

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

NOVEMBER 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.

In November DCSWP will be highlighting programmes male focused programmes to coincide with Men's Health week (15th – 20th) and International Men's Health Day (19th Nov). Inclusion and Integration week also takes place in November (7th – 14th) which provides an opportunity for DCSWP to highlight programmes that promote inclusion in sport. December 3rd marks International Day of People with Disabilities. DCSWP will be promoting ongoing programmes and initiatives that increase opportunities for people with intellectual, physical and sensory disabilities to partake in sport and physical activity.

Marathon Kids Final 2023

Finale of Marathon Kids 2023 programme. Participating schools (including schools from the South Central Area) will come together to finish their final mile in Santry Stadium and receive medals. Full details TBC.

Staffing News

As previously reported Sport Officer (x2) and Sport Inclusion and Integration Officer roles (x 2 three year temporary) were advertised in September. The shortlisting process is near completion with interviews to follow. TBC

Sport for Young People Small Grant Scheme 2023

170 applications were received from clubs across the city including the South Central Area (SCA). Sport Ireland Contribution for 2023 is €80,000. Remainder of allocation is from DCC. The assessment stage is now complete. The DCSWP Advisory Board noted the final list and allocation at the meeting of 24th October. Successful clubs have been notified (134). Average funding is between €500- €950). A number of clubs remain under review. A full list of SCA clubs can be provided for the committees' information on request.

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.dcwspclub.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)

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Active Cities Update (Citywide)

- **Sim for Motorsport**

Please see previous report for programme information. The DCSWP/Active Cities (Dublin) programme continues and will conclude in November.

In the SCA the programme was launched in Mercy Secondary School, Inchicore on Wednesday 27th September and Kylemore College, Ballyfermot on Wednesday 28th September.

- **BoxUp (please refer to previous report)**

The Boxup initiative continues in city parks offering free equipment – please see previous report.

F2 Building Fatima

Active Cities (Dublin) is currently funding exercise classes for children with Autism age 4 – 6 and 7 – 9 years.

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SCA Core/Ongoing Programme Highlights November 2023

Youth Fit & Youth at Risk (10-21 years) Youth At Risk programmes are 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 Leadership Programme
Description of programme activity:	Youth Leadership Programme – supporting young people in the community to achieve pool lifeguard qualification – this programme will run until April 2023
Age group:	16-26
Gender:	Mixed
Date/time and location:	Ongoing. Ballyfermot and Cherry Orchard area.

Name of core programme:	National Powerboat Certification
Description of programme activity:	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
Age group:	16-26
Gender:	Mixed
Date/time and location:	Ongoing Ballyfermot And Cherry Orchard area.

Name of core programme:	Underwater Hockey Programmes:23Sports
Description of programme activity:	Six-week Introductory Junior Underwater Hockey and weekend coaching course programme delivered in partnership with Dive Ireland
Age group:	14-18 (junior programme) 18+ (coaching course)
Gender:	Mixed
Date/time and location:	Junior programme TBC. Coaching course commences Saturday 3 rd December

Name of core programme:	GAISCE President Award Leader (PAL) Education Training Centre
Description of programme activity:	SCA Officers support young participants in the GAISCE Bronze and Gold programmes in partnership with Ballyfermot Youth Services and Kylemore Community Training Centre
Age group:	14-26
Gender:	Mixed
Date/time and location:	Ongoing.

Name of core programme:	Junior Parkrun
Partners:	Cherry Orchard Running Club
Age group:	U14
Gender:	Mixed
Date/time and location:	Ongoing. Sundays 9am from Cherry Orchard Running Club

Name of core programme:	Youth Fit Multi-Sport programme
Description of programme activity:	Multi-sport Youth At Risk taster sessions delivered in partnership with Fóróige youth services
Age group:	10-25
Gender:	Mixed
Date/time and location:	Ongoing. St. Catherine's Sports & Fitness Centre

Name of core programme:	Youth Fit Basketball programme
Description of programme activity:	Youth At Risk initiative reinforcing the social and physical benefits of sport and physical activity. Delivered in partnership with Youth Reach
Age group:	10-25
Gender:	Mixed
Date/time and location:	Ongoing. Wednesdays St. Catherine's Sports & Fitness Centre

Name of core programme:	Youth Fit Football Referral Programme
Description of programme activity:	Dublin 8 Youth At Risk football initiative delivered in partnership with Fóróige
Age group:	10-25
Gender:	Mixed
Date/time and location:	Ongoing. Wednesdays. St. Catherine's Sports & Fitness Centre

Name of core programme:	Youth Fit Schools Programme
Description of programme activity:	Bike Safety, After-school activity and School's cross-country programmes continue in primary schools across the SCA
Age group:	Primary schools
Gender:	Mixed
Date/time and location:	Ongoing programmes. Various times and locations

Champions – People with physical, intellectual and sensory disabilities

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:	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

Name of core programme:	Women's Shed, Drimnagh
Description of programme activity:	Providing spaces where women can come together – in a sociable environment - learn, share skills etc.
Age group:	Female adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing.

