



2019 | Autumn

newsletter | nuachtlitir



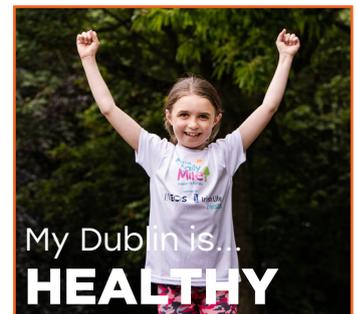
Paul McAuliffe, Lord Mayor of Dublin

DUBLIN SPORTSFEST 2019 IS COMING!

The countdown is on and at the Dublin City Sport & Wellbeing Partnership (DCSWP) we are very excited about Dublin Sportsfest 2019 – our annual flagship initiative. From 23 - 29 September, coinciding with the European Week of Sport we are hosting a number of events and activities across the city that promises to have something for everyone.

To help promote Sportsfest 2019 we launched our 'This is my Dublin' campaign in early August on social media. It tells authentic and powerful stories of ordinary people who have strong links with DCSWP and the work we do. As part of their story they describe what Dublin means to them through their involvement in sport – this is what they said:

#ThisIsMyDublin



Dublin sports 2019 fest

Recently speaking about the key part that sport plays in his life and in that our of great city, this is how our Lord Mayor Paul McAuliffe is showing his support for Sportsfest 2019.

"I am a third generation Dubliner. One of my grandfathers worked for Guinness and the other for Gateaux and both came to Finglas. I grew up two roads away from where my mam and dad grew up and my kids are now the same.

If I'm honest, I didn't have a brilliant experience of sport when I was growing up but things have changed greatly. In school there was a big emphasis on team sport and competition and I regarded myself as fairly useless at sport. Last year I made a big and conscious effort to get more active. I wanted to lose a bit of weight primarily because I wanted to look after myself a bit more because I have two kids now – and I lost five stone! I did it all through using a Dublin City Council leisure centre

and obviously looking at my nutrition as well, but there was no fancy gym or fancy personal trainer sessions involved. We're lucky enough to have a great pool in Finglas so I just got into it and kept swimming.

Now that we are living in the Mansion House it is a bit harder to get out there but I'm a believer that you have to make time for exercise and I'm also trying to use the bike more now around the city centre.

A lot of people think sport isn't for them. They think 'I don't look a certain way in the gym or feel a particular way about sport or my head's not in that space'. Sportsfest is the gateway into this whole world – for me that's the big message of Sportsfest.

What 'My Dublin' means to me is passion; passion for your community and passion for sport. I genuinely feel sport is always a force for good.



