

## SOUTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT NOVEMBER 2021



Please note that indoor activities sporting activities and initiatives have now resumed. Dublin City Sport & Wellbeing Partnership will be delivering indoor and outdoor programmes strictly in adherence with Government and Sport Ireland Return to Indoor Sport advice/guidelines.

Communities in the South Central Area will also be supported by the development of the DCSWP Virtual Hub which is currently undergoing re-development. The Hub will act as a dedicated sport & wellbeing resource for communities in terms of information on services, how to get involved in local programmes, who to contact and how to access online programmes.

Upcoming events DCSWP will be linking in with over the next period include:

<b>19th November</b>	Men's International Health Day
<b>November-December</b>	GAGA (Get All Girls Active) programme and GAGA Day 24th Nov
<b>3rd December</b>	International Day of Persons With Disabilities (DCSWP Sport Inclusion and Integration Officers to link to events)
<b>5th December</b>	International Volunteer Day
<b>18th December</b>	International Migrants Day

#### Online/Social Media Supports:

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)
- Dublin City Sport & Wellbeing Hub (Undergoing Review) : [dcwsphub.ie](https://dcwsphub.ie):

## Marathon Kids

The Marathon Kids programme is targeted at 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> class pupils and continues over the next period. Students in North West area schools listed below are currently running, jogging or walking at an assigned distance each week over the 8 week period. Each school has the option to design the programme to suit their daily regime to ensure they observe current restrictions.

To support delivery of the programme teachers receive weekly emails and updates on the Marathon Kids Ireland website and each student has individual responsibility for recording daily updates in physical or digital workbooks. The content includes tips and video content including exercise warm ups, nutrition and recipes from Irish international track and field athlete David Gillick.

### In the South Central area Marathon Kids in being supported in 3 schools:

- St. Ultan's National School
- Mary Queen of Angel's National School
- St. Michael's National School

## SOUTH CENTRAL AREA OCTOBER HIGHLIGHTS:

### Youth At Risk/Youth South Central Area Programmes: Young People age 10-21 years

<b>Name of core programme:</b>	GAISCE Bronze Award Presentation NEW
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	4 young people to be presented with GAISCE Bronze Award in Rathra House Phoneix Park
<b>Partners (If any):</b>	
<b>Age group:</b>	15 to 19 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	9 <sup>th</sup> December
<b>Estimated Number of Programme Participants (NB: <u>per session</u>):</b>	4 Participants being presented and will be inviting parents and others for the presentation
<b>Programme Start Date:</b>	9 <sup>th</sup> Dec
<b>Programme End Date:</b>	9 <sup>th</sup> Dec

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<b>Name of core programme:</b>	Junior Park Run <b>ONGOING</b>
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Cherry Orchard Park Junior Park Run Support programme with Christmas theme event towards the end of December
<b>Partners (If any):</b>	Familibase (Youth Services)
<b>Age group:</b>	Under 16s
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Sunday 9:30am
<b>Programme Start Date:</b>	Every Sunday
<b>Programme End Date:</b>	Ongoing

<b>Name of core programme:</b>	YouthFit
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	"Multi-Sport " programme with SCCIDA project
<b>Partners (If any):</b>	SCCIDA
<b>Age group:</b>	Girls aged 12-16yrs
<b>Gender:</b>	Girls
<b>Date/time and location:</b>	On Wednesdays 3-5pm in St. Catherine's all weather pitch
<b>Programme Start Date:</b>	03/11/21
<b>Programme End Date:</b>	08/12/21

<b>Name of core programme:</b>	"Ball games " programme with School street Family Resource Centre
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	6weeks
<b>Partners (If any):</b>	Mixed
<b>Age group:</b>	7-13
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays 4-5 pm in St. Catherine's all weather pitch
<b>Programme Start Date:</b>	09/11/21
<b>Programme End Date:</b>	14/12/21

<b>Name of core programme:</b>	Youth Fit
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	" Christmas Football Competition " with youths from D8 areas against GARDA
<b>Partners (If any):</b>	Solas, TRY, SWICN youths services
<b>Age group:</b>	One day event on the 9 <sup>th</sup> or the 16 <sup>th</sup> of December times TBC
<b>Gender:</b>	Mainly male
<b>Date/time and location:</b>	Christmas Football Competition ' with youths from D8 areas against GARDA
<b>Programme Start Date:</b>	09/12/21 or 16/12/21 TBC
<b>Programme End Date:</b>	" Christmas Football Competition " with youths from D8 areas against GARDA

