

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MARCH 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 March 2023. New initiatives/programmes in April will be reported on in the next report.

Change For Life 2023

Continues in the Central area until the end of March (see programme report below)

Lord Mayor's 5 Alive 2023

As reported on in the January update The Lord Mayor's 5 Alive continues in 2023. Please refer to the January report.

Active Cities/Health Improvement

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

All DCSWP highlight programmes will continue to be supported by 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)

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)

Central Area Programmes Highlights March 2023

Change For Life

The following Central Area Change For Life programmes will be delivered from January to March 2023. Change For Life will conclude for 2023 at the end of March

Name of programme:	Change For Life
Description of programme activity	Fitness/Health & Wellbeing programme
Age group:	21 + years
Gender:	Mixed
Date/time and location:	Every Monday, Wednesday, Thursday & Friday from 10am in Ballybough Youth & Fitness Centre

Name of programme:	Change For Life Cabra
Description of programme activity	Health & Wellbeing programme (couch to 3k, yoga & nutrition)
Age group:	18 + years
Gender:	Mixed
Date/time and location:	Every Monday in Cabra Parkside

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:	Youth Fit Ice Skating & Swimming Programme
Partners:	Local Youth Services/NEIC
Age group:	10-24 years
Gender:	Mixed
Date/time and location:	Every Wednesday

Name of programme:	Outdoor Fitness/Challenge Programme
Partners:	Local Central Area Youth Services/Ballark Youth Training Centre (BYTC)
Age group:	16-24 years
Gender:	Mixed
Date/time and location:	Every Wednesday in BYTC

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:	Full details TBC

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:	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

Primary School Programmes

Name of core programme:	Ultimate Frisbee Afterschool Coaching Programme
Partners:	Local Primary Schools
Age group:	12 -13 years (Mixed)
Gender:	Mixed
Date/time and location:	TBC

Name of core programme:	Ultimate Frisbee Primary School Blitz
Partners:	Local Primary Schools
Age group:	12 -13 years (Mixed)
Gender:	Mixed
Date/time and location:	TBC

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:	Adults (age 18+years)
Gender:	Mixed
Date/time and location:	Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre. Ongoing.

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
--------------------------------	--

Name of programme:	Forever Fit Dunard Men's Group
Description of programme activity	Weekly multi-activity programme
Partners:	DCC Liaison Officer
Age group:	Older adults
Gender:	Male
Date/time and location:	Every Wednesday at 10am from 18th January in various locations.

Name of programme:	Forever Fit Dunard Court Men's Cycling Group
Partners:	DCC Liaison Officer
Age group:	Older adults
Gender:	Male
Date/time and location:	Thursdays 10-2pm -various routes

Underactive Adults

Name of programme:	Hill Walking Programme
Description of programme activity	Hill and Trail Walk challenge delivered in partnership with Ballyfermot Adventure Centre.
Date/Time/Location:	Time, date and starting point TBC

Name of programme:	Heels & Wheels Walking Programme
Description of programme activity	Adult Walking programme
Partners:	Ierne
Date/time and location:	Every Tuesday at 10am

Women in Sport – Get All Girls Active (GAGA)

Name of programme:	Beginners Strength Training for Women
Age group:	Older adults
Gender:	Female age 18+ years
Date/time and location:	Na Fianna GAA Club, Glasnevin. Time and Commences mid March

Health Improvement in the Community

- 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.

Sport Inclusion & Integration (Citywide Inclusion & Integration programmes (programmes include participants from the Central 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, commenced 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, commenced 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).
- 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 Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities continues in partnership with St. Vincent's Centre, Navan Rd.

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

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

Boxing in the Community

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approximately 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it to another level (combination of first two levels and progression to contact).

The programme has expanded over the years to include young participants from 7 – 10 years (second class +)

- The Central area Boxing Development Officer will be re-engaging with primary schools (from second class) and secondary TY students re the Startbox programme and coaching/leadership education. Officers to continue linking programmes to local clubs.

The following Central area schools continue to participate in the Startbox programme.

- Christ The King BNS
- Gardiner St. NS
- St. Joseph's BNS
- St. Mary's GNS
- Laurence O'Toole BNS
- Rutland St. NS
- St. John Bosco BNS
- St. Gabriel's NS

Cricket in the Community

Cricket Officer to support inclusive programmes (see above) and engage with following primary local schools in softball cricket session. The programme will introduce young people age 8-13 years to cricket.

- Tapeball (modified/introductory programme) continues every Saturday in Mountjoy Square from 11am – 1pm.
- Schoolyard softball cricket sessions are ongoing in St. John Bosco's every Wednesday from 11am.

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 and club programmes, women in football initiatives and club engagement to continue. Full details to be provided in the January report.

Rugby in the Community

Tag rugby in-school sessions to commence in Central area primary and secondary schools from Wednesday 4th January. Secondary schools will also participate 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. In the Central area the Rowing Officer is working with the National Council For the Blind Ireland (NCBI) in Drumcondra regarding the indoor Get Going Get Rowing programme. Outdoor Rowing programmes are in the planning stages aimed at 12-18 years (mixed) delivered in partnership with Neptune Rowing Club. This programme will include participants from the Central area. Full details TBC.

Swimming in the Community

As previously reported DCC/DCSWP appointed a Co-funded Swimming Ireland Development Officer in late 2022. Progress reports to be included going forward. 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 (Aura de Paul Swimming Pool, Navan Rd).
- Safeguarding 2&3 remain in planning stages.
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training

- PHECC (Pre-Hospital Care) Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

CONTACT DETAILS:

Aideen O'Connor	Programmes & Services Manager, DCSWP	aideen.oconnor@dublincity.ie
Colin Sharkey	DCSWP Office Manager	colin.sharkey@dublincity.ie
Derek Ahern	Sport Officer, DCSWP	derek.ahern@dublincity.ie
John McDonald	Sport Officer, DCSWP	john.mcdonald@dublincity.ie
Michelle Waters	Sport Officer, DCSWP	michelle.waters@dublincity.ie
Mitch Whitty	Sport Officer, DCSWP	Mitchell.whitty@dublincity.ie
David Phelan	HSE Health Promotion & Improvement Officer	Davidphelan6@mail.dcu.ie
Carmel O'Callaghan	Dublin Active City Officer	Carmel.ocallaghan@dublincity.ie
Gearoid Fallon	Development Officer, Get Dublin Swimming	TBC
Conor Wilson	Development Officer, Athletics	conorwilson@athleticsireland.ie
Colette Quinn	Development Officer, Athletics	colettequinn@athleticsireland.ie
Paul Quinn	Development Officer, Boxing	paulquinn999@gmail.com
Glen Kelly	Development Officer, FAI	glen.kelly@fai.ie
Heather Jameson	Football For All (Disability North City)	Heather.jameson@fai.ie
Chris McElligott	Football For All (Disability South City)	Chris.mcelligott@fai.ie
Ray McCabe	Rugby Development Officer	Ray.mccabe@leinsterrugby.ie
Stephen Maher	Rugby Development Officer	stephen.maher@leinsterrugby.ie
Fintan Mc Allister	Development Officer, Cricket	Fintan.mcallister@cricketleinster.ie

REPORT BY:

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie