

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 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.

Dublin Sportsfest 2024.

Dublin Sportsfest, Dublin City Sport & Wellbeing Partnership's annual flagship event is back for 2024. Delivered in tandem with European Week of Sport (23rd – 30th September), Sportsfest seeks to bring together the people, the clubs, the sports and the spaces of Dublin in a celebration of sport & physical activity.

DCSWP is currently finalising its calendar of events which will be made available on all communication platforms. Local clubs across the city, including the Central area, have been invited to joining in the celebrations by hosting events and activities that will reach out to communities during the week.

Sportsfest Central Area Highlights confirmed include:

- Sportsfest Walking Football Blitz in Sheriff St. Recreation Centre on Friday 27th September
- Older Adults Sports Day in Cabra Parkside on Monday 30th September
- SportsfestPickleball Festival in Aughrim St. on Wednesday 25th September
- Sportsfest/ Chrysalis Recovery through Sport Festival in TUD Grangegorman on Friday 27th September.

[DCSWP - Dublin City Sport and Wellbeing Partnership \(dcswphub.ie\)](https://dcswphub.ie)

Marathon Kids 2024

Marathon Kids is a national eight week initiative aimed at primary school students. Over the weeks students take part in running sessions inching them closer to completing a marathon. The 2024 DCSWP programme will be aimed at students at 6th class level.

DCSWP Sport Officers and Athletics Ireland Co-funded Officers continue to engage with local schools around registration/participation process for the September start. T-shirts will still be provided to every student taking part in the coming weeks and DCSWP will support new schools around the roll out/delivery of the programme. A date has not been confirmed for the final in Santry Stadium in November – area committees will be informed once confirmed. Schools from the Central area registered to partake.

<https://marathonkidsireland.ie/programme/>

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. Closing date: 3rd July

Next stage: Individual applications to be assessed against criteria. Clubs to be notified in upcoming weeks.

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.

Plans for implementation process continue.

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 September Highlights

Change for Life (Underactive Communities)

Name of programme:	Change For Life
Description of programme activity :	Move For Health Multi-Fitness programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ballybough Community Centre. Wednesdays from 10am

Name of programme:	Change For Life
Description of programme activity :	Couch to 3k Walking/Running 5-week Programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ballybough Community Centre. Wednesdays from 10.30am

Name of programme:	Aqua Fit
Description of programme activity :	Eight week NEIC Aqua Aerobics Programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Sean McDermott St. Pool. Mondays from 10am

Name of programme:	Bike Polo
Description of programme activity :	Delivered in partnership with Dublin Bike Polo and NEIC
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Aldborough Place, North Strand/DCC Tarmac Pitch. Mondays from 2pm

Name of programme:	Change For Life
Description of programme activity :	Pilates
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Mondays from 10am and Thursdays from 10am. Aughrim St. Centre

Name of programme:	Change For Life
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Description of programme activity :	Cardio Programme
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Thursdays from 6pm. Aughrim St. Centre

Name of programme:	Change For Life
Description of programme activity :	Strength & Conditioning Programme
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Fridays from 10am. Aughrim St. Centre

Name of programme:	Change For Life
Description of programme activity :	Walking Club
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Thursdays from 10am. Aughrim St. Centre

Name of programme:	Change For Life
Description of programme activity :	Pickleball Programme. 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:	Wednesdays from 10am. Aughrim St. Centre

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 programme:	Football Late Night Leagues
Description of programme activity :	Football Programme aimed at young people in Central Area. Delivered in partnership with FAI and An Garda Síochána
Age group:	13-18 years
Gender:	Mixed
Date/time and location:	Commencing Friday 4 th October from 7pm in Ballybough Community Centre

Thrive – Adults with Mental Health Difficulties

Name of core programme:	Fundamental Exercise
Partners (If any):	Eve Goirtín Mental Health Services/HSE
Age group:	18+ years
Gender:	Male
Date/time and location:	TUD Grangegorman Thursdays from 11.30

Forever Fit (Older Adults age 55+ years)

Name of programme:	Forever Fit
Description of programme activity :	Tennis Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 12pm. Barbara Ward Centre, Ballybough Community Centre from 12pm

Name of programme:	Forever Fit
Description of programme activity :	Yoga Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 10am. Ballybough Community Centre

Name of programme:	Forever Fit
Description of programme activity :	Older Adult Active Retirement Programme – Chair Aerobics and Fundamental Movement.
Age group:	50+ years
Gender:	Mixed

Date/time and location:	Mondays from 11.30am. Aughrim St. Centre
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Name of programme:	Dunard Wheelers Autumn Programme
Description of programme activity :	Cycling/Walking activities outdoor Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 10am – 4pm from Dunard centre. Various locations and times

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:	Cabra Parkside. Mondays from 1pm. Clonliffe Community Centre. Mondays from 10am

Name of programme:	Sofa To Saddle
Description of programme activity :	Beginners Cycling Programme

Age group:	55+ years
Gender:	Mixed
Date/time and location:	Cabra Parkside. Times and start dates TBC

Thrive - Adults experiencing Mental Health Difficulties

Name of programme:	Eve Goirtín Mental Health programme
Description of programme activity :	Fundamental Exercise Programme
Partners:	Eve Goirtín Mental Health Support Service/HSE
Gender:	Adults age 18+ years
Date/Time and Location:	HSE, Grangegorman. Thursdays from 11.30am

Health Improvement in the Community

Health improvement programmes will be updated prior to the October meeting. The following programmes are due to conclude shortly and restart - details provided may be subject to change.

