

To the Chairperson and Members of the  
South East Area Committee

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**Report of the Director of Services, Central and South East**

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**Grand Canal**

A meeting was held in January 2020 with Waterways Ireland representatives and Councillors to discuss ongoing management and maintenance of the canals in the city and to agree a new structure for quarterly interaction between Waterways Ireland and DCC. The latest meeting was held on 20<sup>th</sup> October 2022 via Microsoft Teams and the next meeting will be held in late January 2023.

**Portobello Harbour Square**

Ait Urbanism + Landscape were appointed as consultant for the project and two initial public consultation workshops were held on 1<sup>st</sup> and 8<sup>th</sup> June 2022 at St. Kevin's Community Centre. Concept designs were prepared by consultants based on the outcome of these workshops and these were put on public display at St. Kevin's Community Centre between 3pm and 8pm on Thursday 21<sup>st</sup> July 2022. Online consultation was open until 19<sup>th</sup> August 2022 and a large number of submissions were received. Preliminary Appraisal form has been lodged with the Capital Project Support Office (CPSO). Provision has been included in the Parks 2023/24/25 draft Capital Programme for the re-design and development of Portobello Harbour Square. Parks Department made a presentation to the December 2022 South East Area Committee. Part 8 to be lodged by end of Q1 2023.

**Rathgar Village Improvement Plan (VIP)**

Herzog Park, Rathgar – Final Phase

The final phase of the project includes the re-alignment of the front boundary of the park and the revised car park layout, as set out in the Part 8 permission. A preliminary site meeting was held with Road Construction engineers on 14<sup>th</sup> April 2022. Surveys of the area have been carried out including a drone survey to assist in the design process. Once the design process has been completed it is proposed to begin work on the project in early 2023. When these works are carried out, further landscaping inside the park will be required as part of the works to complete the project.

**Ringsend Irishtown Local Environment Improvement Plan (LEIP)**

The Ringsend Irishtown Local Environment Improvement Plan (LEIP) was adopted at the June 2017 South East Area Committee meeting. Following that it was proposed to prepare planning applications under Part 8 of the Planning and Development Regulations, 2001, for the redesign of (1) Library Square and (2) Cambridge Road.

*\*Both of these projects are now listed on the Capital Programme 2021 – 2023 and have been awarded funding from the Urban Regeneration and Development Fund (URDF).*

**Library Square:** (Mitchell & Associates) Meetings with internal stakeholders were held during September and October 2018. A meeting was held with local businesses to discuss parking / loading arrangements on 5th December 2018. A presentation was made to area councillors on 13th February 2019 and a preliminary draft design was brought to a public meeting for all stakeholders on Thursday 21st March 2019 in the Ringsend Irishtown Community Centre

(RICC). Following a period of consultation up to 19th April 2019, submissions were received and were reviewed by the project team. A revised design was brought before the Public Realm Working Group on 22<sup>nd</sup> October 2019. A meeting of all internal stakeholders was held on 28<sup>th</sup> November 2019 and further required detail was identified by key departments. An invitation to tender for additional services to bring the project to Part 8 was issued to consultants and Mitchell & Associates were formally appointed on 17<sup>th</sup> November 2021. Preliminary meeting of design team took place on 15<sup>th</sup> December 2021 and detailed meetings with internal departments were held in January and February 2022. GPR Survey was carried out in January 2022.

A second round of meetings with internal departments was held during April/May 2022 and work on finalising the design was commenced. A Road Safety Audit will be carried out. A meeting was held with local businesses to finalise servicing arrangements for traders on Fitzwilliam Street in November. A public information meeting to present the designs to the community was held on Wednesday 7<sup>th</sup> December in Ringsend Irishtown Community Centre which was well received. Some areas to be reviewed before commencement of Pre-Part 8. As part of the Part 8 process design boards will be put on display in Ringsend Library to keep the community informed. Pre-Part 8 drawings will be circulated in January 2023. Councillors will be briefed before we commence the Part 8 process early in 2023.

