

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 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.

The calendar of events will be circulated to all Area Managers in February.

The planning process has commenced for International Women's Day (8th March) and Women in Sport week 2024. A timetable of events will be communicated in the lead up to the week (4th – 10th March)

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).

- **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 South East Area (SEA) 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:

Fitness Classes – Every Tuesday and Thursday from 12.45 in St. Catherine's Community Sport Centre

Post Assessment – Thursday 8th from 12 noon in Room 132, Block 1, Floor 3, Civic Offices, Wood Quay.

Dublin City Council Sports Plan

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.

Teneo will present the Sports plan to the Central Area Committee on Tuesday 12th March @ 10am in the Council Chambers, City Hall.

DCSWP Staffing Update:

- **Sport Inclusion and Integration Officer (3 year temporary)**

Two DCSWP Sport Inclusion and Integration Officers have commenced duties. Further information on 2024 initiatives will be outlined once rollout commences.

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.

- **Sport Officer (permanent)**

Interviews for the position of Sport Officer took place in December 2023. Start dates: early March.

The appointment of two new Sport Officers will address the current vacancies in the North West Area (NWA) and North Central Area. DCSWP will update area committees once details are finalised.

Walking Programmes 2024

Walking programmes in late January and continue into February/March every Tuesday. DCSWP Sport Officers have engaged with local walking groups targeting all ages in the SEA. Locations include St. Anne's Park, Dollymount, Carrickgollogan Forest, Cruagh, Ticknock, Varty Reservoir, Djouce and Glendalough. Officers guide participants along the planned walks which range from easy to moderate and more challenging.

Operation Transformation Run 2024

The OT run has been confirmed for Saturday 17th February in the Phoenix Park

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.dcwspub.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 February 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)
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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:	Every Monday. Times TBC. Various locations in the Central Area.

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:	Every Thursday. Times TBC. Various locations in the Central Area.

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:	Every Friday. Ballybough Youth & Fitness Centre. 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:	Every Tuesday from 10am. Ierne Sports & Social Club, Drumcondra.

Name of programme:	Trail Walking Programme
Description of programme activity :	Trail and Hill Walking Challenges
Age group:	18+ years
Partners:	Ballyfermot Adventure Centre
Gender:	Mixed
Date/time and location:	Every Wednesday. Various locations in Dublin and Wicklow Mountains.

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:	Every Monday from 10am. Eastwall Watersports Centre. Mondays

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

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 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:	Every Friday in Grangegorman College

Forever Fit (Older Adults age 55+ years)

Name of programme:	Go For Life Games
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:	Every Monday from 10am. Clonliffe CC

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:	Every Tuesday. Sean McDermott St Pool. Tuesdays

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:	Every Thursday from 12.15pm. 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:	Every Wednesday from 12pm in Ballybough Community Centre (OTAGO) Wednesday from 1pm in Ballybough CC Poppintree Sports & Fitness and every Tuesday from 12pm (Falls Management)

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. This is an ongoing programme to support people who have been displaced by the conflict in Ukraine. The initiative commenced in 2023 and will continue throughout 2024. Activities include yoga and cycling. The programme is delivered in partnership with emergency and housing services etc.

Community Wellness Programmes (Citywide)

The following programmes are delivered in partnership with the HSE and are referral only. Programmes focus on supporting individuals with underlying medical conditions.

- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Tuesday and Thursday from 10am in Glin Road Community Centre (mixed, all ages)
- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Monday from 9am in St. Catherine’s Sport & Fitness Centre in partnership with HSE (mixed, all ages)
- Cardiac Gym and Class programme – every Monday from 1pm, Wednesdays and Fridays from 9am in St. Catherine’s Sports & Fitness Centre.

Active Cities

Active Cities initiatives in the planning stages include Cycle With Confidence, Orienteering programmes in local parks including rollout of signage and expansion of Sim 4 Stem Mororsport programme. The Active Cities BoxUp facility continues to support activities in Eamonn Ceannt Park, Crumlin and Mount Bernard Park, Cabra.

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 Bronze and Gold Startbox programme continues over the next period 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. Programmes continue in Stanhope Street every Tuesday from 1pm aimed at young people age 8-13 years.
- Table Ball Cricket sessions continues every Saturday in Mountjoy Square.
- Mid-term Easter camps in the Phoenix Park will be delivered over the school break.

Football in the Community

The following FAI programmes continue in the Central Area over the next period:

- Coach Education Grassroots Programme in partnership with Sheriff Street Youth Club, Stella Maris FC, Belvedere FC, East Wall FC, Bessborough FC and Hardwicke FC.
- 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.
- The FAI Development Officer continues engaging with schools and local clubs around introductory and coaching programmes, including inclusive programmes delivered by the North City Football For All Development Officer

Rowing in the Community

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

Rugby in the Community

Tag Rugby sessions continue 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

Get Dublin Swimming programmes continue in Sean McDermott St. Pool over the next period:

- 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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