

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MAY 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.

Upcoming Events May/June:

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- 11th & 12th May Luke Kelly Festival
- 11th – 19th May Bike Week
- 11th May - Liffey Descent Saturday & Athletics Ireland (Active Cities) 5k Race Series
- Sunday 12th May - Pedalpalooza - Free Cycling Event. DCSWP supporting
- 15th May - International Day of Families
- Tuesday 21st – Thursday 23rd May UEFA Europa League Final/Dublin Fan Festival (RDS, Shelbourne Park, Dublin Castle)
- Wednesday 22nd May – DCSWP Citywide Go For Life Games Selection - Ballyfermot Sports & Fitness (Includes groups/participants from Central Area. Final to be held in June in DCU)
- Saturday 25th May - Africa Day
- DCC Road to Paris Olympic showcase - June
- Sunday 2nd June Women's Mini Marathon 2024 (As previously reported DCSWP delivering 12 week lead-in programmes to support participants)

Dublin Marathon 2024 Community Programme

DCSWP and Irish Life Dublin Marathon have come together to work in partnership to establish and deliver the Dublin Marathon Community Programme 2024.

30 Irish Life Dublin Marathon places have been offered to the community via DCSWP Sport Officers. Officers can nominate the person they wish to receive the free marathon place. The aim is to nominate a person for the community who truly deserves an opportunity to take part for personal reasons, because of their commitment to a DCSWP running or walking programme or a person who volunteers at events /races for the club but never gets the opportunity to take part. The programme aims to be as inclusive as possible. Online training and physical sessions will be provided as well as other coaching supports in the lead up to the marathon.

Dublin City Council Sports Plan 2024 – 2029

The Sports Plan was formally adopted by Council at the monthly meeting held on 8th April. Plans are now being put in place to formally launch the document in mid-May

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 May Highlights

Change for Life (Underactive Communities)

Name of programme:	Change For Life – Gym Programme
Description of programme activity :	Eight week programme in partnership with George’s Pocket, Hardwicke St. Women’s Group, D1
Age group:	16+ years
Gender:	Females

Date/time and location:	Aughrim St. Centre. Fridays from 10am and 6pm
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Name of programme:	Change For Life – Pilates
Description of programme activity :	Eight week Change For Life yoga programme
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Centre. Mondays from 10am

Name of programme:	Change For Life – Walking Club
Description of programme activity :	Eight week Change For Life walking programme. Including hikes in partnership with Ballyfermot Youth Services
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Centre. Tuesdays from 10am.

Name of programme:	Just For Men Wellbeing Programme
Description of programme activity :	Ongoing multi-sport initiative - swimming/cycling/health & nutrition classes
Age group:	18+ years
Gender:	Male
Date/time and location:	Sean McDermott Pool and various locations in the CA

Name of programme:	Pickleball Programme
Description of programme activity :	Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Centre. Wednesday from 10am. Cabra Parkside. Mondays from 5pm. Wednesdays from 5pm and Fridays from 7pm

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.

Bike for Life (Underactive Adults)

Name of programme:	Heels and Wheels Programme
Description of programme activity :	Cycling/Walking Programme

Age group:	40+ years
Gender:	Mixed
Date/time and location:	Every Thursday from 10am from Ierne Sports Club, Drumcondra. Cycling programme to commence on Monday 13 th May from 10am from Ierne Sports Club, Drumcondra

Name of programme:	Bike Polo
Description of programme activity :	Team activity similar to traditional polo but using bikes
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Every Wednesday from 2pm and 6pm in DCC's Tarmac Pitch, Aldborough Place, North Strand, NEIC

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:	Football Drop In / Recovery through Sport
Description of programme activity:	Football Drop In
Partners (If any):	Chrysalis Drug Task Force/FAI
Age group:	16+ years
Gender:	Male
Date/time and location:	Aughrim St. Centre. Thursdays from 5pm

Name of core programme:	Cabra For Youth Fitness
Description of programme activity:	Multi-sport programme
Partners (If any):	Local Youth Services
Age group:	10-18 years
Gender:	Mixed
Date/time and location:	Cabra Parkside and John Paul Park. Times/Dates TBC

Name of core programme:	Sport 4 Life
Description of programme activity:	Multi-sport programme
Partners (If any):	TUD, Grangegorman
Age group:	12 + years
Gender:	Mixed
Date/time and location:	Monday 13 th May. Grangegorman TUD Campus

Forever Fit (Older Adults age 55+ years)

Name of programme:	Dunard Wheelers Spring Programme
Description of programme activity :	Cycling and Walking Outdoor Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays. Various Locations. Times TBC

