

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 2022



As previously reported the Dublin City Sport & Wellbeing Partnership Virtual Hub is now live and can be accessed by clicking on the link below:

<https://www.dcswhub.ie/>

Dublin Sportsfest 2022

Dublin Sportsfest 2022, DCSWP's annual flagship week-long event will once again be delivered September from 23rd – 30th September to coincide with European Week of Sport 2022.

Sportsfest is a key opportunity to promote sports and physical activity and highlight the key role DCC/DCSWP plays in maximising opportunities for everyone in our communities regardless of age, gender or ability to get involved with sport and physical activity in the long-term.

A calendar of activities will be circulated closer to the week – highlights confirmed to date include the Ukrainian Family Fun Day in partnership with the Garda Boat Club, Islandbridge, the BeActive multi-sport day event and events which will be run in parks throughout the city in partnership with parkrun. Other events/programmes TBC.

Active Cities

As previously reported the Active Cities logo and brand identity has been developed and is now being represented in all DCC/DCSWP communication. The recruitment process for a dedicated Active Cities Officer (local lead for Dublin City) has concluded and the official appointment is imminent. Work is also ongoing in collaboration with the National Active Cities Lead Officer.



DCSWP Swimming Ireland Co-funded Officer

Gearoid Fallon has recently been appointed as the new Co- funded Get Dublin City Swimming Officer (a partnership between DCC /DCSWP and Swim Ireland) Gearoid will be working across the Dublin City Council areas .

The primary reason for this appointment is to coordinate the implementation and delivery of an integrated swimming programme with a view to linking in with and developing interest amongst people from non- traditional swimming backgrounds

Swim Ireland currently implements programmes designed to increase participation in schools, communities and hard to reach cohorts - thereby providing sustainable and long-reaching pathways to swimming for everyone in our communities. While DCSWP Officers have always facilitated swimming programmes in communities, the appointment of Gearoid means there will be a more strategic focus on highlighting the benefits of swimming and delivering specific programmes. Management in DCSWP will also be working closely with Gearoid to establish a work programme and potential for new initiatives which can link in in with Dublin City Council swimming facilities including those in the Central Area.

Marathon Kids 2022

The Marathon Kids programme commenced in 2019 when Dublin City Sport & Wellbeing Partnership teamed up with Athletics Ireland, South Dublin County LSP & Fingal County Council LSP to deliver an eight week programme in schools across the Dublin region including schools from the Central area.

In its inaugural year Marathon Kids participants came together after eight weeks of hard work and determination to cross the finish line in Morton Stadium and celebrate completing their final mile in style. While Covid-19 posed a serious challenge for the planning and executing of such major initiatives in November 2021 over 3,200 primary school students from the Dublin City area went out into parks, school-yards and pitches to see the challenge through. Marathon Kids 2021 is just one example of how programmes can keep going and thrive even in the most adverse of circumstance. In previous years the programme was targeted at 5th and 6th class level but in 2021 it was expanded to include children in 4th class, thereby extending the reach and teaching more young people about the huge benefits of regular exercise in their lives.

In 2022 Marathon Kids will commence on 12th September and conclude following the Halloween break in November.

Linking with National and International Events

Over the next few weeks DCSWP will be linking on with the following major events. Programmes and initiatives in the Central Area will run in tandem with national and international events across communities and will be promoted across all social media platforms.



Date	Initiative/Programme Name	Lead organisation
Sep - Nov 22 TBC	MarathonKids (see information above)	MarathonKids/ Local Authorities/Local Schools
1st-30th Sep	National Heart Month	
1st-31st Sep	See Change - Green Ribbon Month	
25 th September	Great Dublin Bike Ride	
26th Sep	National Community Walking Day	Get Ireland Walking
23-30 Sep	European Week of Sport /SPORTSFEST 2022 (DCSWP Flagship week-long event)	EU / Sport Ireland / DCSWP
27 Sep - 1 Oct	Positive Ageing Week	Age Action Ireland
26th Sep (during EWOS)	National Walking Day	Get Ireland Walking

Social media platforms and supports:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcwspclub.ie
- Email: sports@dublincity.ie
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Sport For Young People Club Small Grant Scheme 2022

Following on from administering the Return To Physical Activity Grant, the Sport For Young People Small Grant Scheme was advertised on 29th June 2022 with clubs afforded three weeks to submit their application. 150 applications have been received and are currently being assessed. The grant scheme is targeted at young people age 10-21 years and provides funding support for clubs in communities for the following,

- Purchase of equipment



- Administrative costs
- Training and coaching courses

Central Area Programmes Highlights September/October 2022:

Youth At Risk – Young People age 10-24 years

Youth at risk programmes aim to provide viable outlets for young people to take part in and enjoy sport and physical activity on an ongoing basis, thereby mitigating anti-social activity/behaviour. Programmes are delivered in partnership with various partners including local Youth Services and An Garda Síochána.

