

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JULY 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:

- Co-funded summer camps - Athletics, Boxing, Cricket, Football, Rowing, Rugby & Swimming (various dates July/August). Delivered in partnership with SCA youth services/clubs. More details in core programme report.
- South Central Area Community Family Fun Days - Fatima from 2-5pm in partnership with F2 Centre and St. Michael's Green, Inchicore from 2-5pm in partnership with Inchicore Family Resource Centre.
- Her Outdoors Week 2024: 12th - 18th August. Aims to celebrate and encourage more females to get out and enjoy the benefits of being active in the outdoors while bringing visibility to existing/ongoing opportunities for females to get involved in outdoor physical activity.

DCSWP Club Support Grant Scheme 2024

The 2024 DCSWP Club Support Grant Scheme was advertised to clubs in the Dublin City area and open for applications on 11th June. The grant replaces the previous Sports for Young People small grant scheme. The grant is open to sports clubs that have participants of any age. The grant is open to clubs affiliated to a National Governing Body of Sport aiming to increase participation in sport and physical activity across all ages throughout Dublin City. The grant allocation is provided by Sport Ireland (through the National Local Sports Partnership Programme) and Dublin City Council. Grants typically range between €500 - €1,000.

The closing date for applications was **3rd July** (the extension to deadline was communicated to member of the SCAC committee)

Dublin City Council Sports Plan 2024 – 2029

The Draft Sports Plan was formally adopted by Council at the monthly meeting held on 8th April. The plan was launched on 16th May in Ballyfermot Sports & Fitness Centre by Chief Executive Richard Shakespeare, former Lord Mayor Daithí de Róiste, Senior Executive Officer, Sports & Recreation Services Donncha O’Dulaing and Dublin City Sport & Wellbeing Partnership Sport Ambassador Ellen Keane. Implementation process is to commence shortly.

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.dcwsphub.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)

South Central Area Core/Ongoing Programme Highlights July 2024

Change For Life – Underactive Communities

| Name of core programme: | Drop-In Programmes Cherry Orchard |
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| Description of programme activity: | Open/Drop-In Bowls and Racquet taster sessions for new or active participants |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays and Thursdays from 9am. Orchard Centre, Cherry Orchard |

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| 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). Delivered in partnership with Dolphin House Health Team |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Thursdays from 2-3pm. Dolphin House Community Centre |

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| Name of programme: | Prams in the Park |
| Description of programme activity : | Weekly exercise programme aimed at parents of young children |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 11am. Meeting Point: f2 Centre, Fatima |

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| Name of programme: | Community Yoga Programme |
| Description of programme activity : | Weekly exercise programme. Delivered in partnership with Dolphin House Health Team |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Thursdays from 12 - 1pm. Dolphin House Community Centre |

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| Name of core programme: | Change For Life Cherry Orchard Running Club |
| Description of programme activity: | Couch to 5k running programme |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays and Thursdays from 7pm. Ballyfermot Sports & Fitness/Cherry Orchard Running Club |

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| Name of programme: | parkHITT |
| Description of programme activity: | parkHITT is a free weekly workout based on bodyweight only resistance exercises. parkHITT was officially launched by the Lord Mayor in People's Park, Ballyfermot on 13 th April |
| Age group: | Adults (age 18 + years) |
| Gender: | Mixed |
| Date/time and location: | Saturdays from 9.30am. Ballyfermot Civic Centre (meeting point) |

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| Name of programme: | Couch to 5k Drimnagh |
| Description of programme activity: | Lead in training sessions supporting participants to complete a 5k run. Delivered in partnership with parkrun |
| Age group: | Adults (age 18 + years) |
| Gender: | Mixed |
| Date/time and location: | Brickfield Park. Weekly programme – various dates |

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| Name of programme: | Women's Shed, Drimnagh |
| Description of programme activity: | Fitness and general health sessions delivered in a sociable environment |
| Age group: | Adults (age 18 + years) |
| Gender: | Female |
| Date/time and location: | Ongoing programme. Various days and times. Sport Officer contact: Will Morris. Contact details at end of report. |

Youth Fit & Youth at Risk (10-21 years) Youth programmes are aimed at providing viable opportunities for young people in the SCA to stay active. All programmes are delivered in partnership with local SCA groups and Youth Services.

