

2019 | Summer

newsletter | nuachtlitir



**Jim Beggan**  
*(Senior Executive Officer, Sport & Recreation Section, Dublin City Council)*

## INTRODUCTION

On behalf of Dublin City Council I would like to welcome you to the first edition of the Dublin Sport & Wellbeing Partnership's (DCSWP) quarterly newsletter.

As the largest Local Authority in the country, we are committed to making this great city the best place to live, work and enjoy. Sport and physical activity plays a huge role in this.

Our commitment is evident through our ongoing investment in:

- The development of high class facilities and infrastructure
- The hosting of major sporting events such as the upcoming EURO 2020 tournament
- The delivery and facilitation of a wide range of sport and physical activity programmes and initiatives

**The Dublin City Sport and Wellbeing Partnership's primary function is to get more people, more active, more often regardless of age, ability or background.**

Our eclectic suite of participation programmes and initiatives includes everything from walking to water sports. They comprise of local offerings such as our Change for Life programme which was rolled out in 18 communities in the earlier part of 2019 to citywide initiatives such as our Lord Mayor's 5 Alive Challenge. You will learn more about these later in our newsletter. We aim to provide something for everyone and work with schools, youth services, active age and minority groups to name a few. We are conscious of what is going on at a national and policy level to ensure our offerings are aligned to relevant strategies.

We are immensely proud of what we have achieved so far and attribute our successes to a number of factors including positive strategic partnerships and fostering a culture of innovation and creativity.

However at the heart of what we do is our people and we are extremely fortunate to have a dedicated, experienced and talented team including:

- 19 Sport Officers that work in every corner of our city
- 2 Sport Inclusion and Integration Officers
- 1 Health Promotion Officer
- 27 Co-funded Officers across Athletics, Boxing, Cricket, Football, Rowing and Rugby
- A team of managers and administrators
- A high level board of influencers from other sporting organisations, state agencies and business

Given the size and diverse nature of our Partnership, we are delighted to take this opportunity to shine a light on the very positive work being carried out on a daily basis across our city.

We are very excited about our future and have a number of special projects in the pipeline including our annual flagship event Dublin Sportsfest that is coming up in September. I hope you enjoy our newsletter and for ongoing news and updates please visit our social media channels.

## OUR PEOPLE

In our newsletters going forward we will showcase either an individual or a group within the DCSWP team to give a flavour of the talent behind who we are and what we do. In 2018 our team expanded significantly with twelve new people joining us and for this edition we are delighted to introduce them.

Overleaf you will find 'The Partnership on a Page' which is a summary in numbers of the work our entire team achieved in the same period. Following this are sections on flagship events, programmes & initiatives as well as what's coming up in 2019. All of this highlights the diverse and positive work carried out across our city by our people.



[Left to Right] Keith O'Halloran (Women's FAI Development Co-funded Officer) Colin Sharkey (DCSWP), Dee O'Boyle (DCSWP), Rob Abbey (DCSWP Sport Officer), Nuala O'Donovan (DCSWP Sport Inclusion & Integration Officer), Laura Doherty (Communications Graduate DCSWP), Juliet Short (Rugby Development Co-funded Officer), Darren Taaffe (DCSWP Sport Officer), Pearl Slattery (Women's FAI Development Co-funded Officer), Lisa Kelly (DCSWP Sport Inclusion & Integration Officer), Chris McEligott (Football For All FAI Co-funded Officer) [Not Present] Olivia Shattock (DCSWP Sport Officer), Larissa Muldoon (Leinster Rugby Development Officer), Gerard Donnell (Athletics Ireland Co-funded Officer), Colette Quinn (Athletics Ireland Co-funded Officer)

54



Dublin City Sport & Wellbeing  
Partnership Staff

19 Sport Officers

7 Admin Staff

27 Co-funded Staff:

1

Health  
Promotion  
Officer 

12



Soccer

5



Boxing

6



Rugby

1



Rowing

1



Cricket

2



Athletics

97,902 people participated in our programmes in 2018



57%  
Female



43%  
Male

7,845

of these are  
participants with  
disabilities

5,097

of these participants  
are **older adults**

€61,000

in grants allocated  
to **112** clubs

2,097

people participated in  
Training Programmes

# 2019 FLAGSHIP EVENTS

## CHANGE FOR LIFE

Changing habits and committing to a healthier happier lifestyle can seem overwhelming for many of us. Since 2013, DCSWP in conjunction with many partners in the health and community sectors have enabled people across the city to improve their health and wellbeing through our Change For Life programme.

