



Dublin City
Sport &
Wellbeing
Partnership



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

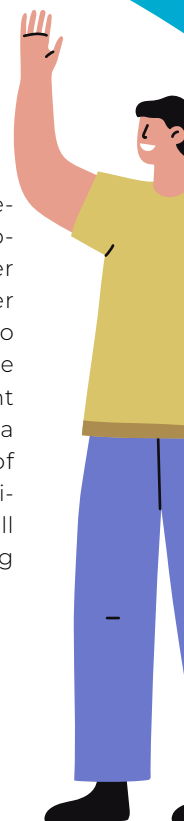
WELCOME MESSAGE

Welcome to the first edition of the Dublin City Sport & Wellbeing Partnership newsletter for 2022.

It is difficult to believe that it has been almost two years since the Covid 19 crisis presented us with the most significant public health emergency in living memory. Navigating a restricted world isn't easy but it is certainly more achievable when we are supported to stay strong in mind, body and spirit. The over-arching goal of DCSWP is to enable everyone to engage in sport and physical activity regardless of gender,

age, ability or ethnic background and that aim has remained steadfast even in a new world. There is no doubt that the inability to deliver programmes face to face has been incredibly challenging. React, rethink and reimagine became the collective aim for the provision of programmes and services during the pandemic. They say that necessity is the mother of invention and DCSWP continued to discover and explore creative ways to help us all stay active, healthy and happy during these turbulent times, from social media campaigns to online

initiatives and the creation and development of the virtual hub/website. This edition of the newsletter will look back over Autumn/Winter 2021 highlights and look ahead to Spring 2022. DCSWSP will continue to observe advice from Government and while we are thrilled to see a return to the physical delivery of programmes, the safety of our participants is paramount. Thank you all for playing your part. 2022 is going to be a good one!



Celebrating 10 years of the Lord Mayor's 5-Alive challenge

This year the LM 5-Alive Road Race Challenge celebrates a milestone as it reaches double figures! Since its inception in 2013 we have delivered this hugely popular event in partnership with our colleagues in the Lord Mayor's Office (special mention for Fanchea Gibson!). Success is not always determined by longevity but the enduring enthusiasm for signing up to the 5-Alive challenge is testament to our determination as human beings to wave goodbye to the past and herald in some new habits for a New Year.

We often underestimate how transformative committing to a physical challenge can be. Over the years 5-Alive has inspired novice runners and walkers to set achievable

goals and commit in the long-term to a healthier lifestyle. Supporting these aspirations is something DCSWP is passionate about for everyone in our communities. The past decade has seen the challenge evolve by introducing positive changes to the format including the introduction of mentors in 2018. Who better than former participants to guide new '5-Alive' along the road and visualise for them the euphoria of crossing the finish line.

Even the immense difficulties presented by the pandemic couldn't keep a good thing down. In 2021 5-Alive went virtual to ensure participant safety and it proved as successful as ever with 400 people signing up to complete the challenge.

2022 kicked off with the Tom Brennan 5k Phoenix Park memorial race and will continue with the AXA Raheny 5 Mile on 30th January in St. Anne's Park, the BHAA Garda 2 Mile Cross Country on 5th February in the Phoenix Park, the Purple Cross Run on 20th March in the Phoenix Park and finally the DCC/BHAA 4 mile run on 2nd April in St. Anne's Park, Raheny.

The wonderful thing about 5-Alive is that despite the word race it has never been about competition. It is fitting that tin commemorates 10 years of dedication as it is a metal that represents durability and resilience - qualities that all 5-Alive participants have demonstrated over the years.

Long Live 5-Alive!



The Originals – Brave first-time LM 5 Alive participants in 2013



Lord Mayor Naoise Ó Muirí with 2013 LM 5 Alive participants

Looking after our hearts and our heads – The joy of cycling

The enormous physical and mental benefits of cycling have long been promoted by DCSWP through delivery of dedicated core programmes by our 21 Sport Officers. In the last two years the pandemic has placed enormous restrictions on our physical movements. Looking after our mental health in a shrunken world made many of us contemplate how we could continue to enjoy a sense of freedom and independence in a safe environment. Nature has been our sanctuary in the past few months and what better way to explore our surroundings than by bike. For this newsletter we wanted to showcase two very inspirational cycling programmes that sought to ensure we all experience the joy of cycling.



