

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

OCTOBER 2019

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES OCTOBER - NOVEMBER 2019

MARATHON KIDS 2019

DCSWP is delighted to be re-engaging with the Marathon Kids programme for 2019 in partnership with South Dublin Council and Fingal County Council Local Sport 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 year meaning 550 of our young students in the city will be enjoying regular physical activity during school-time. In the South Central Area the St. Michael's National School Marathon Kids programme will be delivered in September through to November.

- The Marathon Kids programme will be delivered in several of our South Central area schools during the next period.

THE DAILY MILE 2019

The Daily Mile is simple, free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and in a better position to concentrate in the classroom. DCSWP is proud to be involved in this initiative in partnership with Athletics Ireland Officers and the Daily Mile. The launch of The Daily Mile took place at the start of DCSWP's Flagship event, Dublin Sportsfest on 23 September 2019 and will be rolled out across schools all areas of the city.

HALLOWEEN HIGHLIGHTS 2019

DCSWP Sport, Co-funded and Community 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. The 2019 Zombie Fun Run will take place in Brickfield Park, Drimnagh and California Hills, Ballyfermot on Halloween in partnership with DCC Community Officers. Details below

- Ballyfermot Zombie run - 1pm start.
- Brickfield Park Zombie run - 3pm start.
- Sundrive park Zombie run - 3.30pm start

2. DCSWP CORE PROGRAMMES OCTOBER – NOVEMBER 2019

Below are highlights of DCSWP core programmes and events ongoing in the area over the next period. For full details of all of our programmes please contact Dee O'Boyle in the DCSWP Office at (01) 222 5433/dccsports&rec@dublincity.ie or local Sport /Co-funded Officers. Contact details are listed at the end of the report.

COUCH TO PARKRUN (CORE)

Underactive Adults

The Couch To parkrun programmes aim to train participants over an 8-week programme enabling them to comfortably complete a 5k parkrun at the end of the programme. The following Couch to parkrun programme will be delivered in the area during the next period and will include walks and jogs along the Grand Canal;

- **Programme:** Couch to parkrun
Date/Times: Wednesdays 6-7pm
Location: From F2 Centre

Participants: Mixed Adults

FIT 4 CLASS (CORE)

Primary School Students

The Fit 4 Class programme takes place from September to December and is aimed at aimed at primary school students

- The following Fit 4 Class programme will be delivered in the South Central Area during the next period;
- **Programme:** Fit 4 Class
Date/Times: Mondays 1 – 2pm
Location: Inchicore Leisure Centre
Participants: Mixed 8-10 years

FOREVER FIT (CORE)

Older Adults

The Forever Fit programmes are 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 programmes will be delivered in the South Central Area during the next period aiming to improve confidence in water based activities;
- **Programme:** Learn To Swim
Date/Times: Mondays 11am – 12 noon/Wednesdays 11am – 12 noon
Location: Guinness Pool, St. James's Gate
Participants: Mixed Older Adults 55+ years

GET DUBLIN WALKING (CORE)

Underactive Adults

Get Dublin Walking community walks continue over the next period on Monday and Wednesday evenings. Both groups will be delivered in the lead up to the Remembrance Run on November 10.

- **Programme:** School Completion Parents Walking
Dates/Times: Wednesdays 9.15am
Location: Various
Participants: Mixed All Ages

- **Programme:** Ballyfermot Walkers & Talkers
Dates/Times: Mondays/Wednesdays Times TBC
Location: Various
Participants: Mixed All Ages

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 Kylemore Community Training Centre programme will be delivered throughout the next period and lead into the Remembrance Run on November 10.

- **Programme:** Thrive
Dates/Times: Fridays - Times TBC
Location: Kylemore CTC
Participants: Mixed 15 – 25 years

- Local Sport Officers in the Ballyfermot area will facilitate an outing to Newbridge for the THRIVE Gardening Club on Thursday 21 November.

YOUTH FIT (CORE)

Youth At Risk (10-21 years)

- The ongoing GAISCE Unaccompanied Minors Programme (15 – 18 years) is delivered in partnership with the HSE/TULSA. The programme introduces new participants to the initiative and encourages them to sign up to various challenges over a 6-9 month period. The programme is targeted at mixed participants age 15 – 18 years.

3. DCSWP GENERAL PROGRAMMES OCTOBER – NOVEMBER 2019.

Programme: Enable Ireland Boccia
Dates/Times: Mondays 12noon – 1pm
Locations: F2 Centres
Participants: Mixed 18+
Partners: Enable Ireland

- **Programme:** Healthy Food Made Easy
Dates/Times: Tuesdays 11am – 1pm
Location: Inchicore CDP Family Resource Centre
Participants: Mixed 18 + years

4. DCSWP CO-FUNDED PROGRAMMES OCTOBER - NOVEMBER 2019

ATHLETICS DEVELOPMENT OFFICER UPDATE

- Athletics Officers are currently re-engaging with schools now that the school term has commenced as part of the Active Schools Programme and the Daily Mile.

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. Approx 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 DCSWP/Boxing Development Officer is currently engaging with schools across the South Central Area delivering the Bronze and Silver programmes.

CRICKET DEVELOPMENT OFFICER UPDATE

- The Cricket Development Officer is currently engaging in the following activities

Schoolyard Cricket Sessions	Cricket- Canal Way ET	Mid-October	Tues 1.00pm-2.30pm	Inchicore	Primary School Children	Male/Female
Table Cricket League	Cricket- Table Cricket for people with disabilities	Mid-October	21st October 10.00am-2.30pm	Ballyfermot LC	All ages	Male/Female
Table Cricket League	Cricket- Table Cricket for people with disabilities	Mid-October	25th November 10.00am-2.30pm	Ballyfermot	All ages	Male/Female

FOOTBALL DEVELOPMENT OFFICER UPDATE

The following Football for All Disability programmes continues in the area over the next period. For full details of all football initiatives please the DCSWP office.

St Patricks Athletic FFA	Football For All Team	07/10/2019	07/10/2019	Drop In	Inchicore	5 to 16	Boys/Girls
--------------------------	-----------------------	------------	------------	---------	-----------	---------	------------

WOMEN'S CITYWIDE FOOTBALL DEVELOPMENT OFFICER UPDATE

DCSWP's Women's FAI Development Officers work on a North/South basis delivering football programmes aimed at encouraging and facilitating female participation in football. School coaching sessions and social inclusion drop-in sessions are currently in the planning process across the South Central Area. A full update will be included in the next report.

ROWING DEVELOPMENT OFFICER UPDATE

- The Get Going Get Rowing Programme continues in schools across the city over the next period.
- Islandbridge Municipal Rowing Centre will host the delivery of on the water session be for secondary school students across the city on Saturday 19 October.
- The Rowing School Indoor Rowing Blitz will take place on Thursday 24 October in Trinity College Dublin.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby programmes/events and initiatives in the area over the next few weeks please contact the Rugby Development Officer, Gareth Murray.

Contact details

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

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

Colin Sharkey, Senior Staff Officer, DCSWP: colin.sharkey@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