**Cambridge Road:** An initial public workshop in relation to Cambridge Road was held on Thursday 30<sup>th</sup> August 2018 in the RICC. Meetings with Redscape Architects and internal stakeholders took place in September and October and designs were drafted based on consultations which were brought to a second public workshop/meeting on 28<sup>th</sup> November 2018. Further information was required in relation to road design and drainage requirements for the proposal in particular. In 2019 Road Design & Construction Section, E & T Department, agreed to take on the completion of the project to Part 8 stage. Detailed meetings took place between Roads Design & Construction and internal departments with a view to agreeing an overall design before commencing Part 8 planning process. Parks Services Department requested that a Ground Penetrating Radar (GPR) survey be carried out prior to Part 8 to identify location of underground services and any impact on tree planting. Drainage Department welcomed the provision of additional greening providing a SuDS benefit and a proposed new surface water main is being considered in conjunction with Irish Water. Agreement of the final design for the road has been delayed as we wait for the NTA to finalise the route for the East Coast Trail (ECT) which will either traverse Cambridge Road or run along part of Cambridge Road from Canon Mooney Gardens to Thorncastle Street. We are awaiting an update on the East Coast Trail before we can make further progress with this matter.

### **Cabbage Garden & Cathedral Lane**

We are relaunching the Cabbage Garden Stakeholders Group in January in Liberties College where we hope to have some new people on board and also to hear of Parks plans for 2023 for the Cabbage Garden.

### **City Quay**

Traffic are looking to extend a parking scheme in Dowling's Court / Lombard Court on either side of Lombard Street. This will mean that only residents with a permit can park there and this is to deal with others parking in City Quay all day. This will allow us then to progress the public realm enhancement proposed for the front of City Quay.

### **Aungier Street Triangle**

The greening of the Aungier Street Triangle is now complete. We are looking to progress similar projects in 2023.



### **Rosary Hall**

After receiving extra funding of €240k which was approved at the April City Council meeting (as well as €125k already allocated), it was decided to retender the entire proposed works. Meetings took place with both main community groups and consultant architects during the summer 2021 to outline and agree the proposed works which included mechanical & electrical works, fire safety works, remedial works and lift replacement.

The Area Manager also engaged in meetings with both community groups regarding governance of the facility and a management agreement was finalised in May 2022.

A supervisory committee comprising of two members of the football club and two members of the Harold's Cross Village Community Council (HXVCC) and the Area Manager will be established to optimise the use of the facility for the benefit of the Community.

Tender documentation was completed and advertised and tenders were received back on February 14<sup>th</sup>. When these tenders were assessed by Consultants it was apparent that construction inflation has led to a significant increase on the previously estimated cost.

A full Corporate Project Support Office (CPSO) appraisal form has been submitted in relation to the matter and it is hoped to include it in list of projects for capital funding consideration. The disposal of the lease was agreed at the Area committee meeting in June and was brought to the July Council meeting and approved. The requisite monies have now been sourced and the preferred bidder has been contacted in relation to the acceptance of the Tender price with the relevant index uplift on price.

Final further work in relation to the agreed Protocol for Management of the Building was agreed this week between all parties and copy of lease forwarded to Lessee this week.

### **Age Friendly Initiative Harold's Cross**

The Age Friendly Committee for Harold's Cross has been operational since early 2020. A draft report was submitted by the Harold's Cross Village Community Council (HCVCC) in conjunction with Rob Chester, Area Community Officer and it was agreed to progress a number of these proposals, funding permitting. In tandem with this it is proposed to hold a workshop to further engage with the residents and ensure particularly any elderly resident who was not consulted has an opportunity to contribute to the process and be included. It was agreed to defer the facilitation of a Workshop to get the views of the wider community till autumn 2022.

A subgroup under the Housing SPC has been convened to look at the City Wide Age Friendly Strategy. Under this structure, submissions for funding may be advanced, including the Harold's Cross project.

It has been agreed by the elected members that further monies (€8k) will be allocated to this age friendly initiative in the discretionary funding for 2022.