Name of programme:	Boxing Programme
Description of programme activity	IABA Boxing Initiative in partnership with local Central Area Youth Services
Partners (If any):	Local Boxing Officer/Cabra for Youth Justice Project
Age group:	13 – 22 years
Gender:	Mixed
Date/time and location:	Commencing mid October in Cabra Boxing Club

Name of programme:	Youth Travelling Community Training Programme
Description of programme activity	Water Sports & Cycling
Partners (If any):	Ballark Centre of Training
Age group:	16-25 years
Gender:	Mixed
Date/time and location:	Thursdays in Eastwall Sports & Fitness Centre

Name of core programme:	Football Drop In / Recovery through Sport
Description of programme activity:	Football Drop In
Partners (If any):	Chrysalis Drug Task Force/FAI
Age group:	18 – 30
Gender:	Male
Date/time and location:	Fridays – Grangegorman College. Ongoing

Name of core programme:	Just Ask Sports Drop In Programme
Description of programme activity:	After School Multi-Sports Activities
Partners (If any):	D7 Just Ask Youth Service

Age group:	10 – 15
Gender:	Male / Female
Date/time and location:	Wednesday 3pm – 4pm /Thurs 3pm – 4pm. Greek St Astro

Change For Life – Underactive Communities

Name of programme:	Pickle Ball (Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
Description of programme activity	2 x 1hr sessions of Pickleball introducing the sport to the community
Age group:	All
Gender:	Mixed
Date/time and location:	Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre. Ongoing. Pickleball Festival to be held Sunday 25th September in Ballyfermot Sports & Fitness Centre

Name of core programme:	Move 4 Health – Multi-Sport Programme
Description of programme activity:	Multi-Sport Activities
Age group:	Adults 40+ years
Gender:	Mixed
Date/time and location:	Thursdays 10am, Ballybough Sports & Fitness Centre
Estimated Number of Programme Participants (NB: <u>per session</u>):	30

Older Adults – Age 55+ years

Name of core programme:	Forever Fit
Description of programme activity:	Yoga group
Age group:	55+ years
Gender:	Mixed

Date/time and location:	Fridays from 10am in Ballybough Sports & Fitness Centre.
Estimated Number of Programme Participants (NB: <u>per session</u>):	20 +

Name of programme:	Older Adult Rowing Programme
Description of programme activity	. Rowing programme in partnership with the DCC Rowing Club, Islandbridge
Gender:	Mixed
Date/time and location:	Fridays in September/October commencing at 12 noon.
Name of programme:	Sofa To Saddle Cycling Programme
Description of programme activity	4 week introductory cycling programme delivered in partnership with Age & Opportunity. The focus of the programme is to introduce people to or re-engage with the joy of cycling. At the end of the programme cyclists who feel confident will cycle along the coastal Clontarf to Howth cycle way. While the programme is primarily about remaining active, the social and fun aspect is also a very important part of this initiative.
Partners:	Heels & Wheels Active Age Group
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Fridays in September/October commencing at 1pm. Starting point: Clontarf pitches

Underactive Adults Central Area

Name of programme:	Waterford Greenway Cycle
Description of programme activity	Cycling and walking programme event for adult groups in the Central Area .
Date/Time/Location:	Mid October Details TBC.

Name of programme:	Activator Pole Programme
Description of programme activity	Walking programme teaching participants about the benefits of activator poles, thereby encouraging and supporting everyone in our communities to remain active. Activator pole programmes are particularly important for helping those with

	balance and mobility issues to stay active and healthy.
Partners:	St. Vincent's Centre/Phoenix group
Date/time and location:	Commencing in mid October every Wednesday from 11am.

Sport Inclusion and Integration Programmes in the Central Area (People with physical, intellectual and sensory disabilities and ethnic minority groups in the community)

Name of programme:	Oliver Plunket/Eoghan Rua GAA inclusive Programme
Description of programme activity	gDCSWP providing disability awareness training; equipment and ongoing support to this programme which is delivered weekly.
Age group:	4-13yrs
Gender:	Mixed
Date/time and location:	Ongoing Fridays 6-7pm

Name of core programme:	Work Options / Disability Group
Description of programme activity:	General Games and Activities
Partners (if any):	Work Options / HSE
Age group:	18 +
Gender:	Male and Female
Date/time and location:	Ongoing. Fridays from 12 noon in Aughrim St.

Thrive – People with Physical and Mental Health Challenges

Name of programme:	Headway Ireland Central Area Programme
Description of programme activity	Multi-Sport Programme.
Age group:	18-50 years
Gender:	Mixed
Date/time and location:	Mondays in Aughrim St. from 3pm.

DCSWP South East Area Co-Funded Programmes:

Athletics, Boxing, Cricket, Football and Rowing Officers are currently re-engaging with schools and clubs following the return to education. A full co-funded report and citywide area report will follow in September/October.

Training Update for the Central Area:

- Safeguarding 1 Training will be delivered to DCC Sports & Recreation Relief Staff in centres across all areas in the coming weeks.
- Safeguarding 2 & 3 workshops will be delivered in Cabra Parkside on Saturday 17th September.
- First Aid/PHECC (pre-hospital emergency care training for adults in the community – details provided in previous reports).
- Disability & Inclusion and Autism in Sport training programmes delivered in partnership with CARA.

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