Cycling Without Age

Cycling Without Age is a global movement that commenced in Copenhagen in 2012. The movement was imagined by Danish man Ole Kassow, who was seeking to find a solution for older people in society with limited mobility to get back on their bicycles. Ole's solution was a trishaw and he started offering free bike rides to the local nursing home residents.

The CWA project mission statement outlined below embodies the principles that underpin DCSWP's commitment to provide every opportunity for older adults in our communities to remain active and connected whatever their individual needs:

"We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community.

We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives. That way we build bridges between generations and we reinforce trust, respect and the social glue in our society."

In November 2021 DCSWP, in partnership with the Dublin City South Central Area Office (Community Section) and with support from Healthy Ireland, was very proud to launch the Cycling Without Age Dublin City Project. The launch was attended by the Lord Mayor Alison Gilliland who herself enjoyed the experience of the wind in her hair via her trishaw journey!

People can support this amazing and inspirational community project by registering their interest in becoming a Trishaw pilot at sports@dublincity.ie



Learn To Cycle

Up next for our cycling without barriers feature is the equally inspirational Learn To Cycle programme delivered over the summer period by DCSWP's dedicated Sport Inclusion & Integration Officers, Nuala O'Donovan and Lisa Kelly, in partnership with Cycling Ireland.

We spoke to both officers in addition to some participants about the programme, which took place over summer 2021, and learned why it has been such a success.

Nuala everyone should have the opportunity to learn to cycle - tell us a little about the background to this programme and what its benefits are for participants?

N: Learn to Cycle for people with disabilities is part of the Cycling Ireland Cycle Right Programme. The aim is to provide cycling skills training which results in competent and confident cyclists. Learn To Cycle for children with a disability is a programme which is tailored to each individual. Each programme has six participants with

two tutors working closely with them. Children work at their own pace with many learning to cycle independently after six weeks.

The joy and excitement amongst children and their parents when they balance the bike and begin to cycle independently for the first time is absolutely magic and something they love experiencing at every programme.

Lisa parents play an active role in the programme – how does this aspect of it contribute to its success?

L: Simply put the involvement is crucial for the success of the programme. The Cycle Right Tutors work closely with parents, guardians and carers to provide them with the necessary skills to teach their children to cycle. Without their commitment this programme would not be possible.

The programme was a real success story in 2021– are there plans to continue it and expand its reach in 2022?

N: Yes, we plan to continue this programme in 2022 due to its success and demand. We ran eight Learn to Cycle Programmes in 2021 and are looking forward to running more in 2022.

Finally tell us from your own perspective how important it was for programmes such as Learn To Cycle to continue even during the most challenging of times in terms of service delivery?

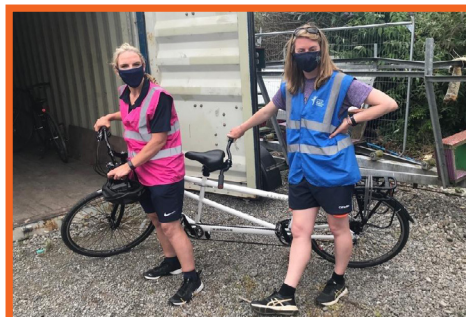
N/L: This programme allowed children to gain confidence and learn to cycle independently which is invaluable as it develops life-long physical skills and enhances their ability to make social connections. Some parents whose children took part in the programme have been in touch to say that their children were out playing on the road and in parks during the restrictions alongside their typically developing aged peers. Cycling is such an inclusive activity and being able to continue the programme during the pandemic meant that families could get out and enjoy quality time together.

