

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

NOVEMBER 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/>

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 has concluded and Carmel O'Callaghan has been appointed as the local lead for Dublin City. Carmel will work in collaboration with the National Active Cities Lead Officer. Further information will be provided in upcoming reports.

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 and updates on programmes will be provided in upcoming reports.

DCSWP Athletics Officer

Following the resignation of Gerard O'Donnell, Conor Wilson, Athletics Ireland, will take up service as DCSWP's Co-funded Athletics Officer and will focus on communities, schools, groups and clubs in the South side of the city. Colette Quinn will continue to focus on target groups in North side communities.

Sport For Young People Club Small Grant Scheme

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 clubs have been



notified. The grant scheme is targeted at young people age 4-21 years and provides funding support for clubs in communities for the following,

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

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.

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. Sport Officers have continue to engage with schools in the Central Area with regard to participation in the 2022 programme.

<https://marathonkidsireland.ie>

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	MarathonKids (see information above)	MarathonKids/ Local Authorities/Local Schools
8th November	Social Inclusion Week (DCC Inclusion & Integration Week)	DCC social inclusion Unit
10th October	World Mental Health Day	DCSWP
19th November	Men's International Health Day	
3rd December	International Day of Persons With Disabilities	

5th December	International Volunteer Day	
18th December	International Migrants Day	

Social media platforms and supports:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcwsphub.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)

Central Area Programmes Highlights October/November 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. Ongoing

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. Ongoing

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. Ongoing

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.

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. Ongoing
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. Ongoing
Estimated Number of Programme Participants (NB: <u>per session</u>):	20 +

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. Ongoing

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. Contact DCSWP. Details listed at end of report.

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:	Every Wednesday from 11am. Ongoing

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	DCSWP 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:	Fridays 6-7pm. Ongoing

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:	Fridays from 12 noon in Aughrim St. Ongoing

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. Ongoing

Health Improvement in the Central Area



- Move For Health, Ballybough is a strength and balance programme aimed at older adults (age 55+ years) The programme is delivered in partnership with HSE physiotherapists every Tuesday from 3pm in Ballybough Community Centre.
- The Ballybough Falls Management Exercise programme supports older adults who are at medium risk of a fall. The programme is delivered in partnership with HSE physiotherapists every Wednesday from 2pm in Ballybough Community Centre.
- The Otago Strength & Balance programme focusses on supporting older adults who are at high risk of a fall. In Ballybough the programme is delivered every Wednesday from 1pm in Ballybough Community Centre. Again the programme is delivered in partnership with HSE physiotherapists.

DCSWP Central Area Co-Funded Programmes:

Athletics, Boxing, Cricket, Football and Rowing Officers continue to engage with schools and clubs following the return to education. A full co-funded report and citywide area report will follow in October/November.

Cricket

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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