Name of programme:	Move For Health NEIC
Description of programme activity :	Multi-activity programme for older adults
Gender:	Older Adults (age 55+)
Date/Time and Location:	Thursdays from 12pm. Killarney Court, NEIC

Name of programme:	Move For Health Henrietta St.
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Description of programme activity :	Multi-activity programme for older adults
Gender:	Older Adults (age 55+)
Date/Time and Location:	Thursdays from 10.45am. Daughters of Charity, Henrietta St.

Name of programme:	Move For Health Ballybough
Description of programme activity :	Multi-activity programme for older adults
Gender:	Older Adults (age 55+)
Date/Time and Location:	Wednesday from 2pm. Ballybough Community Centre.

Name of programme:	Falls Management/OTAGO Strength & Balance programme
Description of programme activity :	Strength & Balance Programme
Partners:	HSE
Gender:	Older Adults (age 55+) Referral only programme
Date/Time and Location:	Wednesdays from 1pm in Ballybough Community Centre (medium risk of fall) Wednesday from 12pm in Ballybough Community Centre (OTAGO – high risk of fall)

Sport Inclusion & Integration (Citywide)

The following Inclusion & Integration programmes are ongoing on a citywide basis and include participants from the Central area. Programmes are aimed at multiple age groups.

- St John of God's/St. Michael's House - ongoing partnership with Eastwall Sports Centre. Every Tuesday from 1.30-3.30pm. Aimed at people with intellectual disabilities
- St. John of God's, Islandbridge - ongoing partnership with DCC Rowing Centre and Rowing Ireland. Every Thursday from 2-3pm. Aimed at people with intellectual disabilities
- CRC Clontarf Aqua Aerobics- partnership with Swim Ireland. Details TBC. Aimed at people with intellectual disabilities
- Online Autism in Sport Training. Friday 30th September from 2-4pm. Aimed at adults working with ASD individuals/groups.
- Bravo Volleyball - partnership programme. Aimed at LGBTQ+ community. Every Thursday from 5-7pm in Inchicore Community Centre.
- Football For All Tournament - 26th September, ALSAA Complex, North Dublin. Partnership with FAI Disability Officer. Aimed at people with intellectual disabilities.

Active Cities (Citywide)

- **iCoach Workshop** - supporting coaches working in sports clubs (to take part during Sportsfest)
- **Erasmus+ Trip** - DCSWP preparation trip to Hamburg in early September. Hamburg has been identified as a Global Active City. Group to explore learnings/outcomes from process.
- **Roma Ladies Group Yoga Programme** - in development
- **Learn to Cycle/Cycle With Confidence Programme** - Ongoing in Eamonn Ceannt Park. Aimed at children and adults.
- **Pavee Point (Travellers & Roma Community) Yoga Programme** -aimed at female adults from both communities

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.

DCSWP Central Area Co-Funded Programmes:

Please note that at the time of compiling the report summer/autumn programmes are concluding. Many upcoming programme details are currently TBC or in the planning stages. Full details can be provided by contacting the DCSWP Office and the relevant Sport Officer/Co-funded Officer. Contact details are listed at end of report.

Athletics in the Community

DCSWP Co-funded Athletic Officers are currently engaging with schools following the return to education re Marathon Kids and Primary School general athletics programmes.

Boxing in the Community

The Startbox school programme has recommenced after the return to education in the following Central Area Schools:

10-12 years:

- D7 educate Together
- Scoil Catriona
- Central Model Senior School
- O’Connell’s BNS
- Stanhope St. NS
- St Paul’s BNS

15-17 years

- Ard Scoil Rís

Cricket in the Community

- Table Ball Cricket sessions continues every Saturday in Mountjoy Square from 11am
- Schoolyard sessions commence in Gardiner St. NS on Tuesday 17th September from 11am. Aimed at young people age 7-13.
- The Sportsfest Softball Primary School Blitz will take place on Tuesday 24th September in Mountjoy Square from 11am.

Football in the Community

- A new officer Cameron Molloy Moules has commenced duty as the Football in the Community Development Officer for the Cabra area. Neil Keoghan continues as Development Officer for the NEIC and the remainder of the Central area. A full report will be provided in the next period following a meeting with new Officers
- Late Night Leagues continue as reported in core report. School and club engagement (including disability) has commenced.

Rowing in the Community (citywide)

- The Get Going, Get Rowing 6-week indoor school rowing programme is due to recommence in Dublin city schools. Indoor blitzes in Trinity College are also in the planning stages. A full report will be provided in October. Indoor blitzes in Trinity College are also in the planning stages.

Rugby in the Community

- Tag school rugby sessions to recommence in local Central Area schools in September.
- Club support: Coaching workshops – Clontarf Rugby Club, Wednesday 24th September.

Swimming in the Community (citywide)

The 2024 citywide autumn school programme is due to commence following the return to education. A full report will be provided in October.

Training for 2024

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

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