

DUBLIN SPORTSFEST 2018

From 23rd – 30th September the first ever Dublin Sportsfest week took place across the city. The week-long event was scheduled to coincide with the European Week of Sport.

The festival itself comprised of a week-long programme of innovative events & promotions across many of the sports clubs' resident in the City in addition to Dublin City Council's facilities, parks and urban spaces. The purpose of Sportsfest was to bring together the people, the clubs, the sports and the spaces of Dublin in a celebration of sport and physical activity in our City. The focus was on encouraging sustainable participation across all ages, backgrounds & abilities. The vast majority of events & activities across the week were free of charge. The event was also a unique opportunity to showcase and promote Dublin City Council's Sport & Recreation centres and facilities.

Partners in the event included Dublin City Council Sport & Recreation Services, Dublin Festival of History (Public Libraries), Cycling Ireland (Great Dublin Bike Ride), Parkrun, Junior Parkrun, Ireland Active, Sport Ireland, NEIC, Ballyfermot Youth Service and a large number of National & Regional Governing Bodies for various sports. This was in addition to a host of sports clubs from across the city.

Highlights included the Lord Mayor's Liffey Paddle event delivered in partnership with Ballyfermot Youth Services, Dockland's Fitfest on National Fitness Day run in partnership with Ireland Active, Sports Stadium at Dalymount Park, Sports History, Glow Sports, City Hall Yoga which provided six free yoga sessions for members of the public over the week, and Girls 5 Fest football tournament in Irishtown stadium organized in partnership with the FAI.

A full evaluation of the event is currently being carried out by the Project Manager to assess the event's impact. Feedback is being sought from the various partners that supported and participated across the week and the information collated will be used as a foundation to make recommendations and inform decisions in relation to the planning of Sportsfest going forward.

The Lord Mayor of Dublin, Nial Ring, who officially launched Sportsfest in Irishtown Stadium on 4th September and participated in many of the events throughout the week hosted a reception in the Mansion House, Dublin to thank those involved in the events' planning and execution on Tuesday 20th November.

GAGA (Get All Girls Active)

GAGA is an initiative aimed at engaging female participation in sport and physical activity. There are two strands to the initiative; the first comprises of focused 6-8-week sport/physical activity programmes in communities around the city targeting teenage girls; the second is an online campaign #GAGA day to increase female engagement via live dance-fit classes, prize giving for uploads of photos/videos plus a citywide Glow Fit event. In 2017, the first year of the initiative,

#GAGA day was a huge success trending at number 5 in Ireland on the day. #GAGA day took place on December 5th 2018.

As a Local Sports Partnership DCSWP will be linking #GAGA into the women in sport 20x20 “If she can’t see it, she can’t be it” Campaign <https://20x20.ie> . This campaign is an all-inclusive movement to shift Ireland’s cultural perception of women’s sport by 2020 with a 20% increase in media coverage of women in sport, a 20% increase in female participation at all levels of sport and a 20% increase in attendance at women’s games and events.

SPORT FOR YOUNG PEOPLE – SMALL GRANTS SCHEME

Grants were advertised in mid-May via email to clubs and sports contacts, newspaper advertisement and via social media. Deadline for receipt of applications was Friday, June 29th 2018 at 4pm.

Applications were open to Sports Clubs and Organisations within the Dublin City Area affiliated to a National Governing Body providing opportunities for young people aged 10 -21 years of age to participate in sport & physical activity.

120 applications were received and 112 were approved for payment. Payment has now been received for approved applications.

www.dublincity.ie/smallgrantscheme2018

CHAMPIONS (CORE)

Adults with Intellectual & Physical Disabilities

This general fitness programme is aimed at adults with intellectual and physical disabilities.

- In partnership with the St. John of God’s Sports Coordinator, the following Champions programme will run in the South Central Area from September to December;
 - **Programme:** St. John of God’s Sports Sessions
 - **Dates/Times:** Ongoing Mondays. September – December. 11am-12 noon
 - **Location:** Ballyfermot Sports Centre
 - **Participants:** Mixed Adults 18+
 - **Partners:** St. John of God’s

- The CHAMPIONS GAISCE Bronze awards event for participants who commenced the GAISCE programme in March will take place in City Hall on Tuesday 18th December from 1 – 3pm.

