

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

APRIL 2019

1. DCSWP APRIL - MAY HIGHLIGHT EVENTS & PROGRAMMES

THE LORD MAYOR'S 5 ALIVE CHALLENGE

The 2019 Lord Mayor's 5 Alive concluded on Saturday 30th March with the BHAA Dublin City Council 4 mile race on Saturday 30th March. The 5Alive challenge is a partnership programme between Dublin City Sport & Wellbeing Partnership and the Lord Mayor's Office. The challenge is now in its 7th year and has encouraged hundreds of people to take up regular exercise over the past 6 years. Over 400 people signed up to participate in this year's challenge with successful participants completing all races or substituting a missed race for one of the city's Parkruns which take place free of charge in 5 locations every Saturday in the city. The 5 Alive continues to be a huge success for DCSWP and the participants' achievements will be acknowledged in a celebration night in City Hall on Friday 26th April from 6pm.

CHAMPIONS DAY 2019

The Champions Programme is a core programme targeted at adults with intellectual, physical and sensory disabilities. The programme aims to promote inclusion and encourage participation through the delivery of multi-sport initiatives. Champions Day 2019 takes place on Tuesday 14th May in Ballyfermot Sports and Fitness Centre and Thursday 16th May in Cabra Parkside. The aim of the event is to provide taster sessions in various sports and provide a pathway to DCC facilities and existing local clubs. Activities confirmed to date include tennis, rugby, tai chi, frisbee and table cricket. Below are details of Champions programmes in the South Central area;

- The St. John of God's Champions Programme is an ongoing multi-sport programme in the South Central area. The programme is delivered in partnership with the St. John of God's Sport Officer every Monday from 11am – 12 noon in St. Vincent's centre on the Navan Rd.

- The Champions Basketball programme will be delivered every Wednesday in Oblates Basketball, Inchicore from 2pm – 3pm throughout April and May.

- Champions programmes will also be delivered in Islandbridge Hall every Thursday throughout the period offering participants the opportunity to engage in multiple sporting activities.

NATIONAL ACTIVE SCHOOL WEEK 2019

National Active School Week takes place from 7th – 10th May 2019. Dublin City Sport and Wellbeing Partnership is currently advising local schools on a range of physical activities programmes and opportunities that are available during Active School Week.

SCHOOL CROSS-COUNTRY EVENT

The Southside cross country 2019 event will take place on Friday 10th May in Clogher Road, Crumlin to coincide with National Active School week. Participants are mixed ages 8-12 years.

LIFFEY ODYSSEY EVENT

A number of groups from the Ballyfermot are due to participate in the Liffey Odyssey event on Good Friday 19th April. Groups are currently training with Ballyfermot Youth Services and Cherry Orchard Integrated Youth Project.

2. DCSWP CORE PROGRAMMES APRIL - MAY 2019.

Below are highlights of ongoing core programmes and events ongoing in the area over the next period. For full details of programmes in the area please contact the DCSWP Office or local Sport Officers. Contact details are listed at the end of the report.

BIKE FOR LIFE (CORE)

Underactive Adults

The following Bike For Life programmes are ongoing in the area during the next period delivered in partnership with Familibase;

Programme: Bike For Life Men's Development

Dates/Times: TBC

Participants: Male ages 12 – 16 years

Location: Familibase, Ballyfermot

Programme: Familibase Bike For Life Qualification Course

Dates/Times: Tuesday 30th April

Participants: Male ages 12 – 16 years

Location: Familibase, Ballyfermot

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 following programmes provide training for participants from the South Central Area in the lead up to each of the Lord Mayor's 2019 5 Alive challenges;
- **Programme:** Cherry Orchard Runners
Dates/Times: Ongoing. Tuesday and Thursday evenings .
Participants: Mixed. All ages
- **Programme:** Cherry Orchard Runners 10 week Beginners Club
Dates/Times: Ongoing. Monday and Wednesday evenings.
Participants: Mixed. All ages.

FIT 4 CLASS (CORE)

Primary School Children

In partnership with Athletics Ireland, DCSWP ensures each primary school receives a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games.

- The following Fit 4 Class school programmes are delivered on an ongoing basis in schools in the South Central Area over the period;
- **Programme:** Dance and Yoga
Date/Times: Ongoing. Mondays 11.30am – 12.30/Wednesdays 11.30am – 12.30pm

Location: Our Lady of Mercy Secondary School, Drimnagh

Participants: Female – all ages.

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 10.30am – 12 noon
Location: Loreto Primary School, Crumlin
Participants: Mixed
- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 2.30pm – 4pm
Location: Scoil Isogain, Crumlin
Participants: Mixed
- **Programme:** Triathlon Training
Date/Times: Thursdays. Time TBC
Location: St. Patrick's Choir School, Dublin 8
Participants: Mixed

FOREVER FIT (CORE)

Older Adults

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

- The following Older Adults multi-sport programmes will be delivered in the South Central Area during the next period;
- **Programme:** Older Adults Aerobics
Date/Times: Ongoing. Mondays 2pm-3pm
Location: Stanaway Court, Crumlin
Participants: Mixed Older Adults

- **Programme:** Older Adults Chair Yoga
Date/Times: Ongoing. Thursdays 2 – 3.30pm
Location: Walkinstown . Locations TBC
Participants: Mixed age 55+

GET DUBLIN WALKING (CORE)

Underactive Adults

DCSWP Sport Officers, in partnership with the HSE and the DCC Community Section deliver a number of walking group programmes across the city under the banner of 'Get Dublin Walking'. The aim of the programme is to encourage underactive adults to increase their levels of activity;