IT Age Friendly tablets have been distributed to residents and have been very well received. Cliff Run Media have supplied over 1,000 units to established age friendly projects across the country; the tablet comes with one year's free WIFI and are dignity proofed to make access as easy as possible.

It is anticipated that when the works are completed on Rosary that it can play a pivotal role in age friendly activities going forward.

Eir have completed the work involved in getting an additional line into Harold's Cross Park to enable Virgin Media to set up the Wi-Fi hot spot for the area around the café.

A series of Sub group meeting have taken place in 2022 including February 11<sup>th</sup>, 28<sup>th</sup>, March 16<sup>th</sup> and April 8<sup>th</sup> to progress matters and it is hoped to schedule a programme of events to encourage people to participate in.

The first Ageing Well Café meeting took place on March 8<sup>th</sup> and was attended by about 40 residents with great support from HXVCC. There was a good cross section of our older persons.

A trip to Russborough House took place on April 11<sup>th</sup>.

An Ageing Well Café meeting took place on 17<sup>th</sup> May in McGowan's and a full Age Friendly Committee meeting took place on May 5<sup>th</sup>.

The sub group met on July 15<sup>th</sup> and a main meeting took place on the 20<sup>th</sup> September.

A trip was organised to the National Stud on Tuesday 27<sup>th</sup> September and was attended by a large group. A further meeting took place on the 6<sup>th</sup> December and was attended by the Regional Age Friendly Co-ordinator Bruce McDevitt

A final Age Friendly event took place in McGowan's on 7<sup>th</sup> December and was attended by over 120 people

### **Rutland Grove / Eamonn Ceannt Park**

Meeting took place on 30<sup>th</sup> January 2020 with traffic engineers, Les Moore from Parks, Area Manager and staff and Cllr. Pat Dunne. It was agreed at the meeting that Traffic Section would look again at the feasibility of putting in dedicated parking as per Part 8. Should it be possible to implement, the design would need to be progressed and costed.

Leslie Moore has indicated with response to a July motion that he will engage a consultant to review this issue regarding the Part 8 parking.

As an interim measure planters were installed at the entrance to Rutland Grove to enhance the environment and assist with ongoing illegal parking at the entrance. Regrettably a number of these have been vandalised and a solution is being sought in conjunction with the residents' association.

The presentation on the proposed works at the Parks Depot upgrade took place on May 13<sup>th</sup>. The Consultant outlined the plans to Councillors and community groups and welcomed input into finalising the design.

A further meeting took place on June 29<sup>th</sup> 2021 to update the councillors and community groups on modifications to the drawings after Parks Section met with the residents' group on June 17<sup>th</sup> 2021.

It has been agreed that laminated drawings outlining the proposed upgrade of the depot would be erected on the depot walls to facilitate a better understanding of the proposals, which has happened.

Work is completed on the footpaths across the open green space as agreed under the discretionary funding.

A detailed capital appraisal was prepared for tender stage and works on the depot upgrade are scheduled to start second quarter 2022. However due to construction inflation the cost has exceeded the assigned budget. A report regarding an update in relation to this has been requested for the July meeting and a decision is expected this month regarding the project. New trees were planted in the estate at the end of January 2022 and a flyer was distributed to the residents outlining the importance of these trees.

A further meeting of the Friends of Eamonn Ceannt took place on February 10<sup>th</sup>. Parks have confirmed small improvements in the park, including wheelchair accessible picnic tables and sensory planting in front of the playground. Big Belly bin was burned out but will be replaced by two standard bins.

Parks have confirmed that as part of an up-grade to the main Eamonn Ceannt Park entrance from Sundrive Road the 'Kissing gate' will be removed from Monday April 4<sup>th</sup>. The original gate is being repaired and when reinstated will be left half open, should the trial be deemed successful.

The Crumlin Kimmage Festival took place on July 10<sup>th</sup> in Eamonn Ceannt Park and it was deemed a great success by locals and all who attended.

A 'Friends of Eamonn Ceannt' meeting took place on September 23<sup>rd</sup> including several updates in relation to Halloween.