Running in tandem and following the format of RTE's Operation Transformation, this 8-week initiative was rolled out in 18 communities with over 1000 participants in 2019, which was an approximate 100% increase from the previous year. The programme also broadened its reach and for the first time children and individuals from minority groups were able to take part - all of this was made possible by funding received from Healthy Ireland.

The programme finished with a celebration night in the Round Room, Mansion House on the 15th March. Participants received their completion certificates and spoke about their experiences; the camaraderie and the testimonials at the event were truly inspiring. They revealed that the programmes' community based approach not only transforms physical and mental health but creates bonds of friendship that will continue long after the programme.

***"There's a social as well as the physical and mental health aspect so from that point of view it's an all-round package" - Sharon Kelly (Sport Officer)***

***"It changed my lifestyle and made me want to do something in life and I have to say, without the lads I wouldn't be where I am today" - (Change For Life participant)***



## LORD MAYOR'S 5 ALIVE CHALLENGE

The Lord Mayor's 5 Alive initiative consists of 5 road races, approximately 5k in distance, running for the past 7 years from January to March. Aimed at novice joggers and people wanting to get back on track with their fitness goals, the challenge is not only in completing the races but that it also starts on New Year's Day!

Race mentors were introduced to the programme in 2018 to encourage and cheer on participants. This addition that proved to be a hugely successful and was continued this year. All of our mentors were previous '5 Alivers' so their experience was invaluable when motivating and inspiring the 400 people that crossed the finish lines this year.

***"I am so happy that I got the opportunity to participate in the LM5Alive Challenge. It was a great way to kick off the year and an excellent motivation to continue building fitness. Would highly recommend it for anyone who is looking to get back into running or to use it as a starting block." - Emer (LM5Alive participant)***

On Friday 26th April the 2019 '5 Alivers' achievements were acknowledged in a celebration evening in City Hall, hosted by the Lord Mayor Niall Ring who led by example, launching and finishing all 5 races. Completing the challenge has been extremely rewarding and empowering for many of the participants who have vowed to continue on their journey to a healthier and more active life.

***"Thought it was brilliant, really enjoyed the challenge and will definitely continue to take part in the parkruns" - Colin (LM5Alive participant)***

# FLAGSHIP EVENTS

## CHAMPIONS DAY

DCSWP is dedicated to enabling individuals with intellectual, physical and sensory disabilities to be active participants in sport and physical activity. Due to demand stemming from the DCSWP core programme Champions, there were two Champions Days held this year. The first in Ballyfermot Sport & Fitness Centre on 14th May and the second in Cabra Parkside Community & Sports Centre on 16th of May. Whilst there was some healthy competition during the events, the focus was on having fun and this was evident in the 200+ participants of varying abilities. A wide range of sports and activities were available including football, tag rugby, table cricket, tai chi and dance. Feedback gathered from the post-event evaluation indicated a 100% satisfactory rating by participants and their group leaders for the activities provided. DCSWP's plans to build on this success by making Champions Day 2020 the best one yet!



sport • inclusion • ireland

## SPORT INCLUSION DISABILITY CHARTER

DCSWP is delighted to have signed up to CARA Centre's Sport Inclusion Disability Charter in partnership with Sport Ireland. It clearly outlines the five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them.

## HIGHLIGHT INITIATIVES

### SPORTS LEADERSHIP UK (LEVEL 1)

The Sports Leadership training programme is an initiative funded by Sport Ireland and delivered by DCSWP. The course is designed for 15 to 19 year olds who upon completion will have developed the skills, confidence and behaviours enabling them to lead sport and physical sessions in their local schools and communities.

In 2019 there were two courses rolled out, one in Drimnagh and the other in Finglas creating 45 new young leaders in sport and recreation.