<b>Name of core programme:</b>	Gaelic for Girls
<b>Description of programme activity:</b>	GAA
<b>Partners (If any):</b>	Ladies GAA and Good Counsel GAA club
<b>Age group:</b>	Primary school age girls
<b>Gender:</b>	Girls 8yrs -12yrs
<b>Date/time and location:</b>	Fridays 6pm-7pm Good Counsel GAA Club
<b>Programme Start Date:</b>	5 <sup>th</sup> November
<b>Programme End Date:</b>	17 <sup>th</sup> December

## Schools Programmes

<b>Name of core programme:</b>	Schools Frisbee
<b>Description of programme activity:</b>	Frisbee (Frisbee Fridays)
<b>Partners (If any):</b>	Ultimate Frisbee Ireland
<b>Age group:</b>	Primary Schools
<b>Gender:</b>	Boys and Girls
<b>Date/time and location:</b>	Drimnagh and Crumlin 10am-1pm Fridays
<b>Programme Start Date:</b>	15 <sup>th</sup> October
<b>Programme End Date:</b>	Ongoing

## Older Adults Programmes (Mixed age 55+ years)

- Go For Life Balance and Fitness Classes take place every Tuesday at 12 in the Dolphin's Barn Community Centre and Chair Fit classes in partnership with Dolphin Health community

<b>NAME OF CORE PROGRAMME</b>	Forever Fit
<b>DESCRIPTION OF PROGRAMME</b>	Activator Walking Pole Programme for older adults in a COPD group.
<b>PARTNERS</b>	Sports and Fitness Centre Ballyfermot
<b>TARGET AGE GROUP</b>	Adults
<b>GENDER</b>	Mixed
<b>DATE/TIME AND LOCATION</b>	New 6 Week programme to start week commenced 3rd November and will finish on 15th December. Wednesdays 1pm.
<b>Programme Start Date</b>	3 <sup>rd</sup> Nov
<b>Programme End Date</b>	15 <sup>th</sup> Dec

<b>Name of core programme:</b>	Fit for All
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Health Screen Fitness Programme – Supporting programme taking place in St. Catherines with clients referred by HSE mainly Cardiac Referrals
<b>Partners (If any):</b>	St. Catherines Sport Centre Celine Cully Project
<b>Age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays 2pm to 3pm
<b>Programme Start Date:</b>	2 <sup>nd</sup> November 2021
<b>Programme End Date:</b>	14 <sup>th</sup> December 2021

## Women In Sport/Get All Girls Active

<b>Name of core programme:</b>	Women in Sport
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Developing Women through Sport Programme Providing opportunity and empowering women from both in TUDublin and surrounding communities to part take in a full wrap around programme
<b>Partners (If any):</b>	TU Dublin
<b>Age group:</b>	Over 18s
<b>Gender:</b>	Females
<b>Date/time and location:</b>	From October to July 2022 Various locations
<b>Programme Start Date:</b>	15 <sup>th</sup> October 2021
<b>Programme End Date:</b>	Once completed but Summer 2022

<b>Name of core programme:</b>	GAGA NEW
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Aqua Class
<b>Partners (If any):</b>	Sports and Fitness Ballyfermot
<b>Age group:</b>	Adults
<b>Gender:</b>	Female
<b>Date/time and location:</b>	24 <sup>th</sup> November 2021
<b>Programme Start Date:</b>	24 <sup>th</sup> November 2021
<b>Programme End Date:</b>	24 <sup>th</sup> November 2021

<b>Name of core programme:</b>	Gaelic for Ma's
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Gaelic football for ladies/Mams
<b>Partners (If any):</b>	LGFA (Ladies Gaelic Football Association )
<b>Age group:</b>	Women over 18
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Friday evenings 7pm-8pm (24 week programme) Good Counsel GAA club Dublin 12
<b>Estimated Number of Programme Participants (NB: per session):</b>	40/50 Women from Crumlin/Drimnagh and surrounding areas
<b>Programme Start Date:</b>	August 2021
<b>Programme End Date:</b>	February/March 2022

## Health Improvement in the Community Highlights

<b>Name of programme:</b>	Men on the Move
<b>Description of programme activity</b>	Men only Health & Wellbeing programme including exercise classes & nutrition and mental health workshops
<b>Partners (If any):</b>	HSE
<b>Age group:</b>	Adults
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Rialto: F2 Centre Rialto Wednesday 10am
<b>Programme Start Date:</b>	October 1 <sup>st</sup>
<b>Programme End Date:</b>	December 17 <sup>th</sup>