A Crumlin Halloween Mini Festival took place in Eamonn Ceannt from 12pm to 4pm on Monday 31<sup>st</sup> October 2022 and received very good feedback from the community who attended.

A final meeting of the year for 'Friends of Eamonn Ceannt' meeting took place in person in the Pavilion in Eamonn Ceannt on Dec 15<sup>th</sup>.

### **Choice Based Lettings / Allocations**

No Choice Based Lettings are currently advertised. It is likely to be late January before any further units will be advertised.

### **CCTV Benbulbin Road**

Following on from the provision of Discretionary Funding for the installation of CCTV at Benbulbin Road, we have continued to try to progress the matter. Adhering to advice from DCC's Data Protection Office, a letter was sent to the Garda Commissioners Office on the 11th March 2021. This letter requested written authorisation from the Garda Commissioner for Dublin City Council to install CCTV at the location, which is a public area and not within the bounds of a Dublin City Council complex. The current DCC code of practice for installation of CCTV in public places requires such authorisation from the Garda Commissioner. The office of the Commissioner replied on the 11<sup>th</sup> May 2021 and submitted a number of documents, including An Garda Síochána's Code of Practice for Community Based CCTV Systems. The documents submitted are at variance with DCC's code of practice for CCTV in public places and do not seem to take into account that DCC are installing the CCTV rather than a Community based organisation. Discussions took place with local based senior Gardaí in order to try and reconcile the differing positions but following further advice from our Data Protection Office further clarity was required from An Garda Síochána. Further communication from An Garda Síochána outlining their position on this matter stated that their internal policy/procedures will only allow authorisation of this scheme if it is designated a Community CCTV Scheme. Designating this CCTV Project a Community Based CCTV Scheme would impose greater responsibility on the local community in relation to their role in consultation, installation, maintenance and management of the CCTV system. In addition, given the proposed location of the CCTV and the serious criminality which takes place there, there is a significant potential for health and safety issues to arise for community representatives involved in such a project. It would also have the potential to increase costs for the project.

We held further discussions with An Garda Síochána in April 2022 in relation to this CCTV scheme and while they have not changed their viewpoint they have raised issues in relation to all CCTV schemes which will require further clarification with our own Data Protection Office.

Additionally, the Office of the Data Protection Commissioner has recently issued a substantial fine against Limerick City and County Council in relation to the operation of CCTV in its area. This decision is likely to have knock on effects for other Local Authorities and our Law Department are reviewing the decision to assess its implications for existing and planned CCTV schemes.

The most recent update from DCC's Data Protection Office indicated that discussions are still ongoing between the Local Government Management Agency and An Garda Síochána and no clarification on the issues outlined above is forthcoming as of yet.

### **Public Domain**

#### **Waste Management / Environmental Services**

December: 36 bag deliveries

December: 27 Collections

#### **2022 total**

640 Deliveries of bags and materials for 2022

#### **Graffiti Removal December**

71 m<sup>2</sup> (cold weather affected removal)

## **Graffiti Removal for 2022**

4,363 m<sup>2</sup>

## **Abandoned Bicycles**

396 for 2022

## **Community Development Report – South East Area**

### **Allotments**

Annual licences for allotments at Blarney Park, Herbert Park and Ringsend Park are due for renewal on 1<sup>st</sup> February. The Kingfisher Project at Blarney Park continue to overhaul the apiary and have distributed honey to various groups and individuals who have assisted the project.

### **Bath Avenue & District Residents Association Post-Christmas Party**

BADRA will be hosting their post-Christmas Party for residents of Bath Avenue and environs at the Grand Canal Hotel on the evening of Saturday, 28<sup>th</sup> January with a meal and live music on offer. As well as addressing local issues, the group organise many community activities and we were very pleased to support both their Pitch & Putt Men's Day Out and their trip for local families to the Wild Lights of Dublin Zoo just before Christmas.

