



2024 - Mid year

newsletter | nuachtlitir

Welcome message

Welcome to the first edition of the Dublin City Sport & Wellbeing Partnership newsletter for 2024. For the mid-year edition we will look back at some of the highlight programmes we have delivered, the major events we are proud to have been a part of and feature exciting initiatives coming up in summer/autumn 2024. The newsletter is just one of the ways DCSWP seeks to increase awareness around how we provide opportunities for everyone in our communities to partake in sport and physical activity regardless of age, background, gender or ability. Partnerships play a huge role in realising Dublin City Sport & Wellbeing's vision and throughout the newsletter you will read about the invaluable partnerships that play such a critical role in the successful delivery of our wide range of programmes. The newsletter also seeks to capture the human side of the service by celebrating our many brave participants who felt motivated and inspired to get active and commit to long-term health goals.

Overleaf you will see our Partnership on a Page Infographic which provides a snapshot of DCSWP's 2023 activities, operations, structure and funding sources.

To learn more about DCSWP and what we can offer you, your community and your club please visit/contact us.

Launch of the Dublin City Sports Plan 2024 - 2029

With the launch of Dublin City Council's ambitious and visionary new Sports Plan 2024-2029 in May, the future of sport in Dublin City is looking bright. The over-arching focus of the plan will be to get people more active, more often and it is this core purpose that will shape the primary strategic goal of the Partnership and the Sports & Recreation service over the next five years. The plan was a year in the making and formally adopted by the City Council on 8th April following extensive internal and external consultation.

The strategy was launched on 16th May in Ballyfermot Sports & Fitness centre and attended by our Sport Ambassador Ellen Keane, the Lord Mayor Daithí de Róiste, Dublin City Council's Chief Executive Richard Shakespeare and representatives from DCC's Sports & Recreation service.





52

3.3 Million Budget

Dublin City Sports & Wellbeing Partnership Staff

17 Sport Officers

1 Health Promotion Officer

6 Admin staff

1 Active City Officer

1 Social Inclusion & Integration Officer

27 Co Funded Staff



Athletics



Boxing



Football



Rugby



Cricket



Swimming



Rowing

144,359 Participants in **3,722** Programmes

1,340

People with physical, intellectual
& sensory disabilities

3,977

Adults Aged 55+

438

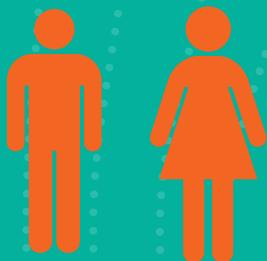
Participants from
New communities

3,119

Young people
10-21 years

13,488

Schools



45%
Male

55%
Female

407
people
Participated in
22

Training programmes

Sport for Young People
Small Grant Scheme

€131,550

Allocated to **142** Clubs

2024 FLAGSHIP EVENTS

CHANGE FOR LIFE

Change For life is DCSWP's annual flagship programme supporting communities to stay healthy, happy and connected. The programme is delivered from January to March every year in partnership with local groups and services. CFL adopts a multi-activity and holistic approach - programmes include general gym, health and fitness classes, hill-walking and nutrition/lifestyle workshops. In 2022 the programme expanded to include a Dublin City Council staff programme. Delivered in partnership with DCC's Health & Wellbeing Unit, the introduction of the CFL staff programme reflects the importance of engaging positively with employees and supporting them to build resilience in the workplace. More than anything it is CFL's unifying effects that make it a very special initiative - testimonials from participants often reveal a feeling of emotional connectedness in addition to the health positives. It is this spirit that really defines the programme and ultimately helps transform communities in the long-term.



**CHANGE
FOR LIFE**

"Change for Life impacts a huge number participants of all ages and abilities in so many communities from all across the city by supporting them to make positive sustainable improvements in overall health and well-being" Darren Taffe (Sport Officer)



LORD MAYOR'S 5 ALIVE CHALLENGE

The Lord Mayor's 5 Alive Challenge was back for its 12th year in 2024. Over the years 5 Alive has helped thousands of novice joggers and walkers to get back on track with their fitness goals in the New Year. Running from January - April the 5 Alive challenged participants to complete four races and a parkrun within the time period. 5 Alive kicked off with the Tom Brennan memorial race on New Year's Day in the Phoenix Park and concluded with the DCC BHAA 4 Mile Road Race in St. Anne's park on 6 April.