<b>Name of programme:</b>	Mountain View Mental Health
<b>Description of programme activity</b>	Women only exercise programme (referral only through HSE)
<b>Partners (If any):</b>	HSE
<b>Age group:</b>	Adults
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Mountain View Cherry Orchard Wednesday 10am
<b>Programme Start Date:</b>	September 1 <sup>st</sup>
<b>Programme End Date:</b>	December 15 <sup>th</sup>

<b>Name of programme:</b>	Chapelizod Men on the Move Mental Health
<b>Description of programme activity</b>	Men only exercise programme (referral only through HSE)
<b>Partners (If any):</b>	HSE
<b>Age group:</b>	Adults
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Wednesday 11am
<b>Programme Start Date:</b>	September 1 <sup>st</sup>
<b>Programme End Date:</b>	December 15 <sup>th</sup>

<b>Name of programme:</b>	Fatima Fit
<b>Description of programme activity</b>	Chair aerobics exercise class
<b>Partners (If any):</b>	HSE
<b>Age group:</b>	Older adults 55+
<b>Gender:</b>	All
<b>Date/time and location:</b>	F2 Centre Rialto Tuesday 11am
<b>Programme Start Date:</b>	September 21 <sup>st</sup>
<b>Programme End Date:</b>	December 14 <sup>th</sup>

<b>Name of programme:</b>	Fatima Women's Wellbeing
<b>Description of programme activity</b>	Pilates exercise class for women
<b>Partners (If any):</b>	HSE, Fatima Groups United

<b>Age group:</b>	Adults
<b>Gender:</b>	Female
<b>Date/time and location:</b>	F2 Centre Rialto Wednesday 11am
<b>Programme Start Date:</b>	October 6 <sup>th</sup>
<b>Programme End Date:</b>	December 15 <sup>th</sup>

<b>Name of programme:</b>	Men's Health Labre Park
<b>Description of programme activity</b>	Health & Exercise programme for Traveller men from Labre Park, Ballyfermot
<b>Partners (If any):</b>	HSE, BP Partnership
<b>Age group:</b>	Adults
<b>Gender:</b>	Male
<b>Date/time and location:</b>	TBC
<b>Programme Start Date:</b>	11 <sup>th</sup> October
<b>Programme End Date:</b>	December 17 <sup>th</sup>

<b>Name of programme:</b>	Heads Up
<b>Description of programme activity</b>	Holistic Mental Health & Exercise programme for men experiencing mental health difficulties
<b>Partners (If any):</b>	HSE, BP Partnership
<b>Age group:</b>	Adults
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Ballyfermot, Rialto, Walkinstown
<b>Programme Start Date:</b>	Ongoing
<b>Programme End Date:</b>	Ongoing

<b>Name of programme:</b>	Digital Equalities Project
<b>Description of programme activity</b>	Virtual pulmonary rehab exercise classes & Living Well programme (referral only through HSE)
<b>Partners (If any):</b>	HSE
<b>Age group:</b>	Adults
<b>Gender:</b>	All
<b>Date/time and location:</b>	Citywide
<b>Programme Start Date:</b>	Ongoing
<b>Programme End Date:</b>	Ongoing

### **Sport inclusion & Integration Update November 2021 (Citywide)**

<b>Name of core programme:</b>	Sports Ability
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Adapted Rowing: Rowing for individuals with Disabilities
<b>Partners (If any):</b>	DCC Rowing Centre
<b>Age group:</b>	18+

<b>Gender:</b>	mixed
<b>Date/time and location:</b>	Thursdays 1.30-3.30pm Islandbridge
<b>Programme Start Date:</b>	16 <sup>th</sup> September
<b>Programme End Date:</b>	Dec 2021

<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Fun Fitness Fundamental movement skills programme for children with disabilities
<b>Age group:</b>	6-9yrs
<b>Gender:</b>	mixed
<b>Date/time and location:</b>	Monday 1 <sup>st</sup> November 6pm-7pm Ballyfermot leisure centre
<b>Estimated Number of Programme Participants (NB: per session):</b>	10
<b>Programme Start Date:</b>	Monday 1 <sup>st</sup> November
<b>Programme End Date:</b>	17 <sup>th</sup> December

<b>Name of core programme:</b>	Sports Ability
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	Walking Programme Walking programme to develop and maintain fundamental movement skills in older adults & people with Disabilities
<b>Partners (If any):</b>	NA
<b>Age group:</b>	All ages
<b>Gender:</b>	mixed
<b>Date/time and location:</b>	Tuesdays 1-2pm Eamon Ceant park
<b>Programme Start Date:</b>	22 <sup>nd</sup> September
<b>Programme End Date:</b>	Dec 2021