### **Christmas in the Community**

Our Community Teams supported over 70 Christmas Events and other activities in our villages, flat / housing complexes and at various centres across the South East Area in the run up to Christmas, this is more than double the amount of events than in any previous year. All events ran safely and very successfully with record numbers in attendance at the Christmas Tree Lighting Ceremonies in Sandymount, Terenure, Harold's Cross, Crumlin and Kimmage. The Christmas Festival run by the Rathgar Business Association in conjunction with us was also over-subscribed.

### **Community Groups**

Much of January will be spent re-engaging with community groups / centres / organisations and working on our Community Team Plan for 2023 to coordinate objectives and activities with those groups on the ground. January will also see the commencement of planning for the major annual festivals in Harold's Cross, Crumlin, Ranelagh and Ringsend.

### **Crumlin Heritage Report**

The report will be launched in St. Mary's Parish Church Hall on Thursday the 26<sup>th</sup> of January. As well as the launch of the report it is envisaged that the Crumlin Historical Society will reform and work on some of the report's recommendations.

### **Donnybrook Active Retirement Association**

Donnybrook ARA re-emerged post-Covid towards the end of 2022 and are continuing to organise wonderful events every second Tuesday at the new Donnybrook Parish Centre, located next to the Church of the Sacred Heart. We will continue to offer strong support to this group through the provision / booking of talks, musical acts and theatrical performances, starting with a "Going Wild in Your Garden" Talk from RTÉ & Virgin TV wildlife expert, Eanna Ní Lamhna on 24<sup>th</sup> January at 2.30pm.

### **Evergreen Club**

The Evergreen Club are commencing a series of upgrades of the club premises in Terenure during January, starting with overhaul of the electrics and installation of custom made entrance / lobby doors. The aim is to have minimal disruption to the busy weekly schedule of weekly activities and to reopen in early January.

### **Marian College Musical Society**

Marian College Musical Society has been in existence for close to 50 years and January sees their production of Grease hit the stage at Marian College, Lansdowne Road for a three night run from 18 - 20 January.

### **Rathmines Meals on Wheels**

We are supporting a post-Christmas lunch for the volunteers who made an extra effort over the Christmas period to provide meals and comfort to our older isolated residents in the Rathmines and greater area.

### **Sandymount Community Centre / The Importance of Being Oscar**

The new Sandymount Community Centre on Newbridge Avenue (formerly the Iris Charles Centre) promises to be a vibrant hub for a wide range of groups and activities from 2023 onwards. Their recent Christmas event was a huge success and their dynamic committee have already set in place weekly classes of bridge, yoga, art and chair exercises. Cultural events to include music, theatre, art and literature will become a regular feature of their programme and we are very pleased to be in a position to offer support with their new Friday Night Club, starting with a performance of "The Importance of Being Oscar" on Friday, 3<sup>rd</sup> February at 7.30pm. Devised by Micheál Mac Liammóir, this one hour show is based on the writings of Oscar Wilde and will be performed by actor, Michael Judd.

We would like to thank all of our magnificent community groups, community centres / organisations and volunteers for their huge efforts and invaluable work throughout 2022, which has benefited everyone living and working in their communities. Happy New Year to one and all.

### **January 2023 – Linking in with National Events & Initiatives**

The primary goal of DCSWP is to provide opportunities for everyone to get involved in sport & physical activity regardless of age, gender or ability. In 2023 DCSWP will continue to align the planning and delivery of programmes with national and international events. This strategic approach helps maximise promotion of the service, adds momentum to local programmes and initiatives and ultimately increases reach across communities in Dublin City.

Please see below highlight programmes for January / February 2023:

#### **Change For Life 2023**

This 8 week programmes first commenced in communities across Dublin City in 2013. Initially the programme focussed on underactive adults but over the years the initiative has grown and expanded to include other core target groups and a Dublin City Staff programme was introduced in 2020. Change For life emulates the format of and runs in tandem with RTE's Operation Transformation programme. The programme will provide fitness assessments, weigh-ins, a 5K timed walk (repeated at week 8) nutritional / dietary advice and multi-exercise programmes.