"The Lord Mayor's 5 Alive Challenge has been a game-changer for me. It not only helped me get back on track with my fitness goals but also boosted my confidence and self-belief" Colin (5 Alive participant)

The Lord Mayor Daithí de Róiste was on hand on the day to cheer everyone on and award medals to participants crossing the final finish line. 5 Alive remains one of the most significant events in the DCSWP calendar and its enduring popularity demonstrates the importance of setting and striving towards achievable and sustainable objectives whatever the fitness levels. Over the years participants have spoken about experiencing a positive shift in attitude, an increase in self-belief and confidence alongside the physical benefits of improving strength and stamina. Instilling the values of sport is at the heart of every programme delivered by DCSWP and we are proud to have supported 5 Alive participants on their 2024 journey. Roll on 5 Alive 2025!

FLAGSHIP EVENTS

Schools Cross Country Series

In partnership with our Athletics Ireland Co-funded Officers, the 2024 citywide Schools Cross Country race series took place in various DCC parks from March to May. A total of 45 primary schools signed up to participate in this annual event. The races were held in John Paul Park in Cabra, Albert College Park in Glasnevin, St. Anne's Park in Raheny, Eamonn Ceannt Park in Crumlin, Fairview park and Ringsend Park in the South East Area. In total we had over 2000 primary school students running in our parks as part of this fantastic programme

Our ongoing collaboration with DCC's Parks & Landscape Services is crucial in making these events successful each year.

Unfortunately, some events had to be postponed due to poor weather, but we will be back for more cross country races in 2025



We are proud to continue our support of the Griffith Avenue Mile for another year



The 2024 Griffith Avenue Mile, Ireland's premier one mile road race, will return to the capital on Sunday September 22 2024*. Over 1,800 people, of all abilities will participate in this year's event, running, jogging or walking down the iconic tree lined Griffith Avenue. Anyone interested in participating can pre-register for the event at www.GriffithAvenueMile.ie

HIGHLIGHT INITIATIVES

Women in Sport Week

Women in Sport is one of the major sporting events that DCSWP aligns with to maximise promotion of female focused programmes and initiatives. Visibility and opportunity are key to achieving real and significant change in how we view participation in sport and Women in Sport Week ensures the spotlight is firmly on the girls!

The week sought to celebrate every woman and girl who plays, coaches, officiates, volunteers, works in and leads out on women in sport and to promote and highlight the ongoing work of Sport Ireland, National Governing Bodies, Local Sports Partnerships and other stakeholders and clubs that work tirelessly to break down gender barriers in sport. DCSWP programme highlights over the week included yoga & pilates, cross-country, female Startbox (boxing), cricket programmes, artistic swimming and Rowing Ireland's 'Women on the Water' programme.



A Healthy City is an Active City - Active Cities Dublin

It has been a busy two years for the Active Cities Dublin City project. Funded by Sport Ireland through the Dormant Accounts Fund (DAF) and built on the principles of the WHO Global Action Plan for physical activity, an Active City strives to create social norms around the benefits of sport and physical activity, create programmes and opportunities for all citizens, work in partnership to increase physical activity and create and maintain spaces and places where sport and physical activity can happen. The values of the Active Cities project closely align with DCSWP's mission to enrich the life of the citizen and connect communities through sport and physical activity.

2023/2024 Active City highlights included the installation of orienteering signage and maps in seven Dublin city parks. This will offer opportunities to schools, community groups and youth services to navigate their way around planned routes in DCC's beautiful green spaces. Recent months saw further delivery of the Cycle with Confidence programme and the launch of the St. Michael's House Golf Programme. The Active Cities Officer was also successful in securing Erasmus+ funding for a Sports Mobility Grant.

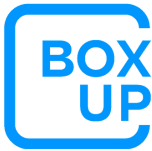
For this newsletter we have chosen to highlight two initiatives which embody the principles and long-term goals of the Active Cities project.

BOXUP

In 2023, DCSWP introduced BoxUp to Dublin city parks as part of the Active Cities project. BoxUp enables the public to access free sports equipment in urban areas via an app for up to three hours. In partnership with DCC Parks & Landscape services, DCSWP identified key areas in the city where BoxUp could have the most positive impact on communities. There are currently two Boxups in Eamon Ceannt and Mount Bernard Park and plans are in place to expand the project in other city parks.

Over 200 days, these sites saw 684 unique users, resulting in 2,429 uses and 1,258 hours of physical activity. Eamon Ceannt Park's BoxUp was the most used in Ireland's national pilot program and the third most accessed in Europe. The project was shortlisted for a Dublin City Council 3 Castles Small Innovation Award. BoxUp provides access to a range of sports equipment, including tennis rackets, footballs, and basketballs. Why not try them out today and get active in your local park?