"I just wanted to say a big thank you for the course you ran on Thursdays and finished last week. My daughter was very nervous beforehand but the three of you handled all her nerves and little issues brilliantly and really helped her exceed both her and our expectations. Seeing her take flight during her third lesson and cycle by herself was a very proud moment. But then seeing how you all nurtured and pushed her over the next three weeks to the point where she can now cycle to the shops and her school was something I didn't expect but one I really appreciate as it has done wonders for her confidence. I was delighted with this course and would strongly recommend it to any parents"

"Thank you so much for setting up the cycling class. Also thanks for all your direction and assistive emails. We are so thrilled with our son's success right from the first night. He was walking on air last night when I got in from work. Will you pass on our huge thanks also to Nicola"

"I've been on the look-out for exactly this type of class for about 2 years, we are so thankful to you guys, it means a lot to my son who hopefully one day can master this skill so he can be like his school pals."

A sincere thank you to all the parents who took the time to speak to us and to Learn To Cycle's phenomenal tutors, Nicola Taylor and Dominic Smyth. Happy cycling everyone!



On your bike -DCSWP Sport Inclusion & Integration Officers Lisa Kelly and Nuala O'Donovan gear up!

New Arts and Sports Collaboration

Connecting purposefully with services and projects that can support and enhance our experience of sport is one of DCSWP's key goals.

The Creative Residency in Sport is a new innovative programme which will bring together the worlds of art and sport in Dublin. The purpose of the residency is to help try out ideas, test new approaches and add to the cultural fabric of the city. By bringing creative people and organisations together and by connecting through culture and conversation, the residency will help develop new ways of working together.

Five artists will work collaboratively with one sports club in each of the City Council's administrative areas over the course of eight months. Each artist will work with its members and the wider club community to create and present a new work which explores the themes of art, culture & sport.

The artists include Chinedum Muotto who works in poetry, visual, performance & theatre; visual artist, facilitator & theatre maker Áine O'Hara; visual artist, Sharon Kelly; actor, writer and theatre maker Timmy Creed; and Karen Aguiar who works through dance and movement.

Artists involved in the residency will work with Emerald Warriors Rugby Club and Ballymun Kickhams GAA amongst other sports clubs. Built into the residency is the opportunity to share artistic & sporting practice, avail of peer meet-ups and build learning opportunities.

Aideen O'Connor, Programme & Services Manager for DCSWP and her colleagues will be working with the artists. Reflecting on the project, Aideen stated ***"It is with great excitement that we are involved in this intriguing collaboration of sport & art. This initiative is one of a kind for DCSWP. We will be using art as a tool to bring the sport***

clubs we engage with to life by allowing them to tell their story in a variety of ways and showcase their important role in the community".

Iseult Byrne, Dublin City Council Culture Company CEO, is equally enthusiastic.

"I am delighted to be part of a partnership which can bring sport and art together to be explored in this way. By creating this opportunity, through culture and conversation, we can work together to open up new ways to access, engage with, and understand sport & art, and of course each other".

The residency will be managed by the Culture Company and overseen by an Advisory Group comprising of representatives from DCSWP Partnership, identified sports clubs and Dublin City Council Culture Company. The creative works produced will be displayed for public enjoyment at the end of the residency programme.



L to R) Dean Rock with artist Chinadum and Rugby Player Gary at the launch.



(L to R) Dean Rock, The Lord Mayor, Alison Gilliland, CEO, Dublin City Culture Company, Iseult Byrne, Donncha Ó Dúlaing, Senior Executive Officer, Sports & Leisure Services

A huge thank you to our colleagues in the City Council Comms Section for providing official photos and the wording originally published in DCC's internal staff bulletin.

Community Highlights

We recently spoke to North Central Area Sport Officer Olivia Shattock on how funding for programmes can have such a positive and far-reaching impact on the fabric of local communities.

Olivia tell us a little about how the Edenmore group started in the North Central area?

Back in September 2020 the Edenmore Older Adult walking group was set up after myself and my colleague in the area, Fergal Scally facilitated a number of trial walking sessions. Due to the popularity of the walks we decided to continue them as it was a safe option during the tougher times in lockdown. Participants met every Monday and Wednesday at 11am at St Monica's church and completed as many laps as they could manage at their own pace. The group is very friendly and sociable and many participants have made new friends along the way.

