

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JANUARY 2024

2024 – 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. DCSWP continues to align the planning and delivery of programmes with national and international events in 2024. 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.

Lord Mayor's 5 Alive Road Race Challenge 2024

The Lord Mayor's 5 Alive is back for 2024 and is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals.

The Challenge kicked off for 2024 in the Phoenix Park on 1st January with the Tom Brennan memorial 5k race. The challenge is to complete the three remaining races below and a park run (within the time period 1st January 2024 and 6th April 2024). Participants have received T-Shirts and a medal will be presented by the Lord Mayor after the end of the last race - DCC / BHAA 4 Mile Road Race – 6th April 2024 @ 11.00 (TBC).

- **Raheny 5 Mile** - Raheny Village/St. Anne's Park – 28th January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount – 12th March 2024 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park – 6th April 2024 @ 11am (**DCC will register and pay entry fee**)

Change For Life 2024

Change For Life (CFL) is Dublin City Sport and Wellbeing Partnership's eight-week core programme aimed at transforming the long-term health and wellbeing of communities across Dublin City. Change For Life runs in tandem with and emulates the formula of RTE's

Operation Transformation from January to March every year. The programme initially targeted adults but broadened in recent years to include young people and a Dublin City employee programme focused on supporting staff to develop health habits for life.

Details of CFL Central Area programmes are included in the core programme section.

Change For Life – Staff Programme 2024

In partnership with DCC’s Health and Wellbeing Unit, Dublin City Sport & Wellbeing Partnership is delighted to resume the Change for Life programme for staff in 2024. Due to the temporary closure of the Wood Quay Venue, the classes will take place in St Catherine’s Community Sport Centre. A shuttle bus will be available to staff leaving Cook Street at 12:30 pm and departing St Catherine’s at 1:20 pm.

Fitness classes are commencing Thursday 11th January 2024 for 4 weeks. Programmes have been advertised to staff and places are number dependant:

Pre-Assessment

Date: 9th January 2024

Time: 12-2 p.m.

Location: Room 132

Block1, Floor 3

Fitness Classes*

Date: Tuesday and Thursday

Time: 12:45-1:15pm

Location: St Catherine’s Community Sport Centre

Post-Assessment

Date: 8th February 2024

Time: 12 - 2 p.m.

Location: Room 132

Block1, Floor 3

Dublin City Council Sports Plan 2024 – 2028

New plan to align with the City Development Plan & National Sports Policy
Final Draft to feature two separate but inter-related documents:

- Sports Infrastructure Strategy
- Sports Provision & Programming Strategy (including review of DCSWP)

Purpose

- A common vision for improving sport and recreation provision and participation across Dublin City
- The actions that must be taken to achieve this vision
- The role Dublin City Council and other organisations will play

Timeframe Update

- Tender for consultant via e-tenders was published at the end of 2022 and was awarded to Teneo Strategy Ireland Ltd
- Work commenced in March and began with an extensive stakeholder engagement phase.
- Teneo has also completed all of the research and data analysis elements of the Sports Plan development
- The first iteration of the Sports Plan is currently being drafted and Teneo is working closely with the City Council Project Team and Steering Group to ensure all expected outputs and items within scope have been addressed and covered off
- The finalised draft document is expected to be completed early 2024

Operation Transformation Walks 2024

OT walks will commence in January 2024. DCSWP Sport Officers are engaging with local walking groups targeting all ages in the SEA. Details to be included in January reports.

DCSWP Communications

All DCSWP highlight programmes continue to be supported by social media channels and the DCSWP Virtual Hub. See below:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcwsphub.ie
- Email: sports@dublincity.ie
- Twitter: Dublin City Sport & Wellbeing Partnership (@dccsportsrec) / Twitter
- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](#)
Instagram: [@dublincitysportandwellbeing](#)

Central Area Core Programme January Highlights

Change For Life (Underactive Communities)

Name of programme:	Change For Life – Move 4 Health Programme
Description of programme activity :	Programme of activities over eight weeks to encourage healthy lifestyles including assessments, classes and nutritional talks
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ballybough Youth & Fitness Centre. Thursdays at 10am (from 18 th January)

Name of programme:	Change For Life Foundation Programme
Description of programme activity :	Programme of activities over 8 weeks – multi-activity programme including scheduled walks and gym programmes
Age group:	18+ years
Gender:	Mixed
Partners:	Cross Care Services (supports people facing challenges in life)
Date/time and location:	Various locations in the Central Area. Mondays (from 29 th January) Times TBC

Name of programme:	Change For Life – Women in Sport Programme
Description of programme activity :	Eight week programme in partnership with George's Pocket, Hardwicke St. Women's Group, D1
Age group:	40+ years
Gender:	Females

Date/time and location:	Various locations in the Central Area. Thursdays (from 25 th January) Times TBC.
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Name of programme:	Change For Life – Yoga Programme
Description of programme activity :	Eight week Change For Life yoga programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ballybough Youth & Fitness Centre. Fridays from 19 th January) Times TBC.