Name of programme:	Go For Life Games
Description of programme activity :	Golden Wonders Age and Opportunity Multi-Activity Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 1pm

Name of programme:	Forever Fit - Multi-Fitness Programme
Description of programme activity :	Multi-Activity Gym Programme in
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Fridays from 11am

Name of programme:	Forever Fit - Yoga Programme
Age group:	55+ years
Gender:	Mixed

Date/time and location:	Ballybough Community Centre. Saturdays from 10am
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Thrive - Adults experiencing Mental Health Difficulties

Name of programme:	Eve Goirtín Mental Health programme
Description of programme activity :	Multi-Sports Programme
Partners:	Eve Goirtín Mental Health Support Service/HSE
Gender:	Adults age 18+ years
Date/Time and Location:	Aughrim St. Centre. Fridays from 12pm

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:	Thursdays from 12pm. Killarney Court, NEIC

Name of programme:	Falls Management/OTAGO programme
Description of programme activity :	Strength & Balance Programme
Partners:	HSE
Gender:	Older Adults (age 55+) Referral only programme
Date/Time and Location:	Wednesdays from 2pm in Ballybough Community Centre Wednesday from 12pm

	in Ballybough Community Centre (referral only)
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Sport Inclusion & Integration (Central Area & Citywide)

Sport Inclusion & Integration (Citywide)

Two DCSWP Sport Inclusion and Integration Officers (SIIO's) have been appointed (see start of report) Inclusion in Sport is a priority for DCSWP's and the appointment of two dedicated officers will expand the reach of these targeted programme.

The following citywide programmes continue or are due to commence over the coming weeks on a citywide basis and include partners and participants from the South East Area:

➤ **Ukrainian Crisis Centre Programme**

Multi-sport initiative aimed at all ages. This is an ongoing programme to support people 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.

St. John of Gods, Islandbridge - people with intellectual disabilities

- Boccia Programme
- Boxing Inclusion
- Football for All

Central Remedial Clinic Clontarf - people with intellectual disabilities

- Aqua Aerobics
- Chair Aerobics
- Rugby Programme

Goirtin Centre, Grange Gorman, HSE Group - people with mental health difficulties.

SIIO's are currently engaging with the Goirtin with a view to start a 6 week Chair Aerobics programme the following week.

Vision Sports, Drumcondra

Visually Impaired Boxing Programme.

Irish Wheelchair Association - amputees and paraplegic participants.

The IWA are running a summer camp in mid-June and have requested support from DCSWP SIIO's as part as the road to Paris Olympic programme.

Avista Group, Navan Road - people with profound intellectual disabilities.

Plans are currently being put in place for a water sports power boat event on Wednesday, 5th June in East Wall Water Sports Centre.

Central Area Sport Inclusion & Integration Highlights:

- **Headway Mental Health Programme. Multi-sport programme delivered in partnership with** Headway Ireland (supporting people with acquired brain injury/stroke). Aughrim St. Centre every Monday from 1pm
- **Inclusive Gym Programme** - Weekly multi-sport programme aimed at adult service users with physical and intellectual disabilities. Tuesdays from 11.00am. Cabra Parkside. Delivered in partnership with Avista Centre, Navan Rd.
- **Work Options Programme** - Multi-sport initiative supporting people to meaningfully engage. Delivered in partnership with St. Michael's House. Fridays from 12pm. Aughrim St. Centre

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 (Citywide)

Active Cities initiatives in the planning/delivery stages include:

- Orienteering programmes in local parks including rollout of signage
- The expansion of Sim 4 Stem Female Motorsport programme.
- Further delivery of the ‘Learn to Cycle’ programme
- The Active Cities BoxUp facility continues to support multi-sport activities in Mount Bernard Park, Cabra.
- The Active Cities St. Michael’s House Golf Programme continues. This is a partnership initiative between St Michael’s House and Clontarf Golf Club. The group were presented with their new jackets which were funded through the DCSWP & Active Cities. Funding was also given towards new sets of golf clubs for the group to use the DCSWP Active Cities will continue to work and collaborate with St Michael’s House on citywide activities.
- Active Cities programmes in the planning stages include Youth At Risk programmes in collaboration with local youth services, programmes targeting the Roma Community and the Travelling Community.

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 continue to engage with schools regarding Marathon Kids registration.
- In the Central Area the Athletics Officer continues to deliver programmes in Stanhope St. NS and Sheriff St. NS.
- The North City Women’s Mini-Marathon lead-in programme continues.