Group activities have since branched out - can you tell us how that growth came about?

Due to the success and enthusiasm of the group I applied for dormant account funding under the volunteer supports programme. From September 2021 the group has completed several educational activities including an eight week swim and water confidence class held in Coolock pool and a one day first aid and self-defence class after which participants received their certificates of completion. One participant has also completed their walking leader training too which is amazing. Currently they are partaking in a five week online nutrition programme on digestive, bone & heart health.

As a Sport Officer in the area tell us why you think community initiatives like these are so valuable?

It is just great to see these groups to go from strength to strength. Participants are learning new skills, building their confidence, increasing their fitness and making life-long connections.

Partnering with groups and organisations is very important in the delivery of all DCSWP programmes - how did it contribute to this programme's success?

Partnership is critical for these kinds of success stories. All of our programmes require cross-network support in order to thrive. I would like to thank Fergal Scally for his support with the walking programme, Aoife Drumm our swim coach who was excellent with the participants, Ray Stears who facilitated the first aid and self-defence which the group thoroughly enjoyed and nutrition coach Eileen Burke.

Olivia tells us that there is much more to come for this group!

A big thank you to Olivia and Fergal for organising our lovely walks in Edenmore Park. I have made new friends from my local area, we have great chats and it's lovely to be out in the fresh air. I also enjoyed our swimming classes in Northside swimming pool - again meeting lovely people.... The self defence classes were great fun but also learning how to defend ourselves if we are put in a frightening situation is important and how to perform CPR in case of an emergency. I am looking forward to getting back to our walks in the new year".

"I love the walking and enjoy chatting to the other walkers. The Hike to Hell Fire Club was great. It's a great resource to stay in touch with Sport Officers and know what is happening locally".





Championing Women in Sports

Dublin City Sport & Wellbeing Partnership is dedicated to providing opportunities for women of all ages to get involved or re-engage with sport and physical activity through delivery of the core Get All Girls Active programme (GAGA), national and international initiatives, ongoing community women in sport programmes and by consistently linking in with national initiatives

While establishing strategic partnerships is critical for providing sustainable pathways for women of all ages and abilities to engage in sport and physical activity, visibility is also such a powerful force behind any seismic shift in our collective attitudes. Despite the spotlight shining brightly on Irish female athletes who together achieved so many firsts in 2021, a recent publication acknowledged that we are still at the foot of a mountain.

For this edition we wanted to highlight the new Developing Women in Sport Technical University Dublin programme which is a collaborative initiative between TUD and DCSWP. The 20x20 women in sport campaign acknowledged that young women need to 'see it to be it' not just in direct participation but in all aspects of the sporting industry. The TUD/DCSWP programme seeks to support female engagement in areas such as coaching, volunteering, club membership and leadership, thereby empowering other women to become involved in a sport within the university and its wider community. Participants in the one year programme will be provided with a suite of training and education supports of which they will have to complete a minimum of 8 core and elective modules within an agreed timeframe.





2021 Look back: Marathon kids 2021

The Marathon Kids programme commenced in 2019 when Dublin City Sport & Wellbeing Partnership teamed up with Athletics Ireland, South Dublin County LSP & Fingal County Council LSP to deliver an eight week programme in schools across the Dublin region.

In its inaugural year Marathon Kids participants came together after eight weeks of hard work and determination to cross the finish line in Morton Stadium and celebrate completing their final mile in style. While Covid-19 posed a serious challenge for the planning and executing of such major initiatives, it turns out that there is no stopping the spirit and determination of young people. We are very proud that in November 2021 over 3,200 primary school students from the Dublin City area went out into parks, school-yards and pitches to see the challenge through. Marathon Kids 2021 is just one example of how programmes can keep going and thrive even in the most adverse of circumstance. In previous years the programme was targeted at 5th and 6th class level but in 2021 it was expanded to include children in 4th class, thereby extending the reach and teaching more and more young people about the huge benefits of regular exercise in their lives.