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| Name of programme: | Summer Sports Days |
| Description of programme activity: | <p>Mixed Sports Camps delivered in partnership with local youth services (ages 10-24 years)</p> <ul style="list-style-type: none"> ➤ Fatima: 8th - 22nd July from 11.30am - 1pm ➤ Bluebell: 10th - 31st July from 10am - 3pm ➤ Inchicore: 19th - 21st July from 9am - 12.30pm ➤ St. Catherine's: 1st July - 19th August |
| Partners: | Local Youth Services |

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| Name of programme: | Summer Activity Days |
| Description of programme activity: | Includes Aquazone trips, zoo visits |
| Partners: | Local Youth Groups |

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| Age group: | 10-18 years (Aquazone) 6-12 years (Dublin Zoo) |
| Gender: | Mixed |
| Date/time and location: | Days visits - various times. Aquazone, Blanchardstown/Dublin Zoo |

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| Name of programme: | Summer Diving/Pier Jumping Programme |
| Partners: | Local Youth Groups in partnership with DCSWP Swim Ireland Co-funded Officer |
| Age group: | 10-18 years (Aquazone) 6-12 years (Dublin Zoo) |
| Gender: | Mixed |
| Date/time and location: | Fridays 7-9pm. National Aquatic Centre (Diving) Tuesdays 1-3pm Wicklow Harbour (Pier Jumping) |

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| Name of programme: | Summer Swimming Programme |
| Description of programme activity: | Introduction to Swimming course. Delivered in partnership with Rialto Youth Project and Inchicore Family Resource Centre |
| Age group: | 8-12 years (Rialto) 4-12 years (Inchicore) |
| Gender: | Mixed |
| Date/time and location: | Mondays from 1-2pm (Inchicore) Tuesdays from 1-20m (Rialto) Ballyfermot Sports & Fitness Pool |

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| Name of programme: | Summer Rowing Programme |
| Description of programme activity: | Introduction to Rowing programme. |
| Age group: | 8-12 years (Rialto) 4-12 years (Inchicore) |

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| Gender: | Mixed |
| Date/time and location: | Mondays from 1-2pm (Inchicore) Tuesdays from 1-20m (Rialto) Ballyfermot Sports & Fitness Pool |

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| Name of programme: | Summer Rafting Summer Programme |
| Description of programme activity: | Introduction to Rafting programme. Delivered in partnership with Ballyfermot Youth Services (BYS) |
| Age group: | 12+ years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 2-4om. BYS, Parkwest |

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| Name of programme: | Youth Leadership Programme |
| Description of programme activity: | Youth Leadership Programme – supporting young people in the community to achieve Safeguarding/First Aid qualifications and develop leadership skills |
| Age group: | 15-17 years |
| Gender: | Mixed |
| Date/time and location: | Ongoing. Ballyfermot area. Various times/locations |

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| Name of programme: | Junior Parkrun |
| Age group: | 6-12 years |
| Gender: | Mixed |

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| Date/time and location: | Ongoing. Saturdays from 9.30qm. Cherry Orchard Park |
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| Name of programme: | Junior Hell and Back |
| Age group: | 8-12 years |
| Gender: | Mixed |
| Date/time and location: | Kilruddery, Wicklow. Saturday 31 st August. Participants from Cherry Orchard Youth Services |

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| Name of programme: | BMX Citywide Event |
| Description of programme activity: | Participants from SCA youth services and BMX Clubs to partake |
| Age group: | 10-24 |
| Gender: | Mixed |
| Date/time and location: | Sunday 11 th August. Le Fanu Skate Park, Kylemore |

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| Name of Programme: | GAISCE Adventure Journeys |
| Description of programme activity: | SCA Officers support young participants in the GAISCE programme to plan and deliver 3-day adventure trips. Silver programme participants to plan Inter-railing trips over 10-14 days |
| Age group: | 14-25 years |
| Gender: | Mixed |