Get Dublin Walking (Underactive Communities)

Name of programme:	Get Dublin Walking
Description of programme activity :	Central Area Walking and Cycling Programme
Age group:	40+ years
Gender:	Mixed
Date/time and location:	Ierne Sports & Social Club, Drumcondra. Tuesdays at 10am (from 16 th January)

Name of programme:	Trail Walking Programme
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Description of programme activity :	Trail and Hill Walking Challenges
Age group:	18+ years
Partners:	Ballyfermot Adventure Centre
Gender:	Mixed
Date/time and location:	Dublin and Wicklow Mountains. Wednesdays (from 24 th January) Times TBC

Bike For Life (Underactive Adults)

Name of programme:	Bike For Life
Description of programme activity :	'Heels and Wheels' Local Cycling programme
Age group:	40+ years
Gender:	Mixed
Date/time and location:	Eastwall Watersports Centre. Mondays (from 5 th February)

Youth at Risk/Youth Fit (Young People at Risk Age 10-24 Years/Schools/Youth Groups)

Youth at Risk programmes in the Central Area including Football Drop-In, Late Night Leagues and After-school programmes will resume in January 2024. Full details of programmes will be provided in the next report.

Forever Fit (Older Adults age 55+ years)

Name of programme:	Go For Life Games
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Description of programme activity :	Age and Opportunity Multi-Activity Programme in partnership with Clonliffe Community Centre
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays (from 22 nd January)

Champions – People with physical, intellectual and sensory disabilities.

Name of programme:	Wheelchair Ice-skating Programme
Description of programme activity :	Accessibility Ice-Skating programme - local Central Area NEIC groups
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Blanchardstown Ice Skating Arena. Tuesdays (from 9 th January)

Thrive – Adults with Mental Health Difficulties

Name of programme:	Thrive Mindfulness Programme
Description of programme activity :	Just 4 Men Mindfulness and exercise programme involving swimming and cycling with a focus on mental health wellbeing
Partners:	NEIC/Swim Ireland
Age group:	18+ years
Gender:	Males

Date/time and location:	Sean McDermott St Pool. Tuesdays (from 30th January)
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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 in Killarney Court, NEIC

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

Sport Inclusion & Integration (Citywide)

Two DCSWP Sport Inclusion and Integration Officers have been appointed and will take up employment in January 2024. Further information on 2024 initiatives will be outlined in the next report.

Inclusion in Sport is a priority for DCSWP's under our core target group requirements and the appointment of two dedicated officers will expand the reach of these targeted initiatives.

The following programmes continue 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 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 December and early January 2024

Active Cities

An update on 2024 Active Cities initiatives will be included in the February report. See contact details below for any queries.

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking community programmes will continue in the Central area in partnership with the Co-funded Athletic Officers. Officers will be engaging with schools

around track and field programmes such as training for schools cross country 2024 (in partnership with DCC's Park Department).

Boxing in the Community

The 2023 Startbox programme Gold programmes concluded in the Central area schools in December with the showcase finals.

The Bronze and Gold programmes commence for 2024 in mid-January in the following Central Area primary schools:

Bronze Programme

- St. Laurence O'Toole's Special School, D1
- Henrietta Special School, D1 (two programmes)
- St. Vincent's Junior School, D1 (two programmes)
- Central Model Junior NS, Gardiner St, D1 (three programmes)

Gold Programme:

- O'Connell's BNS, D1
- Stanhope Street, D7
- St. Paul's, Brunswick Street, D7

Transition Year Gold Programme

- Ard Scoil Rís, D9
- Scoil Chaitríona, D9

Cricket in the Community

- The DCSWP Cricket Development Officer continues to engage with local schools in softball cricket sessions. In January programmes will take place in Stanhope Street every Tuesday from 1pm aimed at young people age 8-13 years.
- Table Ball Cricket sessions will continue every Saturday in Mountjoy Square.
- Mid-term Easter camps in the Phoenix Park are in the planning stages

Football in the Community

FAI programmes in the Central Area commencing January 2024 include Coach Education Grassroots Programme in partnership with Sheriff Street Youth Club, Stella Maris FC, Belvedere FC, East Wall FC, Bessborough FC and Hardwicke FC. Support will also continue for the North Wall CDP Life Course aimed at young coaches. Late Night Leagues in Sheriff Street YC will continue in partnership with local youth clubs aimed at young people age 12 - 16 years. The Central Area Walking Football programme aimed at Older Adults age 55+ years.

Rowing in the Community

The Get Going Get Rowing weekly indoor 2024 programme will commence in 2024 in the following in the Central Area in St Dominican's College, Cabra.

Rugby in the Community

Tag Rugby sessions will commence in 2024 in the following Central Area schools:

Primary

- Central Model Primary School, Gardiner St, D1
- St. Mary's NS, Dorset St, D1
- St. Columba's NS, North Strand, D1
- Ozanam House, Mountjoy Square, D1
- St. Laurence O'Toole BNS, D1

Secondary

- Belvedere College, D1
- Mount Carmel Secondary School, D1

Swimming in the Community

Sean McDermott St. Pool will facilitate the following 2024 Get Dublin Swimming programmes:

- Men's Wellness
- 'Swimmin Women' Aqua Aerobics

- Foroige and Foundations Youth At Risk partnership programme
- After-school initiatives
- Vision Sport Learn To Swim

Training for 2024

- Safeguarding 1, 2 & 3 Training continues on an on-demand basis.

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