CHANGE FOR LIFE (CORE)

Underactive Adults

DCSWP Sport Officers will combine resources to deliver a community based health related fitness programme to members of the public in Dublin. The programme will run from January to March in

tandem with the RTE Operation Transformation TV show and combines weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life.

- In partnership with Ballyfermot Walkers and Talkers, the following Ballyfermot Change For Life programme will provide assessments for the first and last sessions of this programme in addition to providing access to swim/gym sessions in Ballyfermot Leisure Centre.
- **Programme:** Ballyfermot Change For Life
Dates/Times: Monday – Wednesday evening . Time TBC.
Participants: 18 + years

- As part of the Citywide Change For Life this Operation Transformation walking programme will take place at Islandbridge;
- **Programme:** Operation Transformation/Change For Life.
Dates/Times: Saturday 12th January. Times and Location TBC.
Participants: 18 + years

- The following Change for Life Programmes will be delivered in the F2 Centre Rialto, Bluebell Community Centre and Inchicore Family Resource Centre during the Operation Transformation period;
- **Programme:** Operation Transformation/Change For Life.
Dates/Times: Mondays, Wednesdays & Thursdays. More details TBC.
Location: F2 Centre, Rialto.
Participants: 18 + years

- **Programme:** Operation Transformation/Change For Life.
Dates/Times: Mondays, Wednesdays and Thursdays. More details TBC.
Location: Bluebell Community Centre.
Participants: 18 + years

- **Programme:** Operation Transformation/Change for Life.
Dates/Times: Tuesdays 10am-12pm/Thursdays 12pm-1pm
Location: Inchicore Family Resource Centre.
Participants: 18 + years

COUCH TO PARKRUN (CORE)

Underactive Adults

Couch to Parkrun participants are encouraged to steadily improve their running ability so that they can comfortably negotiate a 5k run by the end of the 8-week programme.

- The Lord Mayor's 5 Alive Challenge 2019 challenges participants to compete 5 races in the new year. The challenge commences with the [Liffey Valley Tom Brennan 5k](#) at 12noon on

Tuesday 1st January 2019 in the Phoenix Park. The following programme provides training for participants from the South Central Area in the lead up to the challenge;

- **Programme:** Orchard Runners and Ballyfermot Walkers & Talkers.
Dates/Times: Ongoing. Tuesday and Thursday evenings
Participants: 18 + years

FOREVER FIT (CORE)

Older Adults

The Forever Fit programme is aimed at older adults and focuses on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi, line dancing, yoga and mindfulness.

- The following Forever Fit programme will provide introductory boules sessions for members of Ballyfermot United Sport and Leisure Club;
 - **Programme:** Introductory Boules
Date/Times: Fridays .10am.
Location: Ballyfermot United Sport and Leisure Club.
Participants: Female Older Adults. 60 years +
- The following Older Adult dance programme continues in the area over the period;
 - **Programme:** Swinging 50's Dance Club
Dates/Times: Ongoing. Tuesdays 11am-12pm
Location: St. Lorcan O'Toole
Participants: Mixed 60 +

GAGA (CORE)

Teenage Girls

The programme is aimed at teen girls and is run in conjunction with local youth services and schools. A wide variety of activities are delivered as part of the programme including dance-fit, fencing, yoga, boot-camp and adventure activities. Activities take place at various venues.

- A GAGA Late Night League programme for females is being delivered throughout December. Following completion participants will commence in a competitive league. Details are outlined below;
- **Programme:** Late Night League
Dates/Times: Thursdays 8 – 9.30pm
Participants: Females 12 – 16 years.

GET DUBLIN WALKING (CORE)

Underactive Adults

DCSWP Sport Officers, in partnership with the HSE and DCC Community Section deliver a series of walking groups across the city under the banner of 'Get Dublin Walking'.

- The following community walking group programmes delivers two walking sessions at two different levels to cater for different abilities. Participants work towards building their ability with the aim of completing a the 5k Islandbridge Change For Life walk scheduled for Saturday 12th January.

