWP aligns with to maximise promotion of female focussed programmes and initiatives. Over the week DCSWP aimed to:

- Celebrate every women and girl who plays, coaches, officiates, volunteers, works in and leads out on Women in Sport.
- Promote and highlight the ongoing work of Sport Ireland, NGBs, LSPs and other stakeholders and clubs under the topic of Women in Sport.
- Highlight some of the programmes/initiatives funded by Sport Ireland Women in Sport Programme
- DCSWP programme highlights over the week included yoga & pilates, school's cross-country, female Startbox (boxing), female cricket programmes, artistic swimming and Rowing Ireland's 'Women on the Water' programme.

### ➤ **DCSWP Irish Life Dublin Marathon Community Engagement Programme**

Irish Life Dublin Marathon and DCSWP have come together in partnership to deliver our very first community engagement marathon programme 2024. The aim of the programme is to work in partnership to create a team of 30 participants who will go on a journey together to ultimately run /jog/walk the Dublin Marathon for the very first time. We have put out a call to action through our sports officers to effectively nominate or ask for nominations of individuals who would not be traditionally afforded the opportunity to take part in this prestigious event and ultimately feel connected and integrated into our sporting community. They will receive expert guidance, coaching, motivation & support and hopefully we can share their story and journey along the way. We are also working closely with the IWA Irish Wheelchair Association to try and increase the wheelchair users in the Dublin Marathon which will take place on Sunday 27<sup>th</sup> October.

### ➤ **Schools Cross Country Schedule 2024**

In partnership with Athletics Ireland the primary school cross country race series for 2024 is taking place in DCC parks across the city. Approximately 4,000 students from schools across the city partake in the series each year. The 2024 series commenced in April (after March dates were rescheduled due to adverse weather conditions) and will conclude in May in Ringsend Park. The race series was advertised on all DCSWP communication platforms.

#### **2024 dates:**

- Tuesday 16<sup>th</sup> April - John Paul Park, Cabra
- 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

➤ **Lord Mayors 5 Alive Programme -completed**

The 2024 Lord Mayor's 5 Alive challenge concluded on 6<sup>th</sup> April with the BHAA 4 Mile Road Race in St. Anne's Park, Raheny. Now in its 12<sup>th</sup> year the challenge has encouraged hundreds of novice walkers/joggers/runners and take up regular exercise and support people wanting to get back on track with their fitness goals.

The Challenge was to complete four named races below and a park run (see below - within the time period 1st January 2024 and 6th April 2024). Participants received a T-Shirt and a medal presented by the Lord Mayor after the end of the last race

- **Tom Brennan Memorial 5K** - Phoenix Park – 1st January 2024 @ 09.30am
- **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 registered and paid entry fee**)

The 5 Alive 2024 challenge was advertised on 17<sup>th</sup> November 2023 and approximately 150 people participated in the challenge in 2024.

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

➤ **Active Cities Update**

- Launched the start of the 2024 golf programme between St Michael's House and Clontarf Golf Club. The group were presented with their new jackets which were funded through the DCSWP & Active Cities. Funding was also given towards new sets of golf clubs for the group to use, the impact of this programme on the participants has been immense and DCSWP Active Cities will continue to work and collaborate with St Michael's House on many activities.
- Meeting to be arranged with Travact in Coolock to discuss a range of programmes for various groups such as a summer programme for teens. Also to discuss the outcomes from the Calorie Chamber fitness programme that had 18 men from the Travelling Community.
- Meetings to be arranged with Sarah Hewitt to further clarify the terms of reference to be used in creating a service user team to conduct audits of swimming pools and leisure centres within the Dublin City Council area.
- Awaiting a date to commence the Roma Ladies Yoga programme collaborating with the Cairde organisation on this initiative.

