

## **SOUTH CENTRAL AREA COMMITTEE**

### **DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT**

**OCTOBER 2023**

#### **2023 – Linking in with National Events & Initiatives**

The primary goal of Dublin City Sport & Wellbeing (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 delivery and promotion of ongoing core 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.

In November DCSWP will be highlighting programmes in underactive communities and male focussed programmes to coincide with Men's Health week. Inclusion and Integration week also takes place in November which provides an opportunity for DCSWP to highlight programmes that promote inclusion in sport.

#### **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 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> class level. David Gillick, ambassador for Marathon Kids visited the 50+ schools (including schools from the South Central Area) participating in this year's programme during European Week of Sport/Dublin Sportsfest 2023.

#### **Staffing News**

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

#### **DCSWP SIMS (School Information Management System) 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 European Week Of Sport/ Sportsfest 2023. The programme engages transition year classes in girls' schools providing the opportunity to take part in this novel motorsport programme, utilising simulator rigs that DCSWP has purchased. The programme is delivered by Nicci Daly. Nicci is a Member of the Ladies Hockey Team who won the Silver Medal at the 2018 World Cup, and was a member of the team that represented Ireland at the 2020 Olympics in 2020. Nicci's family is steeped in the Irish motorsport history, and Nicci herself worked as a data engineer for Juncos Racing in Indycar from 2016. In the USA Nicci has developed a programme aimed at introducing motorsport opportunities for school aged girls, while also overlapping and interweaving stem elements that will compliment academic curriculums, using the interactive platform of simulator rigs.

This new and exciting DCSWP programme runs for 6 weeks, as students work through a progressive curriculum with overlapping interweaved elements, developing technical knowhow, racing skills, team promotion and design. There will be ongoing friendly competition as well as a final event between the schools. There is also potential opportunity for final participants to participate in a high profile final event at Gamer Fest 2023 in the RDS, as well as experiential finish day in Mondello with actual in-car experience. The Programme has also been approached by TG4 who want to do a piece on the programme and organisations such as Curry's/World who are interested in further sponsoring the programme.

- **In the South Central Area (SCA) the six-week programme was launched in Mercy Secondary School, Inchicore on Wednesday 27<sup>th</sup> September and Kylemore College, Ballyfermot on Wednesday 28<sup>th</sup> September.**

### **Sport for Young People Small Grant Scheme 2023**

170 applications have been received from clubs across the city including the SCA Area (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.

This is a priority for DCSWP and clubs will be notified in the coming weeks. Once confirmed, a list of SCA clubs can be provided for the committees' information on request.

### **Active Cities (Citywide)**

- **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 provides 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 to date been placed in Mt Bernard Park, Cabra and Sundrive Park, Kimmage as part of the pilot city parks roll out.

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

The official Launch of BoxUp took place on Wednesday 4<sup>th</sup> 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.dcswhub.ie](http://www.dcswhub.ie)
- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

### SCA Core/Ongoing Programme Highlights October 2023

**Youth At Risk - 10-21 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.

	Youth Leadership Programme
<b>Description of programme activity:</b>	Youth Leadership Programme – supporting young people in the community to achieve pool lifeguard qualification – this programme will run until April 2023
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed

<b>Date/time and location:</b>	Ongoing. Ballyfermot and Cherry Orchard area.
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<b>Name of core programme:</b>	<b>National Powerboat Certification</b>
<b>Description of programme activity:</b>	National Powerboat Certification – partnership programme between DCC/DCSWP and Diving Ireland. Seven young people have been offered the opportunity to achieve Negative Pressure Breathing (NPB 2) qualification. This programme will run until April 2024
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing Ballyfermot And Cherry Orchard area.

	<b>Halloween 2023</b>
<b>Description of programme activity:</b>	Supporting young people in the area during the October mid-term break in partnership with local youth services – activities include footee, trips to aquazone/jumpzone etc
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ballyfermot and Cherry Orchard area.

	<b>Kylemore Community &amp; Education Training Centre</b>
<b>Description of programme activity:</b>	Adventure day and walking programme in partnership with Kylemore CTC (early school leavers)
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Fridays – weekly walking club. Tuesdays – Multi-sport activities in Outdoor Adventure Centre

<b>Name of core programme:</b>	<b>Teenage Boot Camp Lifestyle Change Programme</b>
<b>Partners:</b>	IABA Co-funded
<b>Age group:</b>	4-16 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Wednesdays F2 Centre Club

### Champions – People with physical, intellectual and sensory disabilities

<b>Name of core programme:</b>	<b>Champions</b>
<b>Description of programme activity:</b>	Multi-Fitness Exercise Classes
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Wednesdays from 11am in St. John of God's, Islandbridge

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

### Thrive – Adults with Mental Health Challenges

<b>Name of core programme:</b>	<b>Women's Shed, Drimnagh</b>
<b>Description of programme activity:</b>	Providing spaces where women can come together – in a sociable environment - learn, share skills etc.

<b>Age group:</b>	Female adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing.

### Underactive Communities

<b>Name of core programme:</b>	<b>Couch to 5k</b>
<b>Description of programme activity:</b>	Couch to 5k Cherry Orchard. Supports adults to build fitness and stamina to complete a 5k run as part of the Remembrance Run in the Phoenix in November
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Tuesdays and Thursdays from 6.30pm in Cherry Orchard Running Club

	<b>Get Dublin Walking</b>
<b>Description of programme activity:</b>	Get Dublin Walking – local weekly walking sessions targeted at adults in the Ballyfermot and Cherry Orchard area
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing.

