

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MAY 2019

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES MAY - JUNE 2019

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 14 May in Ballyfermot Sports and Fitness Centre and Thursday 16 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. Champion's programmes are ongoing in the South Central Area in the lead up to the 2 day events. Details are outlined in the next section.

BIKE WEEK 2019

Bike Week is a week-long National event celebrating and promoting cycling. In 2019 Bike Week will take place from 9th – 17th June. Dublin City Sport & Wellbeing Partnership has sourced funding via the Environment & Transportation Department and will use this to deliver a number of bike related activities across the city during this week.

A 'Bike Skills Training Day' is also scheduled for Tuesday 25 June in Sundrive Velodrome, Eamonn Ceannt Park. This is a partnership programme with local Primary Schools and the Irish Cycling Centre.

Sport Officers in the South Central Area will be providing Cycle Safety programmes in primary schools in the area throughout Bike Week in partnership with Cycling Ireland.

GO FOR LIFE 2019

The Go For Life Games is a core Dublin City Sport & Wellbeing Partnership programme targeted at older adults and delivered in partnership with Age & Opportunity and the HSE. The aim of the programme is to engage and involve older people in recreational sport. The emphasis is on participation fun - the games are played in a non-competitive environment with all participants encouraged to umpire their own game.

The 2019 Go For Life North and Southside regional finals take place in Ballyfermot Sports & Fitness Centres (Southside) on 21 May and in Cabra Parkside Community and Sports Centre (Northside) on 23 May. Successful teams will then progress to the National Go For Life Games in Dublin City University on 8 June.

TRIATHLON RELAY EVENT

This is the first year the Triathlon Relay event will be held in the South Central Area. The event takes place on Sunday 9th June and is aimed at all ages and abilities. The event will be run in partnership with Triathlon Ireland and Active Multi-Sport Triathlon Club.

SMALL GRANTS SCHEME 2019

Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body are invited to apply for financial assistance from the Sport For Young People Small Grants Scheme (10-21 years pf age). The Grant Scheme is funded and administered by Sport Ireland and the Dublin Sport & Wellbeing Partnership. The scheme supports clubs in some of the following;

- Purchase of Equipment
- Administrative costs
- Training and coaching courses

Applications for the small grants scheme will be advertised in the next few weeks via email, national and local newspapers, social media and the Dublin City Council website.

2. DCSWP CORE PROGRAMMES MAY - JUNE 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.

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 primary schools in the South Central Area over the period;

- **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:** School's Frisbee
Date/Times: 4 week programme in May. Times/Location TBC
Location: Loreto National School, Crumlin
Participants: Mixed

- **Programme:** Triathlon Training
Date/Times: Thursdays throughout May and June. Times TBC
Location: St. Patrick's Choir School, Dublin 8
Participants: Mixed
Partners: Triathlon Ireland

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+
 - **Programme:** Older Adults Multi-Sports Programme
Date/Times: Ongoing. Tuesdays 2.30 – 4pm
Location: Lorcan O'Toole Park, Crumlin
Participants: Mixed Older Adults 55+ years

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 (F2 Centre) Wednesdays 12.30pm – 1.30pm (Inchicore Resource Centre)
Participants: Mixed older adults 55+

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 or individuals who have suffered an acquired brain injury and require assistance in re-integrating back into their communities from a personal independence, social & general wellbeing viewpoint

- The following THRIVE programme is ongoing in the area and is run in partnership with Fatima Groups United. The aim of the programme is to create a space to create a positive mindset through physical activity;
- **Programme:** Thrive
Dates/Times: Tuesdays 10am – 1pm/Wednesdays 12noon – 1pm
Location: F2 Centre
Participants: Males 30 – 60 years
Partners: FGU

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:** Ballyfermot Youth Service Saturday 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.

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 Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits take place from 13 May to 26 July from 12pm-2pm.

- The StartBox Olympic Education Programme is an interactive educational programme about Ireland's involvement in the Olympic Games and Ireland's Olympic heroes - their achievements, successes, failures and most importantly their values. 3D replica medals and presentation are used in the programme to stimulate interest in the sport and inspire future participation. Bookings are currently being taken for the 2019 programme which will take place from 10 to 28 June.

CRICKET DEVELOPMENT OFFICER UPDATE

Cricket Development sessions will be delivered in the following school in the area during this period:

- Scoil Úna Naofa, Crumlin - Wednesdays 1pm-2.30pm

- During the Champions Day events Table Cricket sessions will be delivered from 10am – 2.30pm in Ballyfermot Sports & Fitness Centre.

➤ **FOOTBALL DEVELOPMENT OFFICER UPDATE**

- The primary schools football finals will take place in The Aviva stadium on Wednesday 29th May from 10am – 12noon. 20 schools from across the city will compete in the blitz.
- After school drop-in programmes continue in Clogher Rd. Sports Centre throughout May and July from 2pm – 4pm. The programme is aimed at student's age 12 – 14 years.
- 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

- Rowing Ireland is now in the summer term. Water taster sessions continue to be delivered for school students in Islandbridge.
- The 3-day Festival of Rowing took place in Grand Canal dock on May 9, 10 and 12. This event was proudly supported by Dublin City Sport and Wellbeing Partnership. The event showcased and promoted rowing as a sport and offered participants the opportunity to gain experience on the water in this city centre facility.
- Rowing Ireland also continues to deliver the indoor rowing element to a number of schools across the city. Once the summer term finishes at the end of May preparations will commence for the Learn to Row summer camps in July and August.
- The student World Indoor Rowing Challenge continues and students are now in Kenya (virtually), having rowed a cumulative 14m metres.

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

Shauna McIntyre, DCSWP Manager: shauna.mcintyre@dublin@dublincity.ie

Aideen O'Connor, DCSWP Programmes & Services Development Manager: aideen.oconnor@dublin@dublincity.ie

Alan Morrin, Senior Staff Officer, DCSWP: alan.morrin@dublincity.ie

Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre: martin.mcdonagh@dublincity.ie

Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre: cormac.healy@dublincity.ie

Igor Khmil, Sports Officer: igor.khmil@dublincity.ie

Catherine Flood, Sports Officer: catherine.flood@dublincity.ie

Will Morris, Sports Officer: william.morris@dublincity.ie

Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie

Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie

Michael Moore, Soccer: michael.moore@fai.ie

Marc Kenny, Soccer: marc.kenny@fai.ie

David Rake, Soccer: david.rake@fai.ie

Ed Griffin, Boxing: shandygriffin@hotmail.com

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Gareth Murray, Rugby: gareth.murray@leinsterrugby.ie

Report by

Dee O'Boyle

Dublin City Sport & Wellbeing Partnership: dee.oboyle@dublincity.ie