- **Programme:** Ballyfermot Walkers
Dates/Times: Ongoing Mondays and Wednesdays 7pm
Location: Ballyfermot Church

- In partnership with local Sport Officers, qualified staff in the Community Training Centre will deliver the following walking course for learners. The local Sport Officers will provide a field trip once sufficient fitness levels have been achieved;

Programme: Kylemore Community Training Centre
Dates/Times: Fridays mornings. September – December.
Location: Kylemore CTC.
Participants: Mixed 16-24 years

- The following Get Dublin Walking programme is delivered on an ongoing basis in the area;

Programme: Get Dublin Walking.
Dates/Times: Wednesdays from 6-7pm.
Location: Fatima Resource Centre.
Participants: Mixed 18+
Partners: Fatima Groups United.

THRIVE (CORE)

Adults With Mental Health Difficulties

Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression right through to people who may have suffered an acquired brain injury and need assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint.

- The following Thrive programme aims to prepare participant's to a swim a mile to raise funds for the Thrive men's group;

Programme: Thrive
Dates/Times: Wednesdays 12 – 1pm.
Location: Fatima Resource Centre.
Participants: Mixed 18+
Partners: Swim Ireland and Fatima Groups United.

- The aim of this Thrive programme aims to create a positive space to promote mental health through physical activity.

Programme: Thrive

Dates/Times: Tuesdays 11am – 1pm.

Location: Fatima Resource Centre.

Participants: Male 18+

Partners: Fatima Groups United.

- Below are details of ongoing and upcoming activities, events and programmes running in the South Central Area during the period;

GAISCE AWARDS:

- **Programme:** Gaisce Awards Programme (D10 Youth Group).
Dates/Times: Ongoing. Times/Dates agreed with participants.
Participants: Mixed 15 – 26 years.
Location: D 10 Youth Services
- **Programme:** Gaisce Awards Programme (St John Of God's Menni Services).
Dates/Times: Ongoing. Times/Dates agreed with participants
Participants: Mixed 18 – 26 years
Location: St. John of God's Menni Services

SAFEGUARDING:

- **Programme:** Safeguarding 3 Basic Awareness 1x3 Hours Course
Dates/Times: TBC.
Location: TBC
Participants: Mixed 18+

FIRST AID

- **Programme:** First Aid Training for DCC Sport & Leisure
Dates/Times: 12th, 13th and 14th December.
Participants: 18+

AFTER – SCHOOL:

- **Programme:** Inchicore After-School Programme
Dates/Times: January. Details TBC.
Location: Inchicore Resource Centre.
Participants: Under 10 years.

ATHLETICS

In partnership with Athletics Ireland two Athletics Officers have been appointed to deliver athletics based programmes and initiatives across the city. Details of South Central based athletics programmes will be included in the next report.

BOXING DEVELOPMENT OFFICER UPDATE

- 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. Approximately 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 on to another level again. The DCSWP Boxing Rugby Development Officer continues to roll out Startbox programmes in the South Central Area.

CRICKET DEVELOPMENT OFFICER UPDATE

- Six groups from the area will be participating in a Table Cricket tournament (an indoor miniature version of cricket played on a large table top, designed for physically challenged cricketers). The event takes place at Ballyfermot Leisure Centre on the 14th January from 10.30am-12.30pm.
- School coaching visits will commence in the area in January in the following schools
 - Canal Way Educate Together, Dublin 8. (Tuesdays 10.30am-12.30pm)
 - Drimnagh Castle Boys Secondary School. (Wednesdays Tuesdays 1.30am-2.30pm)
- Dublin City cricket sessions will be delivered during the period from 5.00pm-9.30pm in North County Cricket Club; a number of players from the South-Central area are involved in these sessions in particular players from the Drimnagh area. Players are between 10-18 years of age.
- The annual Dublin City U12, U14 and U17 Christmas and New Year Camps will be taking place on the 27th and 28th of December and the 2nd and 3rd of January in North County Cricket Club from 10.00am-16.30pm. Participants attending from the South-Central area will predominantly be from the Drimnagh area.

FOOTBALL DEVELOPMENT OFFICER UPDATE

Football Development programmes take a break over the December period. For ongoing programmes in the area please refer to previous reports.

Rugby Development Officer Update

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer. Contact details are listed below.

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