

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JUNE 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. During 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 June 2023. New initiatives/programmes will be reported on in the July area report.

Sport for Young people Small Grant Scheme

The grant is provided to clubs affiliated to a National Governing Body of Sport with members between the ages of 4 to 21, with the aim of increasing participation in sport by young people throughout Dublin City. The application process closed on 2nd June and each club has been sent receipt confirmation of their application.

[DCSCWP | Support for New and Existing Sports Clubs \(dcswhub.ie\)](https://dcswhub.ie)

HELL & BACK 2023

Ireland's largest and toughest obstacle course challenge is back this year. DCSWP will have local youth services to support its youngest and most daring participants Training programmes are being provided across the city and North Central Area during the summer for young people in the lead up to the 7km adventure challenge in Kilruddery, Wicklow in August.

VHI Women's Mini Marathon

DCSWP was delighted to have 250 participants taking part in this year's **VHI Women's Mini Marathon**.

The women have taken part in the 'Journey to the 2023 **VHI Women's Mini Marathon Programme**'. The programme began in mid-March and has motivated the women to participate in a 12 week guided activity plan that has brought them from walking level to

novice runners. One of the main aims of the programme was to increase fitness, develop confidence and prepare them for the for the big race day.

Active Cities Box Up Stations

As part of the Active Cities Dublin initiative (funded through Dormant Accounts and Sport Ireland), the Sports Partnership have purchased two Boxup storage stations to be used for storing sports equipment in outdoor parks.

These unique stations are designed to store a variety of sports and exercise equipment that can be accessed by the public free of charge for up to 3 hours. The user just downloads the Boxup app on their phone which then enables them to choose the sporting equipment they would like to borrow. The locker is then opened and the equipment made available to them. The App, which is registered to the user using a document of identification, will also provide user data and feedback.

The Boxups will provide more opportunities for people of all abilities to get active and will encourage increased use of parks sporting facilities and open spaces.

The boxes are solar powered providing an economical and environmentally friendly way of providing better access to new and existing activities. DCSWP have ordered two units one to be placed in Mt Bernard Park, Cabra and the second in Sundrive Park, Kimmage.

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 June/July 2023

Name of core programme:	Bluebell Summer Camp
Description of programme activity:	Multi Sports Camp
Age group:	U14
Gender:	Mixed
Date/time and location:	5 th -12 th July ,Bluebell Community Sports Centre

Name of core programme:	Inchicore Family Fun Day
Description of programme activity:	Family Day with mixed sports
Age group:	All ages
Gender:	Mixed
Date/time and location:	13 th July, St. Michaels field

Name of core programme:	D8 Adventure Sports
Description of programme activity:	Groups from all over the canals area taking part in adventure sports in Ballyfermot adventure centre
Age group:	U18s
Gender:	Mixed
Date/time and location:	18 th July, Ballyfermot Adventure centre

Name of core programme:	Bluebell Swimming
Description of programme activity:	Young people from bluebell to take part in open swim sessions
Age group:	U14
Gender:	Mixed
Date/time and location:	7 th -14 th July Ballyfermot LC

Name of core programme:	Footee golf
Description of programme activity:	Young people from the D8 area to take part in FOOTEE golf sessions
Age group:	U18
Gender:	Mixed
Date/time and location:	14 th July, Footee Golf Tallaght

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 St. John of God's, Islandbridge

Name of core programme:	Champions
Description of programme activity:	Multi-Fitness Exercise Classes
Age group:	Age 7-18 years
Gender:	Mixed
Date/time and location:	Every Tuesday from 3.30pm in the F2 Centre, Rialto and every Thursday from 4pm in Bluebell Community Centre

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:	Mini Marathon
Description of programme activity:	Follow on from c4L Cherry Orchard Running club bringing group to 10 k level
Partners:	Cherry Orchard Running Club
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	28 th Feb -4 th June Every Tues & Thursday

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:	Ongoing classes F2 Centre every Monday from 5.30pm and every Thursday from 5.30pm

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:	Ongoing classes in Bluebell CC every Wednesday from 12 noon and every Thursday from 7pm