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| Name of core programme: | Youth Fit Wellness Evenings |
| Description of programme activity: | Dip and Swim 'Check-in and Chat' programme aimed at supporting young people in the SCA. Delivered in partnership with Ballyfermot Youth Services |
| Age group: | 14-18 years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 6pm-9.30pm. Various locations including Sandycove 40ft |

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| Name of core programme: | Youth Fit Swimming programme |
| Description of programme activity: | Swimming sessions delivered in partnership with Solas and Foróige youth services |
| Age group: | 12-15 years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 11am - 1pm (Solas). Wednesdays from 11am - 1pm (Foróige) Markievicz Sports & Fitness Pool |

Older Adults (Age 55+ years)

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| Name of programme: | Multi-Sport Older Adult Programmes |
| Description of programme activity: | 2024 Older Adult Programmes will run throughout the year in Ballyfermot Civic Centre and Drimnagh area. Programmes include Trishaw Activities, Yoga/Mindfulness/ Activator Pole classes etc. |
| Age group: | Age 55+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing. Every Thursday. |

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| Name of core programme: | Weekly Exercise Older Adults Programme |
| Description of programme activity: | Mixed Exercise sessions supporting older adults in the Inchicore/Bluebell/Dolphin/Fatima areas |
| Age group: | 55+ years |
| Gender: | Mixed |
| Date/time and location: | Inchicore Sports Complex – Tuesdays from 10am-11am Dolphin House Community Centre – Tuesdays from 12pm-1pm Bluebell Community Centre – Wednesdays from 11am – 12pm F2 Centre, Fatima – Thursdays from 10am - 5.30pm (multiple classes on rolling basis) |

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| Name of core programme: | Raleigh Court Older Adults Programme |
| Description of programme activity: | Light Fitness session supporting older adults in the Drimnagh area |
| Age group: | 55+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing on a weekly basis. |

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| Name of core programme: | Go For Life Older Adults Programme |
| Description of programme activity: | Weekly multi-sport programme leading up to the Older Adult Go For Life Games on 8 th June |
| Age group: | 55+ years |
| Gender: | Mixed |

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| Date/time and location: | Days TBC. Inchicore Sports Centre, Dolphin's Barn Community Centre and F2 Centre, Fatima |
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| Name of core programme: | Walkinstown Court Older Adults Programme |
| Description of programme activity: | Light Fitness session supporting older adults in the Walkinstown area |
| Age group: | 55+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing on a weekly basis. |

Thrive – Individuals with Mental Health Difficulties

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| Name of core programme: | Casadh Rehabilitation Programme |
| Description of programme activity: | Multi-sport programme delivered in partnership with Casadh Community Employment/Recovery Service |
| Age group: | 25-45 years |
| Gender: | Mixed |
| Date/time and location: | Thursdays from 12pm. St. Catherine's Sports & Fitness Centre, D8 |

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

The following programmes continue on a citywide basis and include partners and participants from the SCA.

- South Inner City Community Development Association (SICCCA) Refugee Kayaking programme in partnership with Eastwall Water Sports Centre (12 - 15 years -

programme commencing 29th July from 6.30-8.30pm/16-20 years - programme commencing 13th August from 5.30 - 8pm)

- D10 ASD summer camp aimed at parents and young people age 8-22 years from 22nd - 25th June.
- Box Fit in partnership with St. John of God's. Islandbridge (All age groups)
- Chair Aerobics and Rowing in partnership with Central Remedial Clinic, Clontarf (All age groups)
- Ukrainian Crisis Centre Summer camps in Inchicore Sports Hall and St. Catherine's Sports & Fitness Centre (young people)
- 'Belong To' Summer Camp (LGBTQ+ All age groups)
- Mixed Aerobics circuit & exercise in partnership with Goirtín Centre, Grangegorman (mental health, 30+ years)
- St. Michael House Boxing programme every Thursday in Glin Centre

Health Improvement Programmes in the SCA

- Men on The Move – Male 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 Monday from 11.30am in Ballyfermot Civic Community Centre
 - Fatima – every Tuesday from 10.15am in the F2 Centre, Rialto
 - Chapelizod – every Monday from 11am in Lionsville Hostel, Chapelizod (referral only programme)
- Fatima Holistic Health – pilates exercise classes aimed at underactive adults as part of an overall/holistic health programme. Every Thursday from 11.15am in the F2 Centre, Rialto
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Rialto.