- Collaborating with the DCC Social Inclusion & integration Officer on providing a trauma yoga session for Africa Day in Kilmainham in May.
- Awaiting vetting clearance from KRIB – Foroige organisation to run a programme for youth at risk.
- Facilitating a Learn to cycle programme for adults and children living in Direct Provision Centre in Fairview, established a link with this DP centre & hope to continue to provide a service when requested.
- Four Active City Officers providing funding to Sanctuary Runners to buy T-shirts for their new participants so they can participate in races & continue to work in partnership with Sanctuary Runners & Swimmers.
- Providing funding to Crumlin Bowling Club to purchase an electric wheelchair specifically designed to allow users to compete in bowling competition. Usage of the chair will be shared between Crumlin Bowling Club and a new physically disabled bowling team currently being prepared to compete in competitions in the UK.
- **Stakeholder Engagement /Networking Updates**

DCSWP attended the following conferences / meetings in March & April and will also attend further upcoming events:

- One Zero Conference
- Regional Sports Development Conference
- National Network of LSP coordinators meeting
- FAI Football for Social Responsibility Conference
- Ireland Active Disability Awards - Award Recipient
- DCC present in the Irish Life Dublin Marathon Photocall Launch
- Lord Mayor Autism Friendly City Campaign workshop session
- FIS AGM
- 3 Castles Dublin City Council Staff Awards – City Hall – Box Up shortlisted
- Supporting the Dublin Front Runners Menopause in Running Workshop

➤ **Upcoming DCC / DCSWP Events ( subject to Change )**

- Europa League Trophy Tour 15<sup>th</sup> – 19<sup>th</sup> April
- Thursday , 2<sup>nd</sup> May - DCC / Rowing Ireland Grand Canal Rowing Blitz
- Thursday 2<sup>ND</sup> May - DCSWP Schools Cross Country
- Friday 3<sup>rd</sup> May – National Workplace Wellbeing Day
- 29<sup>th</sup> May – DCSWP Citywide Go For Life Games Ballyfermot
- 11<sup>th</sup> & 12<sup>th</sup> May Luke Kelly Festival
- Sunday 12<sup>th</sup> May - Peddlepalouza
- Saturday 25<sup>th</sup> May - Africa Day

- Europa League 21<sup>st</sup> /22<sup>nd</sup> / 23<sup>rd</sup> May
- 11<sup>th</sup> – 19<sup>th</sup> May Bike Week
- 11<sup>th</sup> May - Liffey Descent Saturday & Athletics Ireland (Active Cities ) 5k Race Series
- 15<sup>th</sup> May - International Day of Families
- 23<sup>rd</sup> May Federation Of Irish Sport AGM
- National Sports Development Officer Conference 28<sup>th</sup> /29<sup>th</sup> May
- DCC Road to Paris Olympic showcase June

➤ **HE Swims**

DCSWP's new men's eight- week swimming programme delivered in partnership with Swim Ireland commenced in Jan at Coolock, Crumlin and Sean Mc Dermott St. swimming pools and is still ongoing in Coolock and Crumlin. This programme is aimed at engaging men to become more active and potentially learn to swim if they have not had the opportunity. All levels are catered for. Contact: [christinerussell@swimireland.ie](mailto:christinerussell@swimireland.ie)

➤ **Junior Blind Visual Impaired Programme.**

Delivered in partnership with Swim Ireland, Vision Sports Ireland & Markievicz Sports & Fitness centre. This programme will run for 10 weeks and is aimed at 6- 17 year olds who are visually impaired. Contact: [christinerussell@swimireland.ie](mailto:christinerussell@swimireland.ie)

➤ **Swim Ireland Artistic Swimming**

This is an introductory programme delivered in partnership with DCSWP. The programme commenced in January in Markievicz swimming pool for eight weeks but is still ongoing. The programme is aimed at young people age 8 years + and is open to all to give artistic swimming a try. Contact: [christinerussell@swimireland.ie](mailto:christinerussell@swimireland.ie)

➤ **Community Wellness Programme (CWP)**

Since 2018, DCC and HSE have worked in partnership to develop and deliver a maintenance Pulmonary Rehabilitation Programme in St. Catherine's Community Sports Centre, D8 and Glin Road, Darndale. This service was designed for patients with an underlying respiratory condition, mainly COPD/Asthma, who were living well with their condition after receiving formal pulmonary rehabilitation. A second service was established by DCC trained staff to facilitate a Phase IV cardiac rehabilitation programme. Both Programmes now come under the umbrella of the DCC Community Wellness Programme (CWP) and are delivered on a weekly basis.