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
Gender:	Mixed
Date/time and location:	Ongoing classes in Inchicore FRC every Tuesday from 10am and every Thursday 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:	Orchards Centre every Thursday from 11.30am

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 - 1

Name of core programme:	Fighting Fit Multi-Fitness Programme
Gender:	Mixed
Date/time and location:	Cherry Orchard Boxing Club every Wednesday from 4pm

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:	Support 3 groups with young people on GAISCE programme BYS - Equine Centre - Kylemore CTC
Age group:	14 to 26 Years
Gender:	Mixed
Date/time and location:	1 st -9 th July Ballyfermot / Cherry Orchard

Name of core programme:	Youth At Risk High Board Diving Programme
Partners:	Ballyfermot Youth Services/Familiabase
Age group:	10 – 26 years
Gender:	Mixed
Date/time and location:	National Aquatic Centre every Wednesday from 5.30pm

Name of core programme:	Afterschool Boxing Introduction Programme
Partners:	Kylemore College/Co-funded Boxing Officer
Age group:	12-15 years
Gender:	Mixed
Date/time and location:	Cherry Orchard Boxing Club every Thursday from 3pm

Name of core programme:	Ian Daly 'Swim A Mile With A Smile' Charity Swim Training 2023
Partners:	Ballyfermot Youth Services/Familiabase
Age group:	10-25 years
Gender:	Mixed
Date/time and location:	Ballyfermot Youth & Fitness Pool.

Name of core programme:	Fundamental Fitness Tusla After-School Referral Programme
Partners:	Familiabase
Age group:	4- 12 years
Gender:	Mixed
Date/time and location:	Ballyfermot Youth & Fitness Centre every Thursday from 3pm. G

Name of core programme:	Swim For Mile Youth Reach Programme
Partners:	Local Youth Services
Age group:	17-21 years
Gender:	Mixed
Date/time and location:	Trinity College Pool every Thursday from 2pm

Name of core programme:	Football Youth Programme
Partners:	Foróige Youth Club/FAI Co-funded
Age group:	10-12 years
Gender:	Male
Date/time and location:	St. Catherine's Sports & Fitness Centre every Monday from 4pm

Name of core programme:	Teenage Boot Camp Lifestyle Change Programme
Partners:	IABA Co-funded
Age group:	8-11 years
Gender:	Mixed
Date/time and location:	St. Catherine's Boxing Club every Wednesday from 5pm

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

Underactive Communities

Name of core programme:	Fatima Holistic Health
Description of programme activity:	Pilates exercise class aimed at underactive adults as part of a holistic health programme
Age Group:	18+
Gender:	Mixed
Date/Time and location	Wednesday 10.30am - F2 Centre, Rialto ongoing

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

- Boccia with Enable Ireland will take place on Mondays from 11 to 12 in f2 centre and will start on the 24th April for 5 weeks. Boccia is a precision ball sport requiring accuracy and strategy.
- 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 July (age 10-18 years, commencing 31st January).
- 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 April (age 4 – 18 years, commencing 13th January).
- 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 continue to engage with local schools re Daily Mile programme.

Boxing in the Community

The Start Box Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits will take place from 5th June to 26 July from 12pm-2pm. The following schools will take part this year;

- St Audeon's First Class
- St Francis CBS
- St Francis
- South West Inner City Network (SWICN)
- Drimnagh BC

Cricket in the Community

Cricket Officer to support inclusive programmes (see above re Table Cricket) and engage with the following SCA schools via introductory softball cricket sessions:

- Drimnagh Castle Secondary School every Monday from 3 -4.30pm (mixed age 13-15 years)
- Kylemore College, Ballyfermot every Tuesday from 2 – 3.30pm (mixed age 16 years)

Football in the Community

FAI youth football initiatives continue - 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 continue in SCA primary and secondary schools continue Secondary schools are also participating in contact rugby sessions.

Rowing in the Community

There will be a Get Rowing programme on the **4th July** in Dublin City Councils Rowing centre groups from all over the canals area will take part.

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.

Training for 2023

- First Aid training for Dolphin Staff and participants to be trained up in Basic 1st aid 3 hour course
- Safeguarding 1,2 & 3 (on-demand basis)
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- PHECC Training

- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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