

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 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 SEA. 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. Clubs are due to be notified. A full list of Central Area 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.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 November 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:	15 - 18
Gender:	Male
Date/time and location:	Ongoing Grangegorman College every Friday.

Name of core programme:	HSE Rehabilitation Programme
Description of programme activity:	Football Evening Leagues Programme
Partners (If any):	An Garda Síochána
Age group:	15 - 18
Gender:	Male
Date/time and location:	Ongoing every Friday. Greek Street MUGA multi-sport pitches

Name of core programme:	After-School Programme
Description of programme activity:	Multi-Sport Youth Fit Programme aimed at students from Stanhope ST. Secondary School
Partners (If any):	HSE/Trinity College
Age group:	14-16
Gender:	Female
Date/time and location:	Ongoing. Time and Date TBC

Name of core programme:	Youth Fit Christmas Ice Skating Programme
Description of programme activity:	Seasonal programme reinforcing the social, physical and mental health benefits of sport.
Partners (If any):	Blanchardstown On Ice/Local Youth groups/projects
Age group:	10-21 years

Gender:	Female
Date/time and location:	Ongoing. Time and Date TBC

Underactive Communities

Name of programme:	Change 4 Life
Description of programme activity	Getting people actively involved socially, mentally, emotionally via exercise. Pilates/Yoga and HITT Circuit Programme
Age group:	Adults (age 18+years)
Gender:	Mixed
Date/time and location:	Ongoing. Aughrim St. Mondays 10am and 6pm. Thursdays 10am (Pilates/Yoga) Tuesdays 6pm and Fridays 10am (HITT)

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:	Ongoing. Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre. Ongoing.Wednesdays 10am in Aughrim St. Centre

Name of programme:	Dublin Bike Polo
Age group:	All Ages
Gender:	Mixed
Date/time and location:	Aldborough Multi-Sport Pitches, D1 every Wednesday from 7pm and Sunday from 2pm from 1 st Nov – 1 st Dec

Name of programme:	Men's Health Swim and Yoga Programme
Age group:	18+ years
Gender:	Male

Date/time and location:	Seán McDermott Pool every Thursday. Time TBC
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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

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

Thrive – Adults With Mental Health Difficulties

Name of programme:	Eve Góirtín/HSE Programme
Description of programme activity:	Delivered in partnership with the HSE and the EVE Góirtín Training Centre which focuses on delivering programmes aimed at engaging adults who have experienced a mental health difficulty.
Age group:	18+
Gender:	Mixed
Date/time and location:	Every Wednesday from 2pm in Aughrim St. Centre

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:	Work Options Programme
Description of programme activity :	Programme supporting adults with disabilities. Every Friday from 12pm in Aughrim st. Centre

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:	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.

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking community programmes continue in the Central area 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 13-week Startbox Bronze and Silver programmes continue in the following Central area schools in November in partnership with the DCSWP IABA Boxing Development Officer:

➤ **Primary School Startbox Gold Programme:**

- St. Paul's, Brunswick Street
- Stanhope St. NS
- D7 Educate Together
- Central Model Senior NS, Gardiner St.
- O'Connell's BNS

➤ **Primary School Startbox Bronze Programme:**

- St. Laurence O'Toole Special School, Sheriff St.
- Henrietta Street School
- St. Vincent's Junior School
- Central Model Junior NS, Gardiner St

Cricket in the Community

- The DCSWP Cricket Development Officer continues to deliver and support schoolyard sessions via local primary schools (Stanhope St and Gardiner St. 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.

- 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) and delivered in partnership with An Garda Síochána
- Walking Football aimed at underactive adults age 50+ years (mixed) continues in St. Laurence O'Toole Centre every Friday from 12-1pm.
- FAI grassroots level education courses help upskill local coaches to improve the standards and quality of coaching in community clubs. These courses are offered to Sheriff YC, Stella Maris, Belvedere, East Wall Bessborough and Hardwicke FC. In the coming weeks the following courses will be delivered
 - **PDP 1** (coaching 6–9-year-olds) November 19th - 10am-4pm in Sheriff St. YC
 - **PDP 2** (coaching 10–12-year-olds) December 10th – 10am-4pm in Sheriff YC

Rowing in the Community

The Get Going Get Rowing indoor rowing schools programme continues. In the Central Area the programme will be delivered in St. Dominic's School, Cabra every Monday aimed at First and TY level.

Rugby in the Community

- Tag Rugby in-school sessions continue in Central area in the following schools:
 - Central Model Junior and Senior School, Gardiner St
 - St. Mary's NS, Dorset St
 - St. Columba's NS, Ballybough/North Strand
 - Mount Carmel Secondary School
 - Ozanam House, Mouth Joy Square
 - St. Laurence O'Toole BNS, Sheriff St
 - Belvedere College, Distillery Road (TY Coaching Course)

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, Vision Sports and after-school swim programmes continue in Coolock and Seán McDermott swimming pool on a citywide basis. Included participants from the Central Area.

Training for 2023

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

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