#### **Get Dublin Walking / Couch to 3 & 5k**

These core DCSWP programmes commence in January in local communities. The Couch to 3 & 5k programmes link to parkrun and 5k programmes will link in with the Operation Transformation 5k run in early February. This year participants will be further supported by the launch of the DCSWP couch to 5k podcast (due to be launched in January).

#### **Lord Mayor's 5 Alive 2023**

The Lord Mayor's 5 Alive is back for 2023 and once again is aimed at novice walkers / joggers / runners and people wanting to get back on track with their fitness goals. The challenge is to complete all five races within the timeframe 1<sup>st</sup> January 2023 – 1<sup>st</sup> April 2023. The race distances vary between 5 - 8k. Participants register themselves for each race except for the

BHAA / Dublin City Council - 4 Mile Road Race which DCSWP will register for and cover the cost of.

- **Race 1** - Tom Brennan 5k in Phoenix Park – 1<sup>st</sup> January 2023 at 09.30 am
- **Race 2** - Raheny 5 Mile - Raheny Village / St. Anne's Park – 29<sup>th</sup> January 2023 at 3pm
- **Race 3** – TBC
- **Race 4** – A park run of participants' choice within the time period 1<sup>st</sup> January 2023 – 1<sup>st</sup> April 2023.
- **Race 5** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park – 1<sup>st</sup> April 2023 at 11am

The LM 5 Alive Challenge was advertised across all DCC / DCSWP communication / social media platforms on 14<sup>th</sup> December 2022.

### **Women in Sport**

DCSWP's Get All Girls Active (GAGA) initiative is dedicated to providing opportunities for women of all ages and abilities to become involved in sport and physical activity and to increasing the visibility / representation of Women in Sport. In 2022 Ellen Keane and Kellie Harrington were appointed as DCSWP ambassadors to promote and celebrate female sporting achievements. While female focussed programmes are delivered throughout the year, GAGA will take on a strategic focus in March by running in tandem with Women in Sport Week (7<sup>th</sup>-13<sup>th</sup> March). DCSWP Sport and Co-funded Officers will commence planning in February 2023.

### **School's Cross-Country**

The schools cross country citywide programme will commence in early January (TBC) in partnership with Athletics Ireland as part of the national Active Flag programme.

### **Active Cities**

The Active Cities National Project was launched on November 7<sup>th</sup>. Since the launch The Dublin City Active City lead has continued to meet with DCSWP officers to identify gaps that fit within the remit of Active Cities funding of disadvantage, disability and minority groups. It is expected to launch Active Cities at local level in early 2023.

In January 2023 the following is planned:

- Upload orienteering maps on to the map run app. The following parks each have had six maps prepared: Albert Park, **Bushy Park**, **Herbert Park (SE Area)**, John Paul Park, Le Fanu Park, Poppintree Park, St Anne's Park and **Sundrive Park (SE Area)**
- Promote use of the maps in local schools and on social media.
- Install outdoor stencils in the grounds of four primary schools to encourage outdoor play.
- Collaborate with local HSE and DCSWP / Co-funded officers to encourage the inactive to participate in the "Change for life" programme.
- Collaborate with local HSE Physiotherapist and DCSWP Sport Officers in Harold's Cross / Rathmines / Terenure area to run a strength and balance class to reduce falls for the elderly.

All DCSWP highlight programmes will continue to be supported by our social media channels and the DCSWP Virtual Hub. See below:

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

### South East Area January / February Highlights

The following programmes will take place throughout from January 2023 in the South East Area. These are highlight programmes representing target groups. Details of certain programmes remain in the tentative / TBC stage and will be updated in the January report.

#### Change For Life - Underactive Communities

Name of programme:	Change For Life Couch to 5k Terenure
Description of programme activity:	8-week programme aimed at adults looking to take up running in a safe environment. Participants build strength and stamina over and 8 week period after which they complete a 5k run/jog/walk.
Age group:	Adults
Gender:	All
Date/time and location:	Terenure Village car-park every Monday at 6.30pm from 16 <sup>th</sup> January

Name of programme:	Change For Life Couch to 5k Harold's Cross
Description of programme activity:	8-week programme aimed at adults looking to take up running in a safe environment. Participants build strength and stamina over and 8 week period after which they complete a 5k run/jog/walk.
Age group:	Adults
Gender:	All
Date/time and location:	Harold's Cross every Wednesday at 6.30 from 18 <sup>th</sup> January. Exact location TBC.