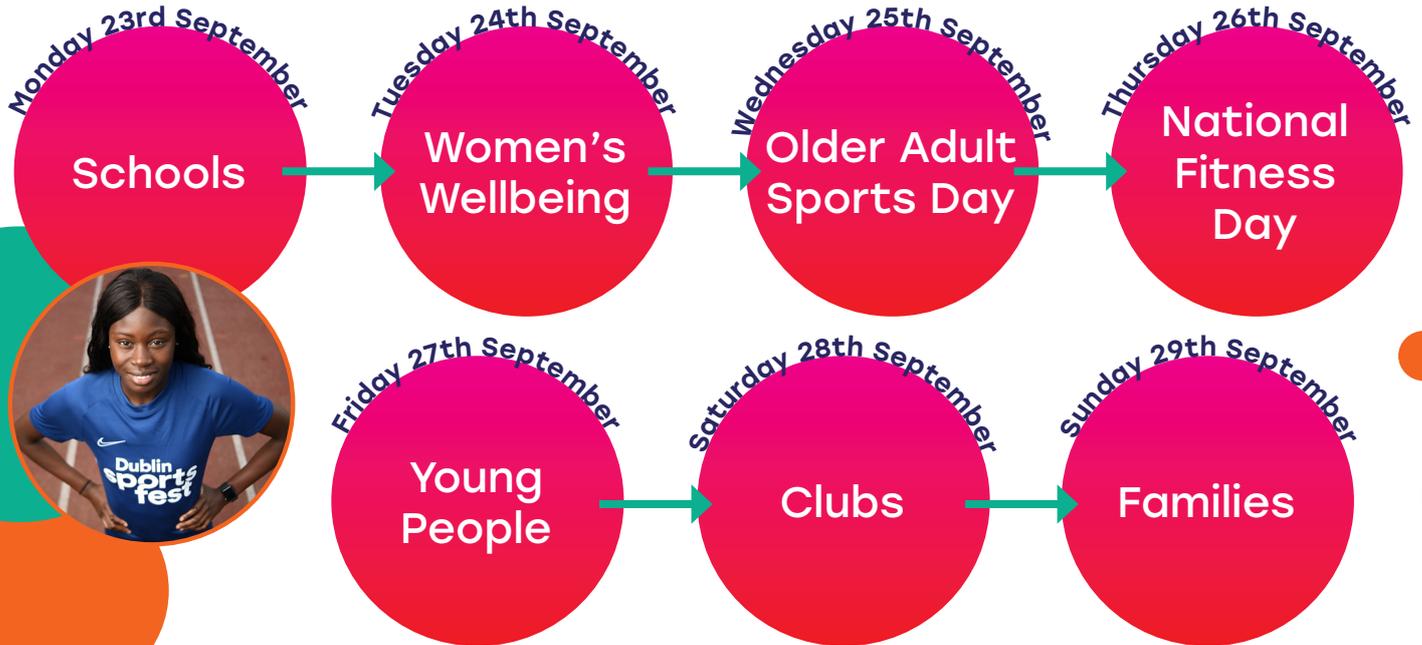
DUBLIN SPORTSFEST 2019

Sport is also hugely important for the integration of new Irish citizens. All of the things we talk about around community, lifestyle, mental health and integration, all of these things happen in sports clubs almost by accident and that's what makes sport so valuable."

We are also delighted to have so many well-known native Dubliners backing our initiative.



DUBLIN SPORTSFEST 2019 SCHEDULE



Please see our social media channels listed at the end of the page for more updates. For more information please see www.dublincity.ie/sportsfest.



STAFF SPOTLIGHT

AIDEEN O'CONNOR

Aideen O'Connor has almost 20 years experience working in the sport and fitness industry - the last 12 of these being in the DCC Sport & Recreation Section.

During this time she has held a number of positions starting off as a Sport and Recreation Officer then working her way up to management roles including the Dublin City Sport Network Co-ordinator and General Manager of two Sport & Fitness Centres. In December 2018 she took up her current role of Programmes and Services Development Manager for the DCSWP. Outside of work Aideen is Mum to 6 year old Rían and in her spare time runs marathons for fun as a member of Clonliffe Harriers Athletics Club. Aideen took time out of her busy schedule to answer our 3 Quick Questions.

Why did you choose a career in Sport?

As a young girl and growing up with three brothers I played and watched sport. I realised very quickly I had an absolute passion for playing sport and the joy it brought me from many aspects. I was competitive so that helped! I recognised it was providing me with invaluable lifelong personal development skills. My career choice means I get to inspire people of all ages, background and abilities to engage in sport and physical activity. Luckily for me I'm proud to be in a position to do this!



STAFF SPOTLIGHT

What do you enjoy most about your current job?

The fact that it is an extension of my passion and I know the impact sport and physical activity can have on people and how it can literally change your life. The variety of work is excellent, but the passion is shared collectively with the team I work with. I play a role in the key programmes we deliver on the ground and the impact our service has on the community as a whole. I also really enjoy working closely and collaborating with all the National Governing Bodies of sport and other key agencies. We can work together to ensure everybody living and working in Dublin has the opportunity to take part in sport and physical activity.

What do you hope to achieve over the next 12 months in your own sport and wellbeing journey and in your role within DCSWP?

Well I am aiming to run my 9th Marathon in October, with the aim to run my 10th Marathon in London. I have set a target to run a sub 3hr Marathon. This could take a while but I have worked hard to instil belief in what I can achieve around my running and other aspects of my life too. I am always learning both about myself, others and my work so I will continue to try develop and grow as best as I can on all levels. I am excited for what 2020 holds for the Sports Partnership – there is so much coming our way. The 2020 campaign around increasing participation and awareness of women in sport will be in full swing and we will be backing it 100%. Our strategy is due for review and it is an opportunity as Programmes and Services Manager to really engage with all staff, partners, agencies to see how we can continue to deliver creative and innovative programmes and be the best we can be using all the excellent resources and staff that I feel we are privileged to have right now.

A LOOKBACK OVER SUMMER 2019

BE ACTIVE! - SUPPORTING OUR YOUNG PEOPLE DURING THE SUMMER

Bright mornings and long evenings during the summer months offer such fantastic opportunities for all of our citizens to take advantage of experiencing the benefits of sport and physical activity in the great outdoors. DCSWP summer programmes are designed to maximise our city's outdoor sporting facilities and infrastructure so that there is something for everyone to enjoy regardless of age, ability or gender. However during this time when school is out it is even more important for us to engage with our young people and provide both safe and fun environments in which they can get active in natural surroundings. So many of our youth projects are made possible by the positive partnerships we have fostered with our wonderful local agencies. This cross-partnership approach ensures young people get the best sporting opportunities this city can offer them. An abundance of outdoor youth activities took place over the past few months from camps to fun runs and adventures on the water. Here are some highlights from summer 2019;

GET GOING GET ROWING SUMMER CAMP

What better way to spend the summer than learning to row on the River Liffey, with the Phoenix Park on one side and the beautiful War Memorial Gardens on the other? That's what the Get Going Get Rowing programme was doing this summer with three Learn to Row camps introducing the sport to 75 young campers. In July and August the sun was shining with wind and rain holding off so all campers could get onto the water safely. While camps are about learning to row on the water they also endeavour to make them fun with a variety of land games on our rowing machines. All participants were encouraged to interact with and get to know each other. These camps are also an opportunity for our young Transition Year coaches to further develop their overall coaching skills.



SUMMER INCLUSION CAMPS

Sport offers a great forum for people with disabilities to challenge themselves physically and mentally and can greatly assist in developing social skills through a safe and playful environment. Our Sport Inclusion Integration officers were very busy over the summer working closely with disability organisations and our Co-funded partners to assist in the delivery of multiple-sport inclusive summer camps. A particular highlight for DCSWP was the delivery of a multi-sport ADHD summer camp in partnership with ADHD Ireland. This was the first camp of its kind in the country and DCC / DCSWP are very proud to be at the forefront of these sporting inclusion innovations.

A LOOKBACK OVER SUMMER 2019

HELL & BACK 2019

Hell and Back, Ireland's largest and toughest obstacle course challenge was back for 2019 and DCSWP was there along with local youth services to support its youngest and most daring participants! Training programmes were provided across the city during the summer for young people in the lead up to the 7km adventure challenge in Kilruddery, Wicklow in August. Completing this challenge is a huge achievement for our young people but they weren't alone – many of our Sport Officers led by example completing the challenge and crossing the line alongside them!



AVIVA SPORTING GLORIES

The StartBox Aviva Stadium Experience is delivered every summer by our Co-funded Boxing Officers. The programme provides a unique opportunity for children and teenagers from our communities to enjoy a full tour of Dublin's Aviva National Soccer and Rugby Stadium which is entirely free of charge. During the programme young people learn about the history of the venue including its construction and the many past sporting glories it has witnessed. A highlight of the tour is getting to hear anecdotes while sitting on the benches in the changing rooms where many sports heroes have sat before. It is hoped that these experiences inspire our future sports men and women.



SUMMER CYCLING

The physical benefits of cycling are promoted by DCSWP throughout the year through our core programmes but enjoying the beautiful views of our city by bike is one of the joys we can experience best during the summer period. Cycling is an ideal exercise as we get older preventing muscle loss, keeping the brain active, the heart healthy and providing very important social opportunities for older people.



OLDER ADULTS - BIKE FOR LIFE

In the North Central Area, older adult weekly cycle sessions were delivered and facilitated along the stunning Clontarf Cycle Route. The programme provides support to our participants by including cycling safety sessions and a skills workshop.

"It is such a brilliant opportunity to meet up weekly for a fun cycle with such a fantastic group of people"

"Since commencing with the programme I have become more confident on the bike and I now find myself using my bicycle more often as opposed to my car"



"We are all really enjoying the programme, I hadn't been on a bicycle since I was a child"

A LOOKBACK OVER SUMMER 2019



DUBLIN HISTORIC SING-ALONG CYCLE

Our Dublin historic sing-along cycling programme proved that cycling and singing can be the perfect match! This programme was one of this year's most fun approaches to encouraging our older adults to get back up on their bike or take up cycling. Participants on the programme are from our ongoing Heels & Wheels Walking/Cycling initiative. The group weaved its way through Dublin on 30 June stopping at some of our city centre's most iconic historic sites to sing songs of historic relevance. This very special event reached a crescendo when the group met up with walkers from the group and sang their hearts out to mark the end of National Bike Week 2019.

FAMILY SUMMER FUN - CANAL SPLASH 2019

Summer community festivals and our DCSWP Fun Days mean families across the city can come together and enjoy a range of free sporting events and activities.

As part of the Ballyfermot Summer Festival which is funded by Dublin City Council, our community partner the Ballyfermot Youth Adventure Services Centre hosted the popular Canal Splash at Grand Canal Dock. Over 150 participants of all ages engaged in different water based activities on the day including paddle boarding, water polo and snorkeling. Canal Splash is just one of the many local and city-wide DCSWP initiatives that offer a great chance for citizens to experience sporting activities on the water in Dublin.



RECHARGING THE BATTERIES - FREE YOGA IN THE PARK

This summer for a second year running, DCSWP partnered up with Camile Thai and DCC Parks and Landscape Services to offer our citizens the opportunity to experience the powerful practise of yoga and meditation in the beautiful and tranquil surroundings of our city parks.

