

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JULY 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 July 2023. New initiatives/programmes in August will be reported on in the next report.

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 Central Area during the summer for young people in the lead up to the 7km adventure challenge in Kilruddery, Wicklow in August.

FUNTROPOLIS

Dublin City Council's Funtropolis will return to Merrion Square Park on Saturday and Sunday, July 8th & 9th, from 12 pm-6 pm and Mountjoy Square Park on Saturday and Sunday, August 19th & 20th, from 12 pm-6 pm. Learn something new in the Science Zone, or take some time to get Zen in the DCC Sports and Wellbeing Zone, complete with various sports demos

DCSWP are delighted to be involved in this free Family Fun day in the heart of the City for more information see link below;

[Funtropolis - Dublin.ie](https://www.dublincity.ie/funtropolis)

Active Cities

As part of the Active Cities Dublin initiative 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 units will be placed in Mt Bernard Park, Cabra and Sundrive Park, Kimmage.

All DCSWP highlighted programmes will continue to be supported by social media channels and the DCSWP Virtual Hub.

- 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 June 2023

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 core programme:	Kayaking Youth Watersports
Description of programme activity:	The activities will place an emphasis on teamwork, sport and healthy physical activity on the water.
Partners (If any):	Summer Project / Youth Services & Disability Groups
Age group:	10+
Gender:	Male / Female
Date/time and location:	Eastwall Watersport & Ballyfermot Adventure Centre Ongoing from June to August

Name of core programme:	Pilates
Description of programme activity:	Pilates classes as a way to socially engage and build body Strength, suppleness . Mindfulness.
Partners:	Open to all
Age group:	All ages
Gender:	Mixed
Date/time and location:	19 th June – 21 Aug Aughrim St

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

Underactive Communities

Name of programme:	Change 4 Life
Description of programme activity	Getting people actively involved socially, mentally, emotionally via exercise. Three Sessions per Week
Age group:	Adults (age 18+years)
Gender:	Mixed
Date/time and location:	Aughrim St 19 th June -21 st Aug

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 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:	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. Ongoing

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 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))

- 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 July (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:

Boxing in the Community

The Startbox Aviva tours started on the 2nd June and is ongoing for July. Boxing Development officers will provide both tours of the Aviva Stadium and boxing training sessions to the visiting schools.

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