*"To see the teenagers develop into young leaders within such a small timeframe was quite remarkable. I think they even surprised themselves in how far they've come and how much further they're willing to go in the future" - Darren Taaffe (DCSWP Citywide Sport Officer)*

The course concluded with an award ceremony on 15th May in City Hall where the young people got the opportunity to share the story of their journey in front of their peers.

*"As a teacher, I have found the Sports Leadership Programme empowering. It has challenged our students to think of others and how they can use the leadership skills in the community" - Linda Hall (P.E. Teacher, Our Lady of Mercy Drimnagh)*



# HIGHLIGHT INITIATIVES

## DISABILITY INCLUSION TRAINING & AUTISM IN SPORT TRAINING

Our Disability Inclusion Training and Autism in Sport Training provides coaches, leaders, special needs assistants and teachers with valuable knowledge in relation to the integration of people with disabilities and those with Autism Spectrum Disorder in sport and physical activity. These training courses also help providers to recognise potential barriers and look at practical strategies to improve the quality of the programmes they deliver. So far this year 73 people have attended 2 Disability Inclusion Courses, 1 of which was specifically for Dublin GAA and 42 people have attended Autism In Sport Training.

*All participants receive Cara Certificates of Attendance endorsed by Sport Ireland, a resource manual and a games booklet full of fun inclusive activities*

## SUPPORTING YOUTHS

It is generally accepted that sport is an effective tool in reducing anti-social behaviour in young people due to its positive impacts across many areas of life. Youth Fit is a DCSWP programme aimed at 10 to 24 year olds rolled out by our Sport Officers in conjunction with youth services, clubs and other agencies. Whilst the programme is flexible offering participants the opportunity to enjoy a variety of sports and activities, the core of the initiative is steadfast, instilling the values of sport such as mutual respect and tolerance.

A fantastic working model of this is our D7 Youth Justice & Gardaí Confederation Cup which has been running for the past 4 years in the North Inner City. DCSWP Sport Officers and the Co-funded Football in the Community Officer work closely with members of An Garda Síochána, MOST Project Youth Services and Bohemians FC Foundation to deliver a soccer training programme focussed typically on early school leavers or those currently in Juvenile Liaison Officer initiatives. The programme runs for 6 weeks, the first 5 are training sessions and the last is a Football match held in Dalymount Park Stadium between mixed teams of An Gardaí Officers and the participants.

*"The programme is an extremely well run affair which builds links between the Gardaí and local youths in the area. It is a great way to build relationships and I hope it continues" - David Cryan (Community Policing Sergeant)*



## SCHOOLS' CROSS COUNTRY

Our primary school cross-country events take place across the city from March to June every year in a number of Dublin City Council's beautiful parks. Working together our Sport Officers and co-funded Athletics Officers engage with schools promoting and encouraging participation in the initiative. In 2019 three events have been held in Cabra, Crumlin and Ballymun; the response has been fantastic with participant numbers averaging 600 at each run.



# HIGHLIGHT INITIATIVES

## GLOW FOR GIRLS

Glow Football is just like regular football only it is played in a darkened room under UV lights with a disco vibe. The brilliance behind Glow is that aims to eliminate some of the factors linked to girls dropping out of sport and physical activity especially in adolescent years. One major reason is girls feeling self-conscious about how they look when they exercise. Glow gives girls an opportunity to stay in the game by enjoying the sport in a different way and in a safe environment.



Glow Football has been a big hit across the city and has been rolled out in 6 locations with over 160 girls taking part this year to date.

Inspired by the concept of Glow Football, DCSWP have invested in Glow equipment and now apply it to a wide range of other sports and activities including spinning, dance and Fitness classes, usually at events to add something special. People of all ages and abilities have loved taking part in our classes and really enjoy getting creative with the UV face paints!

*"Glow Football first and foremost offers a fun and social experience for participants. This programme puts the focus on having a good time over being the best player... it takes away any inhibitions of body image or making a mistake and allows girls to enjoy the beautiful game in a unique environment" - Pearl Slattery (FAI Women's Football Development Officer)*



## OTAGO STRENGTH & BALANCE PROGRAMME FOR OLDER ADULTS

It is estimated that there are over 20,000 fragility fractures amongst our older adult population every year in Ireland with each hospital admission costing over €12,000 adding up to a total cost of over €240M. DCSWP is dedicated to delivering initiatives that encourage our older citizen's to keep well and active. In line with this and working in conjunction with our H.S.E. funded Health Promotion Officer, we are delighted to announce the introduction of the pioneering Otago Strength & Balance Programme.

Aimed at older adults who have had a fall or are at risk of falling, the programme was developed by Later Life Training in the UK, an international leader in the professional field of Falls Prevention Exercise for frailer Older People.

Currently 6 fitness instructors have completed training to become Otago Exercise Programme Leaders and will coordinate this specialised programme on behalf of DCSWP, in partnership with HSE Primary Care Physiotherapists and Age & Opportunity.

The aim of this programme is to improve the lower limb strength and balance of older adults, thereby reducing their risk of falling and injury due to falls. It has also been shown to improve overall fitness, stamina & energy levels and increase confidence & mood amongst older adults.

The programme has been evaluated in both research and routine healthcare services in the UK and cost effectiveness has been established. The programme is implemented as follows:

- The class runs once a week for 26 weeks and the participants are encouraged to repeat the sessions at home twice a week
- The physiotherapist recruits and pre-screens the participants
- The physiotherapist leads the first 6 weeks and the DCSWP fitness instructor leads the next 20 weeks
- Each participant is taken through a series of 24 structured pre-set exercises and must be competent in completing each section (beginner, intermediate & advanced) before they can progress to the next one
- A pre and post assessment is also performed to examine effectiveness

In late May/early June the programme commenced in the following locations across the city, Poppintree, Drumcondra, Ballybough and Ballyfermot with 10 participants in each – the maximum number because of the nature of the target group. Another Otago Strength & Balance programme is due to be implemented in Cabra before Autumn.

# WHAT'S COMING UP

We have many exciting events coming up over the next few months including our flagship event Dublin Sportsfest.

## THE EURO 2020 PROJECT TEAM NEED YOU!

Our EURO 2020 volunteer campaign is up and running and we'd love to see as many DCC colleagues, sports clubs, teams and businesses get involved in what promises to be a special event for Dublin City. June 2020 will be historic as we host 4 games in the UEFA European Championship Finals.

EURO 2020 is for everybody, and we've a host of roles for city volunteers to give fans a warm welcome and add to the incredible atmosphere throughout the tournament. Our city volunteers will be based citywide welcoming fans from Dublin Airport, through to City Centre transport hubs, fanzones and on-street at the key fan and tourist hot-spots. Speaking at the launch, volunteer ambassador and former Republic of Ireland International Liam Lawrence said:

*"It doesn't come around very often does it? So to be part of something THIS SPECIAL it's a really good thing, and if we can get as many as we can on board, it's going to be an amazing atmosphere"*

Be part of this truly unique event. If you would like to register your interest, please go to [www.fai.ie/volunteers](http://www.fai.ie/volunteers) and fill out your details. Let's make EURO 2020 an unforgettable experience for all fans, residents and businesses in Dublin.



## FOOTBALL SUMMER CAMPS

School is out for summer but children are encouraged to stay active and learn new skills through the Sports Direct FAI Summer Soccer School programme. This programme will enter its 23rd year in 2019. Every year boys and girls of



all abilities sign up for five days of fun and football. While participants will learn new skills and tricks from our FAI Officers, the most important element of the camp is for children to have fun and enjoy themselves. Details of camps in or near your area are listed below. For more information on the camps, testimonials from previous participants and guidelines on how to sign up please visit the FAI website: [www.summersoccerschools.ie](http://www.summersoccerschools.ie)