Name of programme:	Change For Life Ringsend/Irishtown
Description of programme activity:	8-week programme General Fitness & Wellbeing Programme
Age group:	Age 16+ years
Gender:	All
Date/time and location:	Irishtown Stadium from 18 <sup>th</sup> January. Exact location TBC.

### Forever Fit – Older Adults age 55+ years

<b>Name of core programme:</b>	<b>Forever Fit – St. Andrew’s Centre</b>
Description of programme activity:	Older Adults multi-sport programme
Partners:	St. Andrew’s and Pearse St. Recreation Centre
Age group:	Age 60+ Years
Gender:	All
Date/time and location:	Charles Centre, Sandymount every Wednesday from 2.30pm

<b>Name of core programme:</b>	<b>Forever Fit – Lorcan O’Toole</b>
Description of programme activity:	Multi-Sport exercise classes – Lorcan O’Toole Adult Group, Crumlin
Partners:	Lorcan O’Toole centre Crumlin/Kimmage
Age group:	Age 55+ years
Gender:	All
Date/time and location:	Lorcan O’Toole centre every Wednesday from 3pm.

<b>Name of Programme:</b>	<b>Forever Fit - Chair Fit</b>
Description of programme activity:	Chair Fit classes aimed improving mobility and balance for Older Adults
Age group:	Age 55 + years
Gender:	All
Date/time and location:	Every Monday from 11am in Harold’s Cross Parish Centre.

<b>Name of core programme:</b>	<b>Forever Fit Dance Fit Programme</b>
Description of programme activity:	Older Adult Dance & Fitness programme aimed at improving mobility and improving fitness levels.
Age group:	Age 55+ Years (Mixed)
Gender:	All
Date/time and location:	Evergreen Centre, Terenure every Tuesday at 11am from 17 <sup>th</sup> January

### Thrive – Adults with mental health difficulties

<b>Name of programme:</b>	<b>Yoga For Mental Health</b>
Description of programme activity:	Yoga programme aimed at adults with mental health difficulties.
Partners:	Clonskeagh Day Care Centre
Age group:	18 +years
Gender:	All
Date/Time and Location:	Clonskeagh Day Care Centre every Thursday at 12.30pm from 12 <sup>th</sup> January.

<b>Name of programme:</b>	<b>Mindfulness &amp; Exercise Mental Health Programme</b>
Description of programme activity:	Yoga programme aimed at adults with mental health difficulties.
Partners:	Pearse St. Rehab Centre
Age group:	18 +years
Gender:	All
Date/Time and Location:	Pearse St. Rehab Centre every Monday at 2pm from 9 <sup>th</sup> January.

## Health Improvement in the Community

<b>Name of programme:</b>	<b>D6 Holistic Health</b>
Description of programme activity :	Holistic Mental Health & Exercise programme for people experiencing mental health difficulties (referral only)
Partners:	HSE Occupational Therapists
Age group:	Adults
Gender:	All
Date/time and location:	Swan Leisure Centre every Thursday (concluding 26 <sup>th</sup> January 2023).

## Youth Fit – Young People At Risk Age 10-24 Years

<b>Name of programme:</b>	<b>Youth Fit</b>
Description of programme activity :	January Ice-skating
Partners:	South East Area Youth Services
Age group:	10-17years
Gender:	All
Date/time and location:	Location and Time TBC. Commencing 29 <sup>th</sup> January.

<b>Name of programme:</b>	<b>Youth Fit</b>
Description of programme activity :	Secondary School Girls Rugby Programme.
Age group:	13-17years
Gender:	Female
Date/time and location:	CBS, Westland Row every Wednesday from 3-4pm. Commencing 11 <sup>th</sup> January.

