

**SOUTH 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 (23<sup>rd</sup> – 30<sup>th</sup> 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 North West area, have been invited to joining in the celebrations by hosting events and activities that will reach out to communities during the week. The week is also an opportunity to showcase current programmes and DCC sport & leisure facilities

#### **Sportsfest South Central programmes included in the schedule: confirmed include:**

- Kids Yoga - Tuesday 24<sup>th</sup> September in Ballyfermot Sports & Fitness from 10.30am
- Parkhitt - Saturday 28<sup>th</sup> September in People's Park, Ballyfermot from 9.30am
- Cherry Orchard Junior parkrun in Cherry Orchard Park on Sunday 29<sup>th</sup> September from 9am (6-12 years)

**More information on Sportsfest will be available on the DCSWP Hub:**

[DCSWP - Dublin City Sport and Wellbeing Partnership \(dcswhub.ie\)](https://dcswhub.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 6<sup>th</sup> 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 South Central Area (SCA) are 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 11<sup>th</sup> 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: 3<sup>rd</sup> July

Next stage: Individual applications to be assessed against criteria. Clubs to be notified in upcoming weeks. A full list of SCA clubs will be provided to the area committee.

### **Dublin City Council Sports Plan 2024 – 2029**

The Draft Sports Plan was formally adopted by Council at the monthly meeting held on 8<sup>th</sup> April. The plan was launched on 16<sup>th</sup> 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.

## 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](http://www.dcwsphub.ie)
- Email: [sports@dublincity.ie](mailto: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 September 2024

### Change for Life – Underactive Communities

<b>Name of core programme:</b>	<b>Drop-In Programmes Cherry Orchard</b>
<b>Description of programme activity:</b>	Open/Drop-In Bowls and Racquet taster sessions for new or active participants
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays (Bowls) and Thursdays (Racquet) from 11am. Orchard Centre, Cherry Orchard

<b>Name of programme:</b>	<b>Pickleball Programme</b>
<b>Description of programme activity :</b>	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
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed

<b>Date/time and location:</b>	Thursdays from 2-3pm. Dolphin House Community Centre
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<b>Name of programme:</b>	<b>parkHITT</b>
<b>Description of programme activity:</b>	<b>ParkHIIT</b> 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 <sup>th</sup> April
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Saturdays from 9.30am. Ballyfermot Civic Centre (meeting point)

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

<b>Name of programme:</b>	<b>Women’s Shed, Drimnagh</b>
<b>Description of programme activity:</b>	Fitness and general health sessions delivered in a sociable environment

<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Female
<b>Date/time and location:</b>	Ongoing programme. Various days and times. Sport Officer contact: Will Morris. Contact details at end of report.

### Champions - People with Physical, Intellectual & Sensory Disabilities

<b>Name of programme:</b>	<b>Sportsability Programme</b>
<b>Description of programme activity:</b>	<p>Weekly Glow Exercise for adults with physical and intellectual disabilities</p> <p>Weekly Fitness sessions for children age 4-18 years</p> <p>Weekly Boccia sessions for adults with physical and intellectual disabilities</p>
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	<p><b>Ongoing programmes.</b></p> <ul style="list-style-type: none"> <li>➤ Glow - Wednesdays in St. John of God's from 11am.</li> <li>➤ Fitness Programme - Tuesdays from 2 - 4.30pm and Wednesdays from 4.15 - 5.15pm</li> <li>➤ Boccia Programme - Mondays from 11am</li> </ul>

**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.

<b>Name of programme:</b>	<b>Junior Parkrun</b>
<b>Age group:</b>	6-12 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Saturdays from 9.30am. Cherry Orchard Park

<b>Name of Programme:</b>	<b>Box Clever for Drug Rehabilitation STAR Project</b>
<b>Description of programme activity:</b>	Boxing Fitness Programme delivered in partnership with Ballyfermot STAR project
<b>Age group:</b>	Adults age 18+ years
<b>Gender:</b>	Mixed

<b>Name of Programme:</b>	<b>GAISCE Programme</b>
<b>Description of programme activity:</b>	Weekly challenges for BYS and Kylemore Groups. Sport Officer to support groups - various times/locations
<b>Age group:</b>	14-25 years
<b>Gender:</b>	Mixed

<b>Name of core programme:</b>	<b>Youth Fit Wellness Evenings</b>
<b>Description of programme activity:</b>	Dip and Swim 'Check-in and Chat' programme aimed at supporting young people in the SCA. Delivered in partnership with Ballyfermot Youth Services

<b>Age group:</b>	14-18 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays from 6pm-9.30pm. Various locations including Sandycove 40ft

<b>Name of core programme:</b>	<b>Lifeguard Training</b>
<b>Description of programme activity:</b>	Swim training sessions both technique and fitness for teenagers to prepare them to attend a Lifeguard course
<b>Age group:</b>	15-18 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	TBC

<b>Name of core programme:</b>	<b>Youth Fit Boxing Programme</b>
<b>Description of programme activity:</b>	Boxing Sessions in partnership with SCA Youth Groups
<b>Age group:</b>	U10's
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	TBC

### Older Adults (Age 55+ years)

<b>Name of programme:</b>	<b>Multi-Sport Older Adult Programmes</b>
<b>Description of programme activity:</b>	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.