<b>Name of core programme:</b>	<b>Change For Life Bluebell</b>
<b>Description of programme activity:</b>	Multi-fitness activities aimed at communities in Bluebell.
<b>Partners:</b>	Bluebell Community Centre
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Wednesdays in Bluebell CC Wednesdays from 12 noon and Thursdays from 7pm

<b>Name of core programme:</b>	<b>Change For Life Inchicore</b>
<b>Description of programme activity:</b>	Multi-fitness activities aimed at communities in Inchicore.
<b>Partners:</b>	Inchicore Family Resource Centre
<b>Age group:</b>	Adults 18+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Tuesdays from 10am and Thursdays from 11am in Inchicore Family Resource Centre

<b>Name of core programme:</b>	<b>Change For Life Dolphin's Barn</b>
<b>Description of programme activity:</b>	Mixed exercise classes aimed at communities in Dolphin's Barn Area.
<b>Partners:</b>	Dolphin Community Centre
<b>Age group:</b>	Adults 18+
<b>Gender:</b>	Mixed

<b>Date/time and location:</b>	Ongoing classes every Thursday. Time TBC
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### Older Adults – Age 55+ years

<b>Name of core programme:</b>	<b>Walking Football Taster Sessions</b>
<b>Partners :</b>	FAI Co-Funded Officers
<b>Gender:</b>	Mixed
<b>Date/Time and location:</b>	Ongoing. Thursdays from 11.30am in Cherry Orchard Community Centre

<b>Name of core programme:</b>	<b>Boules Sessions</b>
<b>Description of programme activity:</b>	Older Adult Bowling programme
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Tuesdays from 11am – 1pm in Cherry Orchard Community Centre.

<b>Name of core programme:</b>	<b>Fighting Fit Multi-Fitness Programme</b>
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Wednesdays from 4pm in Cherry Orchard Boxing Club

### Sport Inclusion & Integration

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

<b>Name of programme:</b>	<b>Bravo VolleyBall Programme, Inchicore</b>
<b>Description of programme activity :</b>	Aimed at members of the LGBTQ+ community This programme encourages participation in a safe, open environment by providing viable pathways to local clubs.
<b>Name of programme:</b>	<b>Shelbourne Football For All Programme</b>
<b>Description of programme activity :</b>	Programme aimed at service users from multiple services age 16 years + experiencing mental health difficulties.



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

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

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

<b>Name of programme:</b>	<b>Sim For Schools/Formula Female</b>
<b>Description of programme activity :</b>	(See start of report) Six-week Motorsports programme designed to integrate stem learnings with school curriculums. Targeted at teenage girls at Transition Year level. . Programme to focus on progressing to completion level and final event.

### Health Improvement Programmes in the SCA

- Men on The Move – Men only adult programme providing workshops on issues such as nutrition, exercise and mental health care. In the SCA the following Men on the Move programmes take place over the next few weeks:
  - Ballyfermot/Cherry Orchard – every Wednesday from 7pm In Ballyfermot Civic Community Centre
  - Fatima – every Wednesday from 10am in the F2 Centre, Rialto

Chapelizod – every Monday from 11am in Lionsvilla Hostel, Chapelizod

- Fatima Holistic Health – pilates exercise classes aimed at underactive adults. Every Wednesday from 10.30am in the F2 Centre, Rialto
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Rialto.

## **DCSWP SCA Co-Funded Programmes**

### **Athletics in the Community**

Couch to 3/5k and walking programmes continue in the SCA area in partnership with the Co-funded Athletic Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes. As above, the Marathon Kids programme continues in primary schools in the SCA area.

### **Boxing in the Community**

The StartBox Bronze programme is currently being rolled out in schools by the SCA Boxing Development Officer in the following schools:

- Our Lady of Good Counsel, Drimnagh (Primary school - Bronze and Silver programme)
- Scoil Mhuire Gan Smal, Inchicore (Primary school - Bronze and Silver programme)
- Lucan Community College (Transition Year - Bronze and Silver programme)

### **Cricket in the Community**

- The DCSWP Cricket Officer continues to support inclusive programmes and engage with the following NWA primary schools/youth centres via softball cricket introductory sessions.
  - Drimnagh Castle BSC, Mondays 3.00pm-4.30pm
  - St Patrick's NS Choir School Thursdays 1.00am-2.30pm
- Mid Term Camps will take place on Tuesday 31<sup>st</sup> October in Phoenix Park Cricket Club.

### **Football in the Community**

- **Girls In Green Programme**

Targeted at young female's age 8-12 years. Aim is to encourage young females to participate and form pathways to local clubs in D8 area

➤ **Afterschool Programme**

Targeted at young females. Aim is to encourage young females to participate and form pathways to local clubs in D8 area

➤ **School Coaching Sessions**

Primary School programme – aimed at various schools in D8 area

➤ **FAI Coaching**

- PDP 1 aimed at local community coaches coaching continues in Inchicore/Bluebell area.

➤ **Football For All (Disability programme – citywide, including participants from SCA)**

The National Learning Network Blitz days continue once a month in Clontarf pitches. The programme is aimed at encouraging participation in the sport for adults with additional needs.

### **Rowing in the Community**

The Get Going Get Rowing indoor rowing schools programme continues in mid-September in schools across Dublin City.

### **Rugby in the Community**

Tag rugby/Aldi play in-school sessions continue in SCA primary and secondary schools. Queries on programmes can be directed to the DCSWP office or the Rugby Development Officer (details below).

### **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. Details of programmes and initiatives will be included in upcoming reports.

### **Training for 2023 (Citywide)**

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

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