## Sport Inclusion & Integration (Citywide inclusion & integration programmes (citywide - programmes include participants from the South East Area)

- Sport For All Visually Impaired Indoor Rowing programme in partnership with Vision Ireland and DCSWP Co-funded Rowing Officer every Tuesday from January to March (age 10- 18 years, commencing 31<sup>st</sup> January).
- Sport For All Table Cricket (adapted cricket) programme in partnership with Enable Ireland, Sandymount and DCSWP Co-funded Cricket Officer every Wednesday from January to March (age 10 - 18 years, commencing 31<sup>st</sup> January).
- Sport For All Accessible Powerboat wheelchair programme in partnership with various organisations. Facilitated by DCC East Wall Water Sports Centre(all ages commencing January. Dates TBC and delivery tide dependant).
- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to March (18+ years, ongoing December 2022 – March 2023).
- Learn 2 Cycle programme for young people with additional needs looking to start or improve cycling skills in Ballyfermot Sports & Fitness Centre every Friday from January to March (age 4 – 18 years, commencing 13<sup>th</sup> January).

## DCSWP South East Area Co-Funded Programmes:

### Athletics in the Community

Couch to 3/5k and walking programmes will be delivered in the South East area in partnership with co-funded Athletics Officers. Officers to re-engage with schools re Daily Mile.

### **Boxing in the Community**

South East area Boxing Development Officer will be re-engaging with primary schools and secondary TY students re the Startbox programme and coaching/leadership education. Officers to continue linking programme to local clubs.

### **Cricket in the Community**

- Cricket Officer to support inclusive programmes (see above) and engage with local schools (St. Matthews NS, Start of the Sea) re softball cricket sessions every Thursday from 11am.
- U 15 Team Training sessions will take place every Friday from 3.30pm in Merrion Cricket Club (mixed).

### **Football in the Community**

The Football Officer in the South East Area will continue with the following programmes/initiatives in the New Year:

- PDP1 UEFA Refugee Course every Wednesday and Saturday in Irishtown stadium (16+ years, mixed)
- PDP 1 Introductory Coaching Course every Wednesday and Saturday in Irishtown stadium (16 + years, mixed)
- PDP 1 Introductory Coaching Course every Thursday in CBS, Westland Row aimed at Transition year students (mixed)
- School sessions will take place in St. Christopher's National school every Friday and St. Matthew's NS every Tuesday over the next period.
- The Youth Mentoring project is aimed at teenagers age 15-18 years (mixed) and is a partnership project between DCC/DCSWP/Google and local South East area clubs/groups. The programme will be delivered on an ongoing basis in 2023. Full details TBC
- The Kick Start to Recovery Football programme supports people age 16+ years in the local area who are recovering from addiction. The programme is delivered every Wednesday in Irishtown on an ongoing basis.

### **Rugby in the Community**

Tag rugby in-school sessions to commence in the following South East area primary and secondary schools from Wednesday 4<sup>th</sup> January;

- Sandford Park (Mixed)
- Scoil Chaitriona (Mixed)
- The Teresians (Female)
- St. Conleth's (Mixed)
- St. Matthew's NS (Mixed)
- Star of the Sea (Male)
- Rugby Development programme to be delivered in-school in Marion College from Wednesday 4<sup>th</sup> January (Male)

Coaching programmes are currently in the planning stages for 2023.

### **Rowing in the Community**

Secondary school engagement to continue re indoor rowing programmes. On the water programmes will be supported by an increase in equipment. A more detailed report will follow in January.

### **Swimming in the Community**

As previously reported DCC / DCSWP recently appointed a Co-funded Swimming Ireland Development Officer. Progress reports to be included going forward. Indoor and open water facilities currently being identified along with plans to increase lifeguarding training. All TBC.

### Training for 2023 (All TBC)

- Safeguarding
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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### **Karl Mitchell**

**Director of Services, Central and South East**

**Dated: 4<sup>th</sup> January 2023**