<b>Age group:</b>	Age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Every Thursday morning.

<b>Name of core programme:</b>	<b>Weekly Exercise Older Adults Programme</b>
<b>Description of programme activity:</b>	Mixed Exercise sessions supporting older adults in the Inchicore/Bluebell/Dolphin/Fatima areas
<b>Age group:</b>	55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	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)

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



<b>Name of core programme:</b>	<b>St. Catherine's Older Adults Programme</b>
<b>Description of programme activity:</b>	Weekly Bowls sessions
<b>Age group:</b>	55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Fridays from 10am. St. Catherine's Sports & Fitness

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

### Thrive – Individuals with Mental Health Difficulties

<b>Name of core programme:</b>	<b>Casadh Rehabilitation Programme</b>
<b>Description of programme activity:</b>	Multi-sport programme delivered in partnership with Casadh Community Employment/Recovery Service
<b>Age group:</b>	25+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays from 1 <sup>st</sup> October (Times TBC) St. Catherine's Sports & Fitness Centre

<b>Name of core programme:</b>	<b>Boxercise</b>
<b>Description of programme activity:</b>	Mental Health Programme - recovery through boxing
<b>Age group:</b>	40+ years
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Mondays from 2-3pm . St. Catherine's Sports & Fitness Centre

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

The following Inclusion & Integration programmes are ongoing on a citywide basis and include participants from the South 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 30<sup>th</sup> 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 - 26<sup>th</sup> 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

### 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 – yoga, pilates and mindfulness exercise classes aimed at men experiencing mental health difficulties Start date and details TBC
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Rialto.
- Pilates classes aimed at underactive women as part of a holistic health initiative. Every Tuesdays from 10.15am in F2 Centres, 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)

### **DCSWP SCA 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 SCA 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 IABA has informed DCSWP that Boxing Development Officer Ed Griffin has resigned his position. An interim development Officer has been appointed and DCSWP is liaising with the IABA regarding a permanent replacement officer. More information will follow. The Startbox programme will continue to be rolled out in SCA schools.

### **Cricket in the Community**

- Schoolyard softballs sessions in Drimnagh Castle, Long Mile Rd every Monday from 3pm (7-13 years, male)
- Schoolyard softball sessions in St. Patrick’s Choir School every Thursdays from 1pm (7-13 years, mixed)
- Mid-term camps 29<sup>th</sup> October in Phoenix Park Cricket Club (7-13 years, mixed)

### **Football in the Community**

Late Night Leagues continue in SCA. School and club engagement (including disability) has commenced. More information to follow in October report.

### **Rowing in the Community (Citywide)**

The Get Going, Get Rowing indoor 6-week rowing programme has commenced following the return to education. Drimnagh Castle and Kylemore College, Ballyfermot are currently participating on the programme. Outdoor rowing will commence in Islandbridge following conclusion of the programme.

### **Rugby in the Community**

Tag rugby school sessions are due to recommence in SCA schools. A full report will be provided in the October report.

### **Swimming in the Community (citywide)**

The following programmes are being delivered in DCC facilities and include groups/individuals from the SCA:

- Crumlin Youth reach 6-week Learn To Swim programme aimed at young people age 15-18 years. Sean MacDermott St. pool every Monday from 9am - 3pm. Start date TBC
- Artistic swimming 8-week programme aimed at females age 8+ years. Sean MacDermott St. swimming pool every Monday from 10am
- SAOL women's refuge programme aimed at female adults. Details TBC
- Three 6-week programmes aimed at children with additional needs age 6-12 years. Sean MacDermott St. pool. 3.30-4pm. Start date TBC
- Women of Colour Learn To Swim programme aimed at females from the Muslim community. Sean MacDermott St. Pool. Details TBC
- 12 week aquatics apprenticeship programme. Delivered in Sean MacDermott St., pool. Aimed at individuals seeking employment in the aquatics industry over the age of 16. Programme will provide swim teacher and rookie lifeguard qualification, interview and CV prep, employment support etc. Commences Monday 23<sup>rd</sup> September.

### **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
- First Aid Responder Training for DCC/DCSWP staff

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