<b>Bluebell United</b> Capco Park, Naas Road	Week 5: Monday 29th July - Friday 2nd August
<b>Crumlin United</b> Windmill Lane, Crumlin	Week 1: Monday 1st July - Friday 5th July
<b>Harold's Cross YFC</b> Paddy Brennan Rosary Park, 350 Harold's Cross Road	Week 1: Monday 1st July - Friday 5th July Week 2: Monday 8th July to Friday 12th July
<b>Irishtown Stadium</b> Irishtown	Week 2: Monday 8th July to Friday 12th July Week 3: Monday 15th July to Friday 19th July
<b>Kilbarrack United</b> Kilbarrack Utd. Astro Park, Roseglen Road, Kilbarrack	Week 3: Mon 15th Jul to Fri 19th Jul
<b>Killester United</b> Hadden Park, Killester	Week 4: Mon 22th Jul to Fri 26th Jul Week 7: Mon 12th Aug to Fri 16th Aug
<b>National Sports Campus Astro Pitches</b> National Sports Campus, Snugborough Road	Week 4: Mon 22th Jul to Fri 26th Jul Week 8: Mon 19th Aug to Fri 23rd Aug
<b>National Sports Campus Astro Pitches</b> (****Children with Disabilities) National Sports Campus, Snugborough Road	Week 2: Mon 8th Jul to Fri 12th Jul
<b>North Dublin Schoolboys/Girls League</b> Oscar Traynor Centre, Coolock	Week 2: Mon 8th Jul to Fri 12th Jul
<b>Terenure Rangers</b> Bushy Park, Rathdown Park	Week 1: Mon 1st Jul to Fri 5th Jul Week 7: Mon 12th Aug to Fri 16th Aug
<b>The Clontarf Road Pitches</b> The Clontarf Road Sports Pitches, Dublin	Week 1: Mon 1st Jul to Fri 5th Jul Week 4: Mon 22th Jul to Fri 26th Jul Week 7: Mon 12th Aug to Fri 16th Aug
<b>Stella Maris FC</b> Dublin Port Stadium, Waterfall Avenue, Richmond Road	Week 3: Mon 15th Jul to Fri 19th Jul Week 5: Mon 29th Jul to Fri 2nd Aug

## REVITALISE YOUR MIND & BODY - FREE YOGA SESSIONS

In partnership with Camile Thai restaurant, DCSWP is offering our citizens the opportunity to escape the stressors of modern life and



avail of yoga in the park sessions every Monday, Tuesday and Wednesday until 24 July 2019. Classes will take place in the beautiful and relaxing surroundings of Bushy Park, St Anne's Park and Merrion Square Park from 6.15pm to 7pm each evening. The classes are entirely free of charge and people of all fitness levels are welcome, beginner or expert!

# WHAT'S COMING UP

## DUBLIN SPORTSFEST

### A LOOK BACK AT DUBLIN SPORTSFEST 2018

DCSWP's inaugural Sportsfest took place from 23rd – 30th September 2018 co-inciding with the European Week of Sport. The purpose of Sportsfest was to host a week-long celebration of sport and physical activity in our city by enabling and encouraging people to participate regardless of age, ability or background.

The 60 plus events and activities available were mostly free of charge and the list was eclectic to say the least. There was everything from football, swimming, kayaking, cycling, tennis and fitness classes to lesser known sports such as Juggler which has elements of both rugby and fencing!

The Lord Mayor Nial Ring launched Sportsfest and became its unofficial ambassador due to his support. The Mayor's presence at and participation in many of the events boosted Sportsfest's profile whilst generally promoting the benefits of sport and physical activity. We were delighted with the Lord Mayor's involvement and the comments he made as his tenure drew to a conclusion;

*"Sportsfest was, without doubt, the best sports related initiative I was involved in during my year as Lord Mayor. There were so many events to participate in right across the city, there was no excuse for anyone not to get out and try an event. During Sportsfest, amongst other events like my usual parkrun, I managed to complete the Great Dublin Bike Ride, sample a sport called "Juggler" and, because it was cleverly called "The Lord Mayor's Liffey Bridge Paddle" I had no option but to row up and down the river for 10K (my shoulders are still complaining!)"*



### DUBLIN SPORTSFEST 2019

Due to the phenomenal success of Sportsfest 2018, we are very excited about Sportsfest 2019! While we know we have a tough job on our hands to top last year's event, we will endeavour to do just that. Sportsfest 2019 will take place from Monday 23 to Sunday 29 September coinciding again with the European Week of Sport. We are currently finalising our all-inclusive schedule of activities and will publish this very soon on our social media channels.



**LIVE ACTIVE  
LIVE WELL**

**Dublin  
sports  
fest**