

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

OCTOBER 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 October 2023.

Marathon Kids 2023

Marathon Kids Is an 8 week physical education program covering daily short runs, physical & mental health education, nutrition, exercise and lots of fun. The programmes is a national initiative aimed at primary school students at 4th, 5th and 6th class level. David Gillick, ambassador for Marathon Kids visited the 50+ schools (including schools from the Central area) participating in this year's programme during European Week of Sport/Dublin Sportsfest 2023.

Youth At Risk/Community Events - Halloween 2023

Plans are in place for multi-sport activities to engage young people in sport and physical activity during the 2023 mid-term break. In the Central Area the Zombie Fun returns in Cabra as part of Dublin City Council's Halloween community/family festival and Halloween themed orienteering activities will take place.

Central Area officers will also be working closely with local Youth Services over the week. Planned activities include trips to Aquazone, Emerald Park, Meath, the Beyond the Trees experience in Avondale and Dublin zoo.

Staffing News

Sport Officer (x2) and Sport Inclusion and Integration Officer roles (x 2. 3 year temporary) have been advertised. Closing date for application was 12 September. The Shortlisting/Eligibility/Interview process is to follow.

DCSWP Sim For Schools Motor Sport Programme Highlight Programme

DCSWP and Active Cities, in partnership with Nicci Daly and Formula Female, launched the Dublin City Council Sim For Schools Program across five schools in each administrative area during Sportsfest 2023.

The programme will engage transition year classes in girls' schools providing the opportunity to take part in this novel motorsport programme, utilising simulator rigs that DCSWP has purchased.

Sport for Young People Small Grant Scheme 2023

170 applications have been received from clubs across the city including the NWA (closing date 2nd June 2023). Sport Ireland Contribution for 2023 is €80,000. The first phase of the assessment is complete with phase two in progress. Clubs are due to be notified in the coming weeks. Once confirmed a full list of Central area clubs can be provided for the committees' information on request.

Active Cities

➤ BoxUp

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 three hours. The user 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 have been placed in **Mt Bernard Park, Cabra** and Sundrive Park, Kimmage. The Boxup pilot programme was rolled out in Eamon Ceannt Park in August.

(<https://www.dcswhub.ie/boxup-comes-to-ireland>).

The official Launch of BoxUp took place on Wednesday 4th October at 2.30pm in Eamonn Ceannt Park, Crumlin.

Social Media/Communication

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 October 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:	Just Ask Drop-In Football
Description of programme activity:	Football drop-in programme aimed at young people in the D7 area
Partners (If any):	Just Ask D7 Youth Project
Age group:	U16
Gender:	Male
Date/time and location:	Ongoing. Mondays and Thursdays from 3pm. Greek St MUGA multi-sports pitch

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:	Ongoing Grangegorman College every Friday.

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:	Ongoing. Aughrim St. Mondays 10am and 6pm. Thursdays 10am

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

Older Adults – Age 55+ years

Name of core programme:	Forever Fit Golden Wonders
Description of programme activity:	1 hour weekly multi-sport games and activities
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Cabra Parkside. Full details TBC.

Name of programme:	Forever Fit 'Heels' Walking programme
Age group:	Older adults (age 55+ years)
Gender:	Mixed

Date/time and location:	Ongoing. Tuesdays from 10am. Ierne Sports Club, Drumcondra
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Name of programme:	Forever Fit 'Wheels' Cycling programme
Age group:	Older adults (age 55+ years)
Gender:	Mixed
Date/time and location:	Ongoing. Mondays from 10am. Ierne Sports Club, Drumcondra

Name of programme:	Forever Fit Beginners Yoga programme
Age group:	Older adults (age 55+ years)
Gender:	Mixed
Date/time and location:	Ongoing. Fridays from 10am. Ballybough Youth & Fitness Centre

Name of programme:	Forever Fit Go For Life Games
Age group:	Older adults (age 55+ years)
Gender:	Mixed
Date/time and location:	Ongoing. Mondays from 10am. Clonliffe/Croke Park Community Centre

Name of programme:	Forever Fit Dunard Court Group
Description of programme activity:	Walking/Cycling/Other activities TBC
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Thursdays. Full details TBC

Name of programme:	Forever Fit Trampoline Programme
Description of programme activity:	Exercise programme
Age group:	Older adults (to include older adults with intellectual disabilities)
Gender:	Mixed
Date/time and location:	TBC

Name of programme:	Forever Fit Activator Pole Programme
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Tuesdays, Cabra Parkside

Women in Sport – Get All Girls Active (GAGA)