Underactive Communities

Name of core programme:	Couch to 5k
Description of programme activity:	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
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing. Tuesdays and Thursdays from 6.30pm in Cherry Orchard Running Club

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

Name of core programme:	Dance Fit
Description of programme activity:	Female focussed programme aimed at women in the D8 area. Delivered in partnership with South Inner City Community Development Association (SICCDA)
Age group:	40+
Gender:	Females
Date/time and location:	Ongoing. Wednesdays in SICCDA, Meath St, D8

Name of core programme:	Change For Life Bluebell
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. Wednesdays in Bluebell CC Wednesdays from 12 noon and Thursdays from 7pm

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

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

Date/time and location:	Ongoing classes every Thursday. Time TBC
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Name of core programme:	Change For Life Fatima
Description of programme activity:	Mixed exercise classes aimed at communities Fatima area.
Partners:	F2 Centre, Fatima
Age group:	Adults 18+
Gender:	Mixed
Date/time and location:	Ongoing classes every Thursday. Time TBC

Older Adults – Age 55+ years

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

Name of core programme:	Forever Fit Inchicore/Fatima/Dolphin's Barn
Description of programme activity:	Older Adult Mixed Exercise Programme (Inchicore Chair-Based)
Gender:	Mixed
Date/time and location:	Ongoing. Inchicore (Tuesdays), Fatima (Wednesdays), Dolphin's Barn (Thursdays)

Sport Inclusion & Integration – Individuals with Physical, Intellectual and Sensory Disabilities/Ethnic & Minority Communities

Inclusion programmes will be showcased and highlighted during Inclusion week 6th – 12th November The following programmes are delivered on a citywide basis and include partners and participants from the SCA:

Name of programme:	Yoga Programme
Description of programme activity :	Inclusive Yoga. Aimed at Sporting Pride LGBTQ + community in the SEA. Inclusion programmes will be showcased and highlight during Inclusion week 6th – 12th November

Name of programme:	Bravo Volleyball Club
Description of programme activity :	Club development aimed at supporting members of the LGBTQ+ community.
Name of programme:	Shelbourne Football For All Programme
Description of programme activity :	Programme aimed at service users from multiple services age 16+ years experiencing mental health difficulties.

Name of programme:	Ukrainian Crisis Centre Winter Programme
Description of programme activity :	Multi-sport initiative aimed at all ages. Delivered in partnership with emergency/housing services etc. Takes place in St. Catherine's Sport & Fitness Centre every Wednesday in November/December

Name of programme:	Sim 4 STEM Motorsports Female Programme
Description of programme activity :	See previous reports. DCC/DCSWP initiative as part of Active Cities Dublin.

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 Lionsville 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 community programmes continue in the SCA in partnership with the Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes such as training for schools cross country 2024.

Boxing in the Community

The StartBox programme has progressed to the Gold and Silver stage and is currently being rolled out in schools by the SCA Boxing Development Officer in the following schools:

- Drimnagh Castle (primary school – Silver and Gold programme)
- Our Lady of Good Counsel, Drimnagh (primary School - Silver and Gold programme)
- St. Francis St. CBS (primary School - Silver and Gold programme)

- Scoil Mhuire Gan Smal, Inchicore (primary school - Bronze and Silver programme)
- Presentation College, Warrenmount, Donore Ave (secondary school Silver & Gold)
- Scoil Mhuire, Lucan (primary school - Silver and Gold programme)

Cricket in the Community

The DCSWP Cricket Officer continues to support inclusive programmes and engage with the following SCA 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

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 the 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 the SCA the programme will be delivered in Kylemore College, Ballyfermot every Monday aimed at second year and TY level.

Rugby in the Community

In-school sessions continue in the following SCA primary and secondary schools:

- Our Lady of the Wayside, Bluebell (primary)
- St. Patrick's Cathedral, D8 (primary)
- St. Seton's, Ballyfermot (secondary)

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

- Men's sheds, men's wellness, female wellness, Foróige and Foundations youth project and Vision Sports swim programmes continue in Coolock and Seán McDermott swimming pool on a citywide basis.

Training for 2023 (Citywide)

- Safeguarding 2 & 3 (Designated Liaison Persons) is currently being delivered on an on-demand basis for clubs, volunteers and coaches
- First Aid Responder Training for DCSWP Sport Officers to be delivered in mid to late November.

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