Thank you to all our 2021 participants, teachers and DCSPW officers for playing their part in ensuring the continuation of this special programme.



Other News

DCSWP Staff Moves

It's very sad when we say goodbye to former friends and colleagues as they leave for pastures new. Over the past two years it has felt unnatural for us to say goodbye over email, phone or zoom. Technology has been the great saviour in keeping us connected but cannot replace a good old-fashioned office leaving do!

With get-togethers on the horizon in the not too distant future we can look forward to acknowledging the incredible contribution team members have made by wishing them well in person but for now we would like to say adieu to Daniel Russel (North Central Area Sports Officer and DCSWP legend), Laura Doherty (DCSWP's Communications Graduate and all-round creative wizard), Pearl Slattery (Football Development Officer) and Larissa Muldoon (Rugby Development Officer) both of whom have done so much for women's development in their respective sports.

We would also like to extend a huge welcome to Neil Keoghan, FAI Development Officer for the North West Area, FAI Officers Heather Jameson and Clare Conlon and IRFU Officer Grainne Vaughan.

In late 2020 DCSWP and the Sports Section bid farewell to Jim Beggan, Senior Executive Officer. Jim's contribution to the sports section and its development and growth over many years has been immense. We wish him all the best in his new role in Human Resources where he will no doubt continue to steer a steady ship! We would also like to thank Frank D'Arcy who took over the reigns following Jim's departure and who has since moved following promotion.

Finally a very big welcome to the new captain of the Sports & Leisure ship, Senior Executive Officer, Donncha Ó'Dúlaing.

Co-Funded

In DCSWP we always talk about how the choice of physical activity runs deeper than simply staying fit. Whatever our age or ability we can continue to learn and be motivated by pursuing our passions or taking on something new. During the Covid-19 crisis our 27 Co-Funded Officers in the city continued to deliver programmes in Athletics, Boxing, Cricket, Football, Rowing and Rugby. During lockdown online programmes encouraged us all to keep moving, keep believing and most importantly keep practicing those skills! Initiatives such as these helped us all escape the relentless news bulletins and focus on life beyond the pandemic. As restrictions loosened our officers immediately began to re-engage with communities and schools through adapted programmes. With a full return to sport now a reality we can look forward to seeing people back in the ring, back on the pitch and back out on the water!



Supporting Local Clubs

Local clubs and organisations play such a unique role in promoting the values of sport and bringing people together in our communities. The social benefits of being part of a club can also have a life-long positive impact on its members and volunteers. For young people in particular, club life offers opportunities to make friends outside the school environment, instils self-belief and hones important life skills that will stand to them as they navigate the adult world. Given the obvious benefits, continued investment in clubs is critical for their sustainability and growth.

The Sport for Young People Grant is allocated by Sport Ireland and administered annually by DCSWP. The grant is open to clubs affiliated with National Governing Bodies and offers the opportunity to invest in club equipment, administrative costs or training and coaching courses. Despite current challenges the grant scheme continued in 2021 and will once again be made available to local clubs in 2022.

In addition to this the Covid-19 small grant scheme will again be offered to Dublin City sports clubs in 2022.

Grants will be advertised on DCSWP communication forums in the coming weeks.

Excellence in Sport The Sport Ireland Governance Code

The Sport Ireland Governance Code for Sport is essentially a code of practice for good governance of sports organisations in Ireland. It covers all National Governing Bodies and Local Sports Partnerships throughout the country. The Code is structured by 5 guiding principles, each of which has 3 sub-principles. Within these lie a total of 75 recommended practices that act as a checklist to ensure your organisation has a comprehensive and robust system of governance in place. It covers areas such as strategy development, procedures & policies, financial operations, performance indicators, reporting, ethics, transparency, communications, health & safety and effective Board functionality. DCSWP is currently on the journey towards adopting the Code and we hope to be in a position to publically declare compliance by mid-2022.



