

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2023

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 continues 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 February/March 2023:

Change For Life 2023

Continues in the Central area (see programme report below)

Get Dublin Walking/Couch to 3 & 5k

These core DCSWP programmes commenced in January in local communities. The Couch to 3 & 5k programmes link to parkrun and 5k programmes linked in with the Operation Transformation 5k run in early February. This year participants were be further supported by the launch of the DCSWP Couch to 5k podcast

Lord Mayor's 5 Alive 2023

As reported on in the January update The Lord Mayor's 5 Alive continues in 2023. Details of race 3 remain TBC but will be communicated to participants on all DCC/DCSWP communication platforms.

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 (7th-13th March). DCSWP Sport and Co-funded Officers have commenced planning – in the South Central area Officers will be working closely with Youth Services to deliver programmes that promote women in sport throughout the week.

Active Cities/Health Improvement

Please see previous report. Schools across the city, including those in the South Central area, continue to be supported through the DCSWP Active Cities/ HSE Playground Stencil Programme.

School Cross-Country

The school's cross country citywide programme (age 8-12 years) has commenced and DCSWP is working closely with Parks & Landscape Services to facilitate the citywide main event in John Paul Park, Cabra on Wednesday 1st March. Track and field training sessions to continue in schools in the Central area in the lead up to the event.

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.dcwspub.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)

SCA Highlight Programmes February 2023

Champions – People with physical, intellectual and sensory disabilities

Name of core programme:	Champions
Description of programme activity:	Multi-Fitness Exercise Classes
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Every Wednesday from 11am in SJG, Islandbridge

Change For Life 2023 – Underactive Communities

Name of core programme:	Change For Life
Description of programme activity:	Cherry Orchard Multi-sport programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing every Sunday from 9:30am

Name of core programme:	Change For Life
Description of programme activity:	Cherry Orchard Multi-sport programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing every Sunday from 9:30am

Name of core programme:	Change For Life
Description of programme activity:	Cherry Orchard Multi-sport programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing every Sunday from 9:30am

Name of core programme:	Change For Life
Description of programme activity:	Change For Life Couch to 5k programme. Three sessions per week throughout January and March
Partners:	Cherry Orchard Running Club
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	TBC

Name of core programme:	Change For Life
Description of programme activity:	Multi-fitness activities aimed at communities in Fatima.
Partners:	Fatima Groups United
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	F2 Centre every Monday from 5.30pm and every Thursday from 5.30pm (from week commencing 9th January)

Name of core programme:	Change For Life
Description of programme activity:	Multi-fitness activities aimed at communities in Bluebell.
Partners:	Bluebell Community Centre
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Bluebell CC every Wednesday from 12 noon and every Thursday from 7pm (from week commencing 9 th January)

Name of core programme:	Change For Life
Description of programme activity:	Multi-fitness activities aimed at communities in Inchicore.
Partners:	Inchicore Family Resource Centre
Age group:	Young people (age TBC)
Gender:	Mixed
Date/time and location:	Inchicore FRC every Tuesday from 10am and every Thursday from 11am. (from week commencing 9 th January)

Youth At Risk (10-24 years) - Aimed at providing viable opportunities for young people in the SCA to stay active and thereby mitigate anti-social behaviour). All programmes are delivered in partnership with local SCA groups and Youth Services.

Name of core programme:	Youth At Risk Gaisce
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	GAISCE President Awards Programme – Kylemore CTC. Young people have signed up to the bronze Gaisce award challenge Local DCSWP Sport Officer will conduct monthly check ins with the group and offer any necessary support.
Partners (If any):	Kylemore CTC
Age group:	15 to 22 Years
Gender:	Mixed
Date/time and location:	Ongoing in various locations. To conclude in June 2023

Name of core programme:	Youth At Risk High Diving Programme
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Partners:	Ballyfermot Youth Services
Age group:	10 – 17 years
Gender:	Mixed
Date/time and location:	National Aquatic Centre. Dates TBC

Health Improvement in the Community

Name of core programme:	Men On The Move
Description of programme activity:	Exercise, Health & Nutrition programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/Time and location:	Wednesdays from 10am in the F2 Centre, Rialto and in Lionsville Hostel, Chapelizod every Monday from 11am

Older Adults – Age 55+ years

Name of core programme:	Walking Football Taster Sessions
Partners :	FAI Co-Funded Officers
Gender:	Mixed
Date/Time and location:	TBC – from January

Name of core programme:	Boules Sessions
Description of programme activity:	Older Adult Bowling programme
Gender:	Mixed
Date/time and location:	Cherry Orchard Community Centre. Every Tuesday from 11am

Thrive – Adults With Mental Health Difficulties

Name of core programme:	Thrive Multi-Activity Programme
Gender:	Mixed
Partners:	St. Michael's Estate/ Inchicore Family Resource Centre
Date/time and location:	Every Monday from 10am in Inchicore FRC Centre

Sport Inclusion & Integration (Citywide inclusion & integration programmes (programmes include participants from the SCA))

- 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 31st 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 31st 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 is 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 13th January).
- In the Central area the Moyle Rd. Chair Aerobics Sportsability Programme will be delivered every Monday from 11am – 12 noon in partnership with St. Michael's House aimed at adults with physical and intellectual disabilities.
- The Learn 2 Cycle programme aimed at children with additional needs will resume in the New Year.
- The Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities will continue in partnership with St. Vincent's Centre, Navan Rd.

DCSW South Central Area Co-Funded Programmes

Athletics in the Community

Couch to 3/5k and walking programmes continue in the SCA in partnership with co-funded Athletics Officers. Officers to re-engage with local schools re Daily Mile programme.

Boxing in the Community

The SCA area Boxing Development Officer continue to engage with primary schools (from second class) and secondary TY students re the Startbox Gold, Silver and Bronze programme and coaching/leadership education. Officers continue linking programmes to local clubs in the SCA.

Cricket in the Community

- Cricket Officer to support inclusive programmes (see above re Table Cricket) and engage with the following SCA schools in February via introductory softball cricket sessions:
 - Drimnagh Castle Secondary School every Monday from 3 -4.30pm (mixed age 13-15 years)

- Scoil Una Naofa every Monday from 3 -4.30pm (mixed age 13-15 years)
TBC
- Kylemore College, Ballyfermot every Tuesday from 2 – 3.30pm (mixed age 16 years)

Football in the Community

FAI youth football initiatives to resume, walking football aimed at Older Adults to continue (as outlined above), Football For All (disability), grassroots school, coaching and leadership programmes, women in football and Youth Fit initiatives.

Rugby in the Community

Tag rugby in-school sessions to commence in SCA primary and secondary schools continue Secondary schools are also participating in contact rugby sessions.

Coaching programmes remain 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.

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 in 2023. Indoor and open water facilities are currently being identified to maximise participation (including existing facilities) along with plans to increase lifeguarding training. All TBC.

Training for 2023

- Safeguarding 1,2 & 3
- 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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