Name of programme:	Beginners Strength Training for Women
Age group:	18+
Gender:	Females
Date/time and location:	

Health Improvement in the Community

Name of programme:	Move For Health NEIC
Description of programme activity :	Strength & Balance Programme
Gender:	Older Adults (age 55+)
Date/Time and Location:	Thursday at 12.15pm. Killarney Court, NEIC

Name of programme:	Falls Management/OTAGO programme
Description of programme activity :	Strength & Balance Programme
Gender:	Older Adults (age 55+)
Date/Time and Location:	Ongoing.Wednesdays 12pm in Ballybough Community Centre (OTAGO) and Wednesdays 1pm in Ballybough CC (Falls Management)

Sport Inclusion & Integration – Individuals With Physical, Intellectual and Sensory Disabilities

The following programmes are delivered on a citywide basis and include partners and participants from the Central Area:

Name of programme:	Shelbourne Football For All Programme
Description of programme activity :	Programme aimed at service users from multiple services age 16+ years years experiencing mental health difficulties.

Name of programme:	Ukrainian Crisis Centre Programme
Description of programme activity :	Multi-sport initiative aimed at all ages. Existing programmes such as the Track Partnership in Sundrive Park to continue

Name of programme:	Child Vision Ireland Tai Chi Programme
Description of programme activity :	Six-Eight week programme aimed at children. Delivered in partnership with Childvision, Drumcondra

Name of programme:	Learn 2 Cycle/Cycle With Confidence Programme
Description of programme activity :	Targeted at persons with physical and cognitive needs. Citywide programme. Locations TBC

Name of programme:	Sim For Schools/Formula Female
Description of programme activity :	Motorsports programme designed to integrate stem learnings with school curriculum. Targeted at teenage girls. Programme to focus on progressing to completion level and final event.

Name of programme:	Sim For Schools Motor Sport
Description of programme activity :	Motorsports programme designed to integrate stem learnings with school curriculum. Targeted at teenage girls.

	Programme to focus on progressing to completion level and final event.
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Name of programme:	St. Michael's House, Glasnevin Autumn Programme
Description of programme activity :	5+ participants of mixed gender, ranging from ages 16 upwards. Supporting individuals with a wide range of physical and cognitive needs. Coaches will come to facility to offer a mixed program for participants of service

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking programmes continue in the Central area in partnership with Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes. Marathon Kids (see above)

Boxing in the Community

The 13-week Startbox Bronze and Silver programmes continue in Central area schools in October in partnership with the DCSWP IABA Boxing Development Officer.

Cricket in the Community

- The DCSWP Cricket Development Officer continues to deliver and support schoolyard sessions via local primary schools (Stanhope St and Gardnier street every Tuesday from 11am.
- Tape Ball cricket sessions continue every Saturday in Mountjoy Square from 10am.

Football in the Community

- The FAI Development Officer currently engaging with schools and local clubs around introductory and coaching programmes, including inclusive programmes delivered by the North City Football For All Officer.
- Halloween 2023 half-day camps
- Late Night Leagues continue in the NEIC in Sheriff St. Youth Club every Friday from 6-9pm. The leagues are aimed at young people age 12-16 years (mixed)

- Walking Football aimed at underactive adults age 50+ years (mixed) continues in St. Laurence O'Toole Centre every Friday from 12-1pm.

Rowing in the Community

The Get Going Get Rowing indoor rowing schools programme continue in schools across Dublin City and rowing sessions continue at the Rowing centre, Islandbridge. Participating schools include students from the Central area.

Rugby in the Community

- Rugby in-school sessions and Aldi Play Rugby Sessions continue in Central area primary and secondary schools from Friday 1st September. .

Swimming in the Community

DCC/DCSWP appointed a Co-funded Swimming Ireland Development Officer in 2022 to increase opportunities for everyone in our communities to get involved with swimming and enjoy the benefits of water based physical activities

A new DCSWP Swimming Development Officer was appointed over the summer 2023 period and is currently engaging with schools, groups and identifying swimming facilities in areas across the city. Details of programmes and initiatives will be included in the November report.

Training for 2023

- Safeguarding 1,2 & 3 (Ongoing on an on-demand basis)

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
Christine Russell	Development Officer, Get Dublin Swimming	christinerussell@swimireland.ie
Colette Quinn	Development Officer, Athletics	colettequinn@athleticsireland.ie
Paul Quinn	Development Officer, Boxing	paulquinn999@gmail.com
Neil Keoghan	Development Officer, FAI	neil.keoghan@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
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