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Autumn/Winter New Programme Highlights:



Participants starting their Boules journey in Rockfield Park, Artane



Primary school students in Artane and Donnycarney enjoying the After-School Fundamental Fitness programme with their friends

Finding an activity that can keep us fit and healthy is not always easy. Despite all evidence to the contrary our natural inclination when we hear the words sport or exercise is to think of elite athletes competing at the highest of levels. DCSWP works very hard to challenge that assumption by delivering a wide range of programmes targeted at everyone in our communities and by continuing to explore new and more creative ways to build a sporting culture that is fair and inclusive. In past publications we have sought to showcase new programmes that have been developed to support those strategic goals. Below are two new initiatives that were introduced in 2021:

Boules

Originating in France Boules is a ball based game the objective of which is to throw small or roll heavy balls as closely to a small target as possible. Sounds easy we know! However while Boules is easy to learn it actually requires great concentration and over time helps our judgement and accuracy skills. Perhaps the best thing about the sport is that it is sociable, simple to set up and can be played in open spaces meaning people can have a catch up and a laugh in between games while enjoying the great outdoors. In October DCSWP Officers held demonstration days in city parks to promote the game and help people learn about the rules. Following on from the success of the taster sessions, four week programmes were facilitated targeted at all ages and abilities

Fundamental Fitness

We've all have a tough time over the past couple of years and felt the effects of distancing from friends and family. As adults we can find ways to stay connected, active and stimulate our minds. Many of us were concerned about the potentially adverse effects multiple school closures and isolation had on the mental and physical health of little ones. For parents working from home juggling classwork, homework and dealing with lively children has been an enormous challenge.

The first eight years of a child's life is crucial in developing basic movement skills and school life plays a huge role in providing daily opportunities for young people to learn and practise movements such as balancing, running, jumping and throwing. Following the return to on-site education DCSWP Officers delivered After-School Fundamental Fitness programmes with specific focus on senior infants and first class students who are at a critical developmental stage in their lives. While the initiative is designed to support physical development, social interaction with peers during formative years is so important. The programmes' playful and fun environment means children can once again experience the joy of friendship while staying active both mentally and physically.

Training

When it comes to discussing the importance of partaking in sport and physical activity we sometimes forget about highlighting the structures which are in place to make sure everyone is taking part in a safe and secure environment. Compliance in areas such as Child protection, Garda vetting and Health and Safety remains one of the highest priorities for DCSWP. Setting the highest of standards and ensuring that there is transparency around these issues builds trust between organisations and groups in our communities. DCSWP facilitates courses in Child Safeguarding and First Aid training and helps clubs, coaches and employees develop a better understanding around disability and inclusion issues through ongoing awareness training. Delivery of these courses has continued online and training workshops will resume in person following the lifting of restrictions.

Looking Ahead

Over the past number of years Dublin Sportsfest, DCSWP's annual flagship event, has run in tandem with European Week of Sport (EWOS). The theme of the week is that sport is for everyone regardless of age, gender and background - values that reflect DCSWP's primary goal.

Aligning the delivery of DCSWP programmes and initiatives with national and international events can have a powerful effect on maximising the long-term impact on community participation and reinforce the role DCSWP plays in providing those opportunities.

Over the next few weeks DCSWP will be linking on with the following major events. Programmes and initiatives will be promoted across all social media platforms.

February	Operation Transformation 5K Walk/ Run Phoenix Park
March	International Women's Day
March	Women in Sport Week
March	DCSWP GAGA DAY
April	National Active Schools Week

The launch of DSWP's Virtual Hub

Speaking of promotion we are very excited that the launch of the DCSWP Virtual Hub is almost upon us. The HUB was initially created to support virtual deliver of the 2021 Change For Life programme and over the past 12 months has undergone development in partnership with Titan Experience. While the Hub will be an invaluable resource in terms of enhancing service delivery, it will not replace face to face programmes in communities. Its purpose will be to promote the work we do, provide up to date information and give platforms to our programmes while linking to all our social media sites. Stay tuned!



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An Roinn Leanáí
agus Gnóthaí Óige
Department of
Children and Youth Affairs



SPORT IRELAND
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Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