We are delighted with the impact the Boxup installation has had in our first two locations, we hope to continue to create opportunities for all of Dublin City to be more active more often" Carmel O' Callaghan - Active Cities officer



Sim 4 Motorsport Formula Female

In September 2023, the Sim 4 STEM Women in Motorsport programme was launched, targeting female inclusion in STEM and sports. Funded by Active Cities and delivered in five Dublin schools, Sim 4 STEM offered 450 Transition Year students hands-on experience in sim driving, technical skills, and teamwork. The top performers advanced to a Sim Finale at City Hall and a real in-car experience in Mondello. This programme, supported by role models like Nicci Daly, highlighted how technology can enhance access to sports and inspire young women. With plans to expand into socio-economically disadvantaged areas, the initiative aims to continue growing and positively impacting youth engagement in sports.

"This initiative presents young women with an opportunity to embark on their journey in Motorsport through the integration of Sim racing and STEM disciplines. Our objective is to identify emerging talents and cultivate increased female representation within the motorsport & STEM industry" Niccy Daly, Formula Female)



HIGHLIGHT INITIATIVES

Pedalpalooza

On Sunday 12th June the Pedalpalooza Dublin city event raised the curtain on National Bike Week 2024. An Active Cities, Dublin City initiative, Pedalpalooza celebrated the joy of cycling in the city with pedal parade participants making their way from the starting point at Capel Street to the fun-filled family festival in Fairview Park.



The cycle route offered participants an exciting opportunity to interact with the city by bike and immerse themselves in its vibrancy from a different perspective in a traffic-free environment. The event is delivered in partnership with the Department of Transport and An Garda Síochána and made possible by volunteers and stewards from DCSWP and DCC's Roads & Traffic Department who helped cyclists safely navigate their way along the designated pathway to the park's festivities.

Diversity in sport is a key focus in the work DCSWP's does and the event was fully inclusive with our Trishaw pilots on hand to ensure everyone could enjoy the unique experience regardless of age or ability.



Sports Leadership - Supporting Young People

DCSWP's Youth At Risk core programme aims to use sport as an effective tool to engage young people age 10-24 years in sport and physical activity. Youth At Risk initiatives seek to support the work of the City of Dublin Youth Services Board, An Garda Síochána Juvenile Division, local community groups, local schools and local drugs task forces.

The impact this programme has had on the young leaders taking part is huge, opening up new opportunities to make a real positive impact in their communities. Darren - Sport Officer

The Sports Leadership UK programme provides young people with the confidence, skills and behaviours necessary to lead physical activity sessions in their schools and communities. In 2023 DCSWP offered the programme to Finglas Youth Resource Centre in the North West Area. Young people from different schools at Transition Year level attended 21 tutor learner hours developing leadership behaviours and honing essential skills that enable them to plan, structure and deliver physical activity sessions to younger age groups. Participants were assessed on performance at the conclusion of the course and received an internationally recognised qualification from Sports Leadership UK.

The programme ran from the end of September 2024 to January 2024 with a planned social action piece in the community afterwards involving the 16 young leaders. Programmes such as Youth Leadership are critical in shaping the next generation of leaders and mentors in sport. The programme helps young participants to integrate the learned skills into their everyday lives and empowers them by giving them a voice and platform to inspire other young people.

Co-Funded Spotlight

Artistic Swimming

In 2022 DCSWP appointed a Swim Ireland Co-funded Officer to increase opportunities for everyone in our communities to get involved with swimming, enjoy the benefits of water based physical activities and maximise the wonderful indoor and outdoor water facilities Dublin City has to offer. In 2023 DCSWP's Swim Ireland's Co-funded Officer Christine Russell advertised the 8-week Artistic Swimming programme and was delighted by the widespread response from people of all ages. Although a relatively new sporting discipline, artistic swimming is familiar to many of us under its previous name, synchronised swimming.

12 females participated on the inaugural programme ranging in age from 8-52 years. The sport has huge physical benefits as participants use every muscle in their bodies thereby increasing flexibility, stamina and endurance. From an individual perspective artistic swimming demands focus and discipline but learned routines require close collaboration and teamwork in a fun, creative and sociable environment. While learning to swim is a critical life skill, participants do not have to be proficient in swimming styles, strokes and techniques - 10 of the 12 participants were beginners in the field so there is a sense of newness and openness to the programme. Christine emphasises that while the programme is currently female dominated, it is open to everyone to get involved.



Artistic swimming is very new to Ireland and it is great that DCSWP, in partnership with Swim Ireland, is getting behind programmes that transcend the traditional ideas of sport. We are lucky to have a top class facility like Markievicz Sports & Fitness to support these new initiatives. The participants on this programme are making waves in the sport and that visibility will ultimately inspire others to take part".
(Christine Russell, DCSWP Co-Funded Swim Officer)

Governance in Sport

As a leading sporting organisation, DCSWP strives to ensure its programmes and services are safe, fair, ethical and inclusive for everyone involved in our sport and physical activity programmes. The Government's National Sports Policy, published in July 2018, tasked Sport Ireland with overseeing a process whereby all National Governing Bodies and Local Sports Partnerships adopt the Governance in Sport Code.

The Code sets out five principles across which Sports Partnerships are measured in order to become compliant. In October 2023 Dublin City Sport & Wellbeing was declared compliant and added to registered list as a Type C organisation. Governance will be reviewed by DCSWP on an ongoing basis to ensure that the service continues to operate at the highest standard.

Supporting New Communities - Ukrainian Crisis Centre

DCSWP continues to support the integration of new communities in 2024 through dedicated programmes and initiatives. Sport plays such a significant role in boosting community spirit, fostering a sense of togetherness and ultimately enriching the fabric of society.

In 2023 DCSWP began working with the Ukrainian Crisis Centre, a non-profit organisation dedicated to providing a range of supports and assistance to those affected by the humanitarian crisis in Ukraine. Sport offers participants on the UCC's programmes with a much needed outlet following the enormous challenges people face after leaving their home country. The programme hopes to help restore a sense of normality, provide focus, purpose, structure and a sense of belonging.

Located near to the UCC, St. Catherine Sports & Fitness Centre plays host to weekly multi-sport programmes aimed at the Ukrainian Community. Other highlight programmes include the Sundrive Track Cycling program which commenced in May for a second year and our new roller skating initiative.

Supporting 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. Dublin City Sport & Wellbeing Partnership will be providing support for clubs under the DCSWP Club Support Grant Scheme 2024 (previously the Sport For Young People Small Grant Scheme). All clubs operating in the Dublin City Council administrative areas and affiliated to a National Governing Body will be eligible to apply. The grant is allocated by Sport Ireland and administered annually by DCSWP. Grant funding 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. In 2023 142 clubs received the grant totalling €132,500 in support. The scheme was advertised on 11th June and closing date was 3rd July. Updates on the grant's progress will be communicated on an ongoing basis to clubs, councillors and area managers

WHAT'S COMING UP

DUBLIN SPORTSFEST

Dublin Sportsfest 2024 is coming!

Dublin Sportsfest, DCSWP's flagship annual event, will be back for its 7th year from 23rd - 30th September 2024. Running in tandem with European Week of Sport, Sportsfest seeks 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. We will be calling on clubs from across the sporting spectrum to join in the celebration by hosting events and activities that will reach out to communities during the week. The event will provide clubs with the opportunity to promote their sport through open days and taster sessions all under the Sportsfest banner and be in with the opportunity to win fantastic prizes

I had an amazing time at the Super Soccer Saturday world record attempt in Ballymun United. it was incredible to see so many people come together for a common goal. We even set a world record so not a bad day out! Donna - Participant



Her Outdoors Week 2024

HerOutdoors week 2024 will take place 12th -18th August.

This is the fourth year of the week-long Sport Ireland event which celebrates the benefits of exercising in the great outdoors and brings visibility to female participation in sport & physical activity. For an urban area Dublin City has so much to offer participants looking to try something new while getting in touch with nature – from green spaces to coastal pathways, orienteering routes, open-water facilities and hiking trails, there is something for everything over the week. Forget the Irish weather, get the vitamin D levels up, improve your mental health and get involved in HerOutdoors Week by contacting your Local DCSWP Sports Officer or visit our website by scanning the QR Code below



Welcome to new staff

In 2024 DCSWP welcomed four new staff members to the team: Jonathan Tormey, Sport Officer Central Area, Sean Cleary, Sport Officer, North Central Area and Sport Inclusion & Integration Officers Mark Hughes and Tess Sutton. Mark and Tess will work on a citywide basis delivering programmes aimed at people with physical, intellectual and sensory disabilities, minority groups and new communities.

For more information on all of our programmes, contact your local sport officer and see how you can get involved Today please scan the QR Code



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



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



SPÓRT ÉIREANN
SPORT IRELAND