The classes took place in three parks across the city every Monday, Tuesday and Wednesday for an eight week period and were entirely free of charge. We had a phenomenal response to this partnership initiative this year with numbers averaging 100 for each Yoga session. DCSWP will team up once again with Camile Yoga for Dublin Sportsfest during our Women's Wellness Event in City Hall on Tuesday 24 September.



A LOOKBACK OVER SUMMER 2019

BOOTCAMP WARRIORS

Rockfield Park in Artane was the venue for this year's summer North-side Summer Bootcamp. 50 brave participants signed up for a six-week intense physical training programme which included cardio, endurance and strength training. Testimonials from our Bootcamp participants prove that camaraderie and laughter are the greatest motivators of all when getting through the ultimate workout;

"It's fantastic having the opportunity to exercise in such a large group. We encourage and motivate each other with lots of laughs throughout the session"

"I find the benefits of exercising outdoors and in a group environment so much more beneficial than going to the gym"



GO FOR LIFE GAMES

The Go For Life Games Programme is part of the National Physical Activity Programme for older people and is funded by Sport Ireland and the HSE. DCSWP Sport Officers support the Go For Life participants by delivering regional 8-week training courses in the lead up to the national games every summer. This year Go For Life was a huge success for DCSWP when our Dublin regional winners triumphed at the All Ireland Final held in DCU in June. This is the first time in 8 years Dublin has won the National Games and we want to take this opportunity to congratulate the incredible achievement of our inspirational participants.



SPORT FOR YOUNG PEOPLE GRANT 2019 - 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 positive life-long impact on its members and volunteers.

Continued investment in clubs is so important 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. This year €55,000 was allocated to 100 clubs across the Dublin City Area.

LOOKING AHEAD - AUTUMN/WINTER

Summer is over and while the days are getting shorter and darker there is no excuse for hibernation! DCSWP has so many exciting sporting programmes and events to ensure we all remain healthy and active as winter approaches. Here are some of our upcoming Autumn/Winter flagship initiatives;

MARATHON KIDS 2019 IS UP AND RUNNING

DCSWP is delighted to offer the 2019 Marathon Kids programme in partnership with South Dublin County Council and Fingal County Council Local Sports Partnerships. Marathon Kids is an 8-week initiative encouraging and promoting the social, physical and mental benefits of physical activity for our children.



During the programme 5th and 6th year primary school students complete four running sessions each week, inching them closer to completing their first marathon. The students will come together for the last marathon mile in a grand finale event held in Morton Stadium, Santry on 13 November 2019 making their achievement even more special.

We have had a very positive response to the programme with 15 schools signing up. This means 550 of our young students in the city will be enjoying regular exercise and learning about the importance of ongoing physical activity in an educational environment. Marathon Kids was officially launched by the Lord Mayor and our partners in Morton Stadium on 28 August.

SPOOKTACULAR FUN FOR HALLOWEEN

DCSWP Sport and Co-funded Officers are currently planning multi-sport Halloween camps to keep our young people happy, focussed and fit when school is out over the mid-term break.

Our Zombie Fun Runs fully embrace the season's scary spirit with young people and families dressing up as their favourite spooky zombie character. This year's Zombie Fun Run will take place in Brickfield Park, Drimnagh and California Hills, Ballyfermot on Halloween.



LOOKING AHEAD - AUTUMN/WINTER

GAGA

GET ALL GIRLS ACTIVE

GET ALL GIRLS ACTIVE - GAGA 2019

GAGA is DCSWP's Core Programme aimed at increasing female participation through multi-sport initiatives. The programme runs from October to December every year and culminates in our showcase event, GAGA Day, which is held to enable and inspire all girls to participate and engage in sport and physical activity through a range of programmes and events across the city. 2019 will be the third year we celebrate women in sport on GAGA Day. Last year proved a huge success with participation numbers reaching over 6,000 across local schools and our Sport & Fitness centres. Here is what some of our 2018 participants had to say about their GAGA Day experience;

'It was a brilliant class – really enjoyed it. Would love to do this every single week. Go GAGA!' (Older Adult Participant from Glow Yoga in Finglas Sport & Fitness, Dublin 9).

'GAGA Day 2018 was a huge hit with the children in our school. Inspired by engaging with the Dance/Fitness video some of the girls led their own workout for others to follow during yard time.' (Teacher, Scoil Chríona, Baggot Street, Dublin 2).

DCSWP is hoping to make GAGA Day 2019 an even bigger success!



#GetAllGirlsActive



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



SPÓRT ÉIREANN
SPORT IRELAND