SCA and Citywide Community Wellness Programmes

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 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) Wednesday and Friday (from 9am) in St. Catherine’s Sports & Fitness Centre.
- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Tuesday and Thursday from 10am in Glin Road, Community Centre, NCA (mixed, all ages)

Active Cities (Citywide)

- Dublin Park & Trails Challenge - 24 parks and trails mapped out in Dublin city and Greater Dublin area. Developed in partnership with three Dublin Authorities, Coillte, Dublin Tourism and DCC’s Smart Cities section. The planned routes run from Albert College Park, Ballymun Road to St.Anne’s Park, Raheny, Herbert Park, Ballsbridge, Bushy Park, Terenure, along the Liffey Trail to the Docklands and Poolbeg. To take place in July/August.
- Orienteering, Poppintree Park - Orienteering programme aimed at scout groups, age 8-14 years (mixed). Eight parks in Dublin city have been mapped for orienteering programmes.
- Erasmus+ Trip - DCSWP preparation trip to Hamburg in August. Hamburg has been identified as a Global Active City.
- Roma Ladies Group Yoga Programme - in development
- Cycle School Programme - in development.

DCSWP SCA Co-Funded Programmes

Co-funded Officers continue to deliver summer camps and events during the school summer break. .

Athletics in the Community

Athletics Ireland summer camps continue in July/August aimed at young people at primary school level. Athletics Officers continue to support clubs and youth Couch to 5/10k /parkrun programmes in the SCA.

Boxing in the Community

The Boxing Development Officer works in partnership with SCA youth services to deliver Aviva Stadium Tours aimed at young people age 8+ years. Startbox school programmes will recommence in September.

Cricket in the Community

- Bluebell /Inchicore and Fatima cricket summer camps aimed at young people age 7-14 years (concludes 17th July)
- St. Michael's summer camp aimed at 7-14 year old - to commence in August. Details TBC.
- Cricket summer camps place from 15th – 18th July in the Phoenix Park aimed at young people in the SCA (mixed 11-15 years).

Football in the Community

- FAI summer camps will continue over July and August in the area. Full details of programmes can be provided by contacting the DCSWP Office (contact details below)
- The Football For All (Disability) citywide summer camp takes place in Beneavin College, Glasnevin from 20th – 22nd August aimed at young people age 6-14 years. Includes participants from the NCA.

Rowing in the Community (Citywide)

- Rowing summer camps continue in Neptune Rowing Club, Islandbridge and include participants from the NCA.

Rugby in the Community

The SCA Rugby in the Community Development Officer engages with young people in the area via local clubs, facilitating participation in citywide rugby summer camps:

- The five-week Energia Park Camps take place from 1st – 27th July from 9am-2pm (male).
- Week three and four of the School of Excellence Camp takes place in King's Hospital from 29th July – 9th August from 9am – 2/4pm (male and female programmes)
- The Bank of Ireland summer camp aimed at young people age 6-12 years takes place in Ashbourne RFC from 12th – 16th August.

Swimming in the Community

2024 citywide summer programmes continue in DCC facilities and in open water spaces in July/August. Citywide programmes include participants from the SCA. Highlight programmes include:

- Open Water Aquatics Academy programme at Dollymount Strand from 15th – 19th July aimed at young people age 6-12 years (mixed from 9am) and teenagers age 13-17 years (mixed from 11am)
- Sean McDermott St. pool Sporting Pride swim programme aimed at adults from LGBTQ+ community. Commencing in July. Start date TBC
- 'Yoga and Dip' programme at Dollymount Strand aimed at adults (mixed age 18+ years, every Tuesday from 7pm)

Training for 2023 (Citywide)

- Safeguarding 1,2 & 3 (Designated Liaison Persons) continues to be delivered on an on-demand basis for clubs, volunteers and coaches
- Manual Handling and Safeguarding Training for DCC Relief Staff
- First Aid Responder Training for DCC/DCSWP staff

CONTACT DETAILS:

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