- The following Get Dublin Walking Community Walks and Irish Heart Foundations Walking Leaders Courses will take place in the South Central Area during the next period. In
- **Programme:** Ballyfermot Walkers and Talkers - Community Walks
Dates/Times: Mondays and Wednesdays. Time TBC
Participants: 18 + years
- **Programme:** Kylemore Community Training Centre Walking Group
Dates/Times: Fridays 9am
Location: Kylemore Community Training Centre
Participants: Mixed 16 – 24 years
Partners: Local ETB

Programme: Wednesday Walkers (Targeted programme to encourage parents to take up walking following the school run)

Dates/Times: From Wednesday 1st May 9.30am – 11.30am

Location: TBC

Participants: Underactive Adults

Programme: Brickfield Park Walkers

Dates/Times: Saturdays 9.30-10.30am

Location: Brickfield Park

Participants: Mixed 18+ years
Partners: Fatima Groups United

GO FOR LIFE (CORE)

Older Adults

The Go for Life Games involve three sports that can be played in singles, pairs and teams:

- *Lobbers - adaption of Petanque and Boules*
- *Flisk - adaption of Frisbee and Horseshoe Pitching*
- *Scidil - adaption of Ten-Pin Bowling and Skittles*

The emphasis of the Games is on participation and fun. They are played in a non-competitive way (as much as possible!) with participants encouraged to umpire their own game. The following Go For Life taster/training sessions will be delivered in the area over the next period as a lead-in programme to the Dublin City Regional Games;

- **Programme:** Go For Life Training
Dates/Times: Wednesdays 11am – 12 noon/Tuesdays 2-3pm
Location: F2 Centre (Wednesdays)/St. Michael's Resource Centre (Tuesdays)
Participants: Mixed older adults 5

YOUTH FIT (CORE)

Youth at Risk (10 - 21 years)

Below are details of ongoing Youth Fit programmes in the South Central Area over the next period

- **Programme:** '*Paddles Up*' Introduction to Paddling Programme
Dates/Times: Wednesdays mornings from 20th March
Location: Ballyfermot Youth Services Adventure Centre
Participants: Females 13-19

- **Programme:** Order of Malta (Cadets) Team Building Session Jumpzone
Dates/Times: Sunday 28th April
Participants: Mixed 10 – 16 years
Partners: HSE TUSLA
- **Programme:** Ballyfermot Youth Service Saturdays Club
Dates/Times: Saturdays 10am – 1pm
Participants: Mixed 8 – 12 years
Partners: Outward Bounds Adventure Centre
- **Programme:** Drop-In Soccer
Dates/Times: Thursdays 5-6pm
Participants: Males 13-18 years
Partners: Clogher Rd Main Hall, Crumlin

3. DCSWP GENERAL PROGRAMMES MARCH – APRIL 2019.

FIRST AID

- **Programme:** Cardiac First Responder
Dates/Times: Monday 29th April
Participants: Adult Boxing Club volunteers
Partners: Mixed 18 + years
- **Programme:** Staff First Aid Training
Dates/Times: 24th – 26th April/7th – 9th May
Participants: Ballyfermot/Ballybough Sports & Fitness/Cabra Parkside
Partners: DCC Staff

AFTER-SCHOOL PROGRAMME

- **Programme:** After School 'Safe Space' Inchicore Programme – Motor Skills Development
Dates/Times: Ongoing. Mondays 1.30 – 2.30pm
Location: St. Michael's Resource Centre
Participants: Mixed Under 10's

4. DCSWP CO-FUNDED PROGRAMMES MARCH – APRIL 2019

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 will be liaising with local schools in the South Central area during the next period.
- The Gold programme will commence Wednesday 17th April in schools in the South Central Area.
- The Startbox Showcase Final will take place in the National Stadium over 3 days on 7th, 8th and 10th May.
- Aviva Stadium tours commence in mid-May for community groups across the city.
- Olympic Education presentation will be delivered in primary schools across the city in May.

CRICKET DEVELOPMENT OFFICER UPDATE

- Cricket Development sessions will be delivered in the following schools in the area during this period:
 - Drimnagh Castle BNS, Drimnagh - Wednesdays 11am-12.30pm
 - Scoil Úna Naofa, Crumlin - Wednesdays 1pm-2.30pm
 - The annual Dublin City U12, U14 and U17 Girl's Easter Camps will take place at St. Columbus College from 10am-17.30pm from the 15th-18th April Participants attending from the South Central area will be mainly from the Drimnagh area.
 - Cricket sessions will be provided in schools in the area seeking the Active Flag during Active School Week

FOOTBALL DEVELOPMENT OFFICER UPDATE

- Easter Camps for girls will take place in Brickfield Park, Drimnagh on 16th, 17th and 18th April from 10am-12pm.
- FAI National C Licence training for local coaches will be delivered from 22nd – 26th full days 9am-5pm.
- Dublin Primary 5 Finals will take place on Wednesday 1st May 12 in FAI HQ.
- Regional Football Finals are ongoing with 4 Crumlin Schools participating.
- School afterschool Anti-Racism programmes continue over the period.

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

ROWING DEVELOPMENT OFFICER UPDATE

Get Going.....Get Rowing

- Having spent the winter months learning rowing techniques on indoor machines, rowing students are now ready to apply their skills in the water. Water taster sessions are currently being delivered in Neptune Rowing Club in Islandbridge. The indoor rowing programme continues to be delivered in schools based in Cabra, Ballyfermot, Coolock and Beaumont.
- Rowing students continue to virtually row around the world as part of the Student World Indoor Rowing Challenge.
- Preparations continue for the Rowing Ireland '*Splash and Dash*' event on May 9th in Grand Canal Dock.

Rowing Ireland activities can be tracked on Twitter, Instagram and Facebook.

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.

Contact details

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