➤ **TravAct & Active Cities**

TravAct is an organisation of Travellers and settled people working together in North Dublin to tackle the root causes of Traveller exclusion and promote their equality and human rights. Active cities has provided funding to a TravAct group for 18 males to participate in a Calorie Chamber Exercise programme in Kilmore. This programme also gives participants an opportunity to engage with counselling for mental health purposes.

The Active Cities Officer is also planning the design and delivery of a programme of exercise for the Roma Travelling Community aimed primarily at females, which is a particularly difficult cohort to reach within the community.

➤ **Accessibility Audit**

The Active Cities Officer (Dublin) is collaborating with St. Michael's House and our sports inclusion & integration officers to form a committee to look at levels of accessibility in activity centres. The aim is to create a guideline document for all sports facilities on full accessibility. It is hoped this information will then be incorporated into the Compliance for all sports capital grants in the future.

➤ **Erasmus Funding**

The Active Cities Officer was successful in the submission of application Erasmus+ funding to Léargas for a Sports Mobility Grant. The application is to bring a number of different members of the DCSWP team to the city of Hamburg which has been awarded Global Active Cities status. The team will learn how the status was achieved and how the city has increased participation in grass roots sports clubs in disadvantaged areas and take their learnings back to Dublin City and implement a plan to deliver some of these learnings.

➤ **Social Inclusion update**

**St. John of Gods, Islandbridge - people with intellectual disabilities**

○ **Boccia Programme**

This programme commenced in March - it was agreed that the programme would run for a period of 6 weeks with a view to reviewing the programme prior to completion. The current programme is due to run until 13<sup>th</sup> May.

○ **Boxing**

DCSWP Sport Inclusion & Integration Officers (SIIO's) are currently engaging with Boxing Development Officer for the South Central Area, Ed Griffin. A boxing ability programme is currently being delivered every Tuesday and is due to continue on an ongoing basis

○ **Football for All**

DCSWP SIIO's are currently engaging with Football for All Development Officer, Chris McElligott. Plans are in place for a football ability programme aimed at service users in SJG. Dates and times are TBC but it hoped to commence the programme in May. A commitment has also been made by DCSWP to purchase a set of indoor goals for the group.

➤ **Central Remedial Clinic Clontarf - people with intellectual disabilities**

- **Aqua Aerobics**

This programme commenced in the first quarter of 2024 and will continue until the end of April with a view to continuing delivery of the programme with the use of a coach from the DCSWP coaching panel.

- **Chair Aerobics**

DCSWP SIIO's have engaged with the group manager in CRC with regards to expanding opportunities for service users to partake more regularly in physical activity. Following on from this meeting it was agreed to pilot a chair aerobics programme. Date and time remain TBC but the aim for commencement is early May. DCSWP also hopes to run the programme with another older adult group in Coolock who are seeking delivery of a similar programme.

- **Rugby Programme**

The rugby programme aimed at service users from the CRC commenced in March and will continue until the end of April. The programme is delivered in partnership with DCSWP's Co-funded Rugby Development Officer.

- **Travelling Community, Poppintree.**

SIIO's have met with Crosscare services in Poppintree Centre with a view to setting up a walking and wellness group for travelling women. Officers are scheduled to meet with representatives on 2<sup>nd</sup> May in Poppintree regarding commencement dates. The aim is to run the programme for an 8 week period.

- **Goirtin Centre, Grange Gorman, HSE Group - people with mental health difficulties.**

SIIO's are currently engaging with the Goirtin centre and plans are in place to meet with service users on 29<sup>th</sup> April with a view to start a 6 week Chair Aerobics programme the following week.

- **Vision Sports, Drumcondra**

Plans are in place to commence a Visually Impaired Boxing Programme. SIIO's are engaging with teachers from the school in partnership with the local Boxing Development Co-funded Officer to agree dates and times.

- **Irish Wheelchair Association, Clontarf -amputees and paraplegic people.**

The IWA are running a summer camp in mid-June and have requested support from DCSWP SIIO's as part as the road to Paris Olympic programme.

- **Avista Group, Navan Road - people with profound intellectual disabilities.**

Plans are currently being put in place for a water sports power boat event on Wednesday, 5<sup>th</sup> June in East Wall Water Sports Centre.

**End of Report**