<b>Name of core programme:</b>	Sportsability
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	'Sports Activities for kids with special needs' "from Presentation Warrenmount School
<b>Partners (If any):</b>	Warrenmount School
<b>Age group:</b>	7-8
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Thursdays 1-2 pm Studio in St Catherine's Sports Centre
<b>Programme Start Date:</b>	11/11/21
<b>Programme End Date:</b>	16/11/21



<b>Name of core programme:</b>	Sportsability
<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	' Badminton '' with Tyiscint group (children with autism)
<b>Age group:</b>	12-15
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Fridays 11-12pm in the main hall of St Catherine's Sports Centre .
<b>Programme Start Date:</b>	05/11/21
<b>Programme End Date:</b>	10/12/21

<b>NAME OF CORE PROGRAMME</b>	Autism Fundamenta Programme NEW Commenced with Dates
<b>DESCRIPTION OF PROGRAMME</b>	Fun Fitness Programme 6 Week programme Autism Fundamental November Programme targeting 6 to 8 year olds in Ballyfermot area Programme being delivered by Leisure Centre staff with support from Sports Officer and SIOs
<b>PARTNERS</b>	Sports and Fitness Ballyfermot
<b>TARGET AGE GROUP</b>	Children 6 to 8 years
<b>GENDER</b>	Mixed
<b>DATE/TIME AND LOCATION</b>	Sports and Fitness Centre Ballyfermot commenced 1 <sup>st</sup> November 6pm
<b>Programme Start Date</b>	<b>1<sup>st</sup> November 2021</b>
<b>Programme End Date</b>	<b>13<sup>th</sup> December 2021</b>

### **DCSWP Co-Funded Update:**

#### **Athletics in the Community:**

Athletics and DCSWP Officers are currently rolling out the Marathon Kids programme aimed at primary school children. Marathon Kids is the dedicated programme aimed at supporting young people to complete a marathon over a period of weeks. The initiative was launched in Morton stadium in September. Further details TBC in the November report. Following the return to indoor activities Athletic Officers are also supporting DCSWP Officers in the delivery of SCA Couch to 5k walking and running programmes.

#### **Boxing in the Community**

The Startbox IABA programme has encouraged young boxers 8-16 in communities in the Dublin City area to take up the sport, have some fun and discover and hone their skills through the Startbox, Bronze, Silver and Gold programme. Startbox school programmes will run up until mid November and these include.

- St Ultans NS Cherry Orchard
- Oblates Ns Inchicore
- St Audeons NS, Cook Street

- Ballydowd Special Care Unit School
- Leamchain Community College
- / St Kevins Community College, Crumlin

### Cricket in the Community

<b>Name of core programme:</b>	Schoolyard Sessions
<b>Description of programme activity</b>	Cricket- Scoil Mhuire Gan Smal, Scoil Una Naofa NS,
<b>Age group:</b>	5-13
<b>Gender:</b>	Male/Female
<b>Date/time and location:</b>	Thursdays
<b>Estimated Number of Programme Participants (per session):</b>	65
<b>Programme Start Date:</b>	Thursdays Mid November – Mid December
<b>Programme End Date:</b>	Thursdays Mid November – Mid December

<b>Name of core programme:</b>	Schoolyard Sessions
<b>Description of programme activity</b>	Cricket- Kylemore College
<b>Age group:</b>	13-17
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Mondays 1.00pm-2.30pm, Ballyfermot
<b>Estimated Number of Programme Participants (per session):</b>	40
<b>Programme Start Date:</b>	Mondays Mid November – Mid December
<b>Programme End Date:</b>	Mondays Mid November – Mid December

### :Rugby in the Community

<b>Description of programme activity eg: Tag Rugby, Chair Aerobics etc</b>	' Rugby for Fun '' for the kids in Dublin 8 area
<b>Partners (if any):</b>	Liberties Saints Rugby Club
<b>Age group:</b>	6-12
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Sundays 10- 11am on the Liberties saints training grounds
<b>Programme Start Date:</b>	07/11/21
<b>Programme End Date:</b>	12/12/21

## Rowing in the Community

Primary and Secondary Get Going Get Rowing School programmes

Get Going Get Rowing TY Coaching Course. Rowing based leadership and coaching programme for TY students. After completing a coaching course, the TY students coach rowing to a younger year group for minimum three weeks

### CONTACT DETAILS :

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