- A new Athletics Officer Gary Crossan has been appointed from May 2024. The two Officers will work across the city in tandem with each other.

A full activity report will be provided in the summer report.

Boxing in the Community

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland’s most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year.

The programme is structured into Bronze (non-contact), Silver and Gold phases. In the Central Area the following schools (age 10-12 years) continue to participate in Gold and Bronze programmes over the next period:

Gold Programme:

- O’Connell’s BNS, D1 (male)
- St Laurence O’Toole BNS. D1 (male)
- St. Finbarr’s BNS, Cabra (male)
- Gael Scoil, Cabra, D7 (mixed)
- Christ The King BNS, Cabra (male)

Bronze Programme

- Gardiner St. NS, D1 (mixed)
- Rutland St. NS, D1 (mixed)
- Drumcondra NS, D9 (mixed)
- Georges Hill, D7 (female)

The Bronze Programme will commence in the Central Model Junior School, D1 in May aimed at students age 7-8 years

Cricket in the Community

- The DCSWP Cricket Development Officer continues to engage with local schools in softball cricket sessions. Programmes continue in St. John Bosco Junior School, D7 Street every Wednesday from 11am aimed at young people age 8-13 years.
- Table Ball Cricket sessions continues every Saturday in Mountjoy Square from 11am

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.
- PDP 1/2, 7v7 and 9v9 workshops continue.
- The D1/NEIC Football programme aimed at young people age 6-14 years continues
- 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
- Plans continue for Youth At Risk Futsal programmes, drop-in summer camps and drop-in football projects.

Rowing in the Community (citywide)

The indoor Get Going Get Rowing inclusive programme is due to commence in the Central Area in May in St. Vincent's Special School, Navan Rd.

Rugby in the Community

- The pop-up rugby club sessions continue in St. Laurence O'Toole recreation centre every Friday from 3pm aimed at participants age 6-12 years (mixed).
- Rugby teacher training sessions aimed at Central Area schools have commenced. Details TBC.

Swimming in the Community (citywide)

- **The Aqua Aerobics female swimming programme continues in the Central Area Sean McDermott St. Pool every Thursday from 5.45pm (all age groups) and Friday from 1pm (age 40-70 years)**
- The 8-week HeSwims programme in Crumlin Swimming Pool aimed at adult male participants.
- The Swim Ireland Artistic Swimming programme aimed at participants of all ages in Markievicz Sports & Fitness swimming programme.
- Inclusive/accessible citywide highlights include the 10-week Junior Blind Visually Impaired Swimming programme aimed at young people age 6-17 years in Markievicz Sports & Fitness swimming pool and the 6-week Clontarf Central Remedial Clinic programme every Thursday from 11am aimed at disability groups (all age groups).

Training for 2024

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

CONTACT DETAILS:

Aideen O'Connor	Programmes & Services Manager, DCSWP	aideen.oconnor@dublincity.ie
Colin Sharkey	DCSWP Office Manager	colin.sharkey@dublincity.ie
Jonathan Tormey	Sport Officer, DCSWP, Drumcondra, NEIC - Dorset St, Hardwicke St, Summerhill, Sheriff St	derek.ahern@dublincity.ie
John McDonald	Sport Officer, DCSWP, Glasnevin	john.mcdonald@dublincity.ie
Michelle Waters	Sport Officer, DCSWP, Cabra, Phibsborough	michelle.waters@dublincity.ie
Mitch Whitty	Sport Officer, DCSWP, North West Inner City	Mitchell.whitty@dublincity.ie
David Phelan	HSE Health Promotion & Improvement Officer	Davidphelan6@mail.dcu.ie
Carmel O'Callaghan	Dublin Active City Officer	Carmel.ocallaghan@dublincity.ie

Christine Russell	Development Officer, Get Dublin Swimming	christinerussell@swimireland.ie
Colette Quinn	Development Officer, Athletics	colettequinn@athleticsireland.ie
Gary Crossan	Development Officer, Athletics	garycrossan@athleticsireland.ie
Paul Quinn	Development Officer, Boxing	paulquinn999@gmail.com
Neil Keoghan	Development Officer, FAI	neil.keoghan@fai.ie
Heather Jameson	Football For All (Disability North City)	Heather.jameson@fai.ie
Chris McElligott	Football For All (Disability South City)	Chris.mcelligott@fai.ie
Stephen Maher	Rugby Development Officer	stephen.maher@leinsterrugby.ie
Fintan Mc Allister	Development Officer, Cricket	Fintan.mcallister@cricketleinster.ie

REPORT BY:

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie