

SOUTH CENTRAL AREA COMMITTEE
DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT
DECEMBER 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.

Lord Mayor’s 5 Alive Road Race Challenge 2025

The Lord Mayor’s 5 Alive is back for 2025 and is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals.

The Challenge is to complete the four named races below and a park run (within the time period 01 January 2025 & 05 April 2025).

Participants will receive a T-Shirt and a medal presented by the Lord Mayor after the end of the last race: DCC / BHAA 4 Mile Road Race - 05 April 2024 @ 11.00am (TBC). The Lord Mayor is planning on taking part in the races.

- **Tom Brennan Memorial 5K** - Phoenix Park – 01 January 2025 @ 09.30am
- **Raheny 5 Mile** - Raheny Village/St. Anne’s Park - 26 January 2025 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount - 11 March 2025 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne’s Park - 05 April 2025 @ 11am **(DCC will register and pay entry fee)**

The registration link, information on all 4 races and how to get involved with a local parkrun can be found at the DCSWP Virtual Hub:

[The Lord Mayor’s 5 Alive Challenge 2025 | DCSWP Hub](#)

Change for Life 2025

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. While CFL programmes are delivered throughout the year, the initiative takes on a strategic focus from January - March each year. The programme initially targeted adults but broadened its reach in recent years to include young people and a Dublin City employee programme focused on supporting staff to develop health habits for life.

South Central Area CFL programmes will be outlined in the 2025 area committee reports.

New York Jets American Football Partnership Programme

On May 17th DCSWP met with The New York Jets to discuss plans for a Flag Football League in Dublin City for early 2025. DCSWP arranged visits to Clontarf pitches along with Irishtown Stadium to identify possible DCC locations for the league. The Jets were very satisfied with the venues and very excited to get going in Ireland. DCSWP facilitated a visit to Loreto College to pitch the league to their vice principle/head of sport and gauge appetite along with getting an understanding of how our schools athletic programmes work with their academic timetables. This proved a valuable discussion and there a very positive response from Dublin City schools to engage with the programme.

➤ Flag Football League/Programme Overview:

- 8 Schools in league
- Target group is school girls aged 12-15 yrs. (1st & 2nd Year)
- New York Jets delivered a taster day in October with selected schools
- 7 weeks of fixtures to launch after midterm in early 2025 and Championship Day in Sport Ireland to be before Easter break
- League is fully funded to remove all barriers for those involved including Nike uniforms, flag football coaches and referees, transport along with PG tailgating party for Championship Day
- This is a 3 year project initially with fantastic opportunities for further growth
- Teacher Training Day took place in Irishtown Stadium on 25th October.

In addition 12 primary schools will train over a 6 week period with training being delivered by teachers and all equipment provided by NFL. On December 6th all 12 schools will come together for a Championship Event in Sport Ireland National Indoor Arena.

In the South Central Area St. Raphael's NS, Ballyfermot will partake in the NFL programme.

DCSWP Club Support Grant 2024

The Club Support Small Grant Scheme (previously the Sport For Young People Small Grant Scheme), is provided by Sport Ireland and Dublin City Council. The scope of the grant was expanded for 2024 to target clubs affiliated to a National Governing Body in the DCC administrative area with participants of all ages. Grants range from €500 - €1000. The amount awarded is based on the information entered on the application and assessed against the criteria outlined in the additional information provided to clubs.

- 189 applications received for 2024. 170 approved to date. 15 clubs did not meet criteria and decision on four clubs is pending further information. Confirmation communicated to successful clubs. .
- South Central Area Committee to be provided with a full list of successful clubs in January 2025 report.

DCSWP End of Year Team Meeting/Dublin City Council Sport Plan 2024 - 2029

DCSWP hosted its end of year review and 2025 planning meeting in City Hall on 19 October. The meeting was attended by over 50 DCSWP staff (Admin, Sport & Co-funded Officers). DCSWP board members Ellen O'Dea, Head of Service Health & Wellbeing HSE, and Sarah Hewitt, St Michael's House Sport & Leisure Services Manager, were also in attendance.

The meeting looked back at major Sports Partnership events and programmes and also looked ahead to upcoming initiatives in 2025.

Benny Cullen, Director of Research and Innovation, Sport Ireland, presented to the team and facilitated a discussion on national and local sports trends and insights.

Simon Clarke, Senior Executive Officer, CRES attended the meeting. Simon will take up full-time duty as SEO for the Sports Section in January 2025

Aideen O'Connor, DCSWP, General/Programmes & Services Manager, presented on year one objectives/actions arising from the Dublin City Council Sports Plan 2024 - 2029. This will also be presented to the DCSWP Advisory Board at the final meeting for 2024 on 10 December.

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.dcsphub.ie
- Email: sports@dublincity.ie
- Twitter: Dublin City Sport & Wellbeing Partnership (@dccsportsrec) / Twitter

- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](#)
Instagram: [@dublincitysportandwellbeing](#)

SCA Core Programmes December 2024

DCSWP Sport & Co-funded Officers are due to submit work plans for Jan- March in early 2025. This is to ensure programmes/planning will be guided by the Sport Ireland Calendar which is due to be released. The following programmes are ongoing in the area until mid-December.

Change for Life – Underactive Communities

Name of core programme:	Drop-In Programmes Cherry Orchard
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 (Bowls) and Thursdays (Racquet) from 11am. Orchard Centre, Cherry Orchard

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

Name of programme:	parkHITT
Description of programme activity:	ParkHIIT 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)

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

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.
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Champions - People with Physical, Intellectual & Sensory Disabilities

Name of programme:	Sportsability Programme
Description of programme activity:	<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>
Gender:	Mixed
Date/time and location:	<p>Ongoing programmes.</p> <ul style="list-style-type: none"> ➤ Glow - Wednesdays in St. John of God's from 11am. ➤ Fitness Programme - Tuesdays from 2 - 4.30pm and Wednesdays from 4.15 - 5.15pm ➤ Boccia Programme - Mondays from 11am

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.

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

Name of Programme:	Box Clever for Drug Rehabilitation STAR Project
Description of programme activity:	Boxing Fitness Programme delivered in partnership with Ballyfermot STAR project
Age group:	Adults age 18+ years
Gender:	Mixed
Date/time and location:	Details TBC. Weekly programme.

Name of Programme:	GAISCE Programme
Description of programme activity:	The programme sets weekly challenges for young people with support from DCSWP Sport Officers. Delivered in partnership with Ballyfermot Youth Services and Kylemore Community Training Centre. Gaisce award presentation in planning stages.
Age group:	14-25 years
Gender:	Mixed

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

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

Name of core programme:	Youth Fit Boxing Programme
Description of programme activity:	Boxing Sessions in partnership with SCA Youth Groups
Age group:	U10's
Gender:	Mixed
Date/time and location:	TBC. Local Sport Officer to be contacted

Name of core programme:	Kylemore Community Training Centre Programme
Description of programme activity:	Various outdoor community activities supporting young people in the SCA age 16-26 years.

Age group:	16-26 years
Gender:	Mixed
Date/time and location:	Various times, dates and locations. Ongoing community initiative

Name of core programme:	Rock Climbing/Underwater Hockey
Description of programme activity:	Youth at Risk Programmes currently in planning stages
Age group:	14-18 years
Gender:	Mixed
Date/time and location:	TBC

Older Adults (Age 55+ years)

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 morning.

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)

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.

Name of core programme:	St. Catherine's Older Adults Programme
Description of programme activity:	Weekly Bowls sessions
Age group:	55+ years
Gender:	Mixed

Date/time and location:	Fridays from 10am. St. Catherine's Sports & Fitness
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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

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+ years
Gender:	Mixed
Date/time and location:	Tuesdays (Times TBC) St. Catherine's Sports & Fitness Centre

Name of core programme:	Boxercise
Description of programme activity:	Mental Health Programme - recovery through boxing
Age group:	40+ years

Gender:	Male
Date/time and location:	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
- Bravo Volleyball - partnership programme. Aimed at LGBTQ+ community. Every Thursday from 5-7pm in Inchicore Community Centre.

Active Cities (Citywide)

➤ **Erasmus + Sport European project**

As part of the Erasmus + Sport European project, a DCSWP preliminary field trip took place in September 2024. The Active Cities officer has presented on the trip to senior management/DCSWP board on the learnings from Hamburg as an Active City; how they deliver and provide sport & physical activity services there etc.

➤ **OECD challenge led Approach Programme**

The aim of this programme is to create a safe cycle route and play area for children in the NEIC area. This is an ongoing project for the Active Cities officer which began in May this year. This is a new approach whereby different departments within DCC will collaborate together to bring this project to fruition as part of the Dublin City Climate Action Strategy. Ongoing communication is taking place between the different divisions to create this safe space and enable children to play safely in the area.

➤ **Mother & Baby Yoga- specifically for direct provision residents**

This will be a collaboration between DCSWP & CYPPI Mental Health. DCSWP are facilitating a 6 week programme in the RESPOND Centre on Grace Park Road, Drumcondra which is home to 48 people in Direct Provision. There are 13 mothers, there are 28 children in all with 22 of them being from birth to 3 years old. There are three nationalities Somalian, Romanian and Irish.

The aim is to run a session on a Tuesday morning for this group. While the programme is only being piloted for 6 weeks, if engagement is positive DCSWP will continue to deliver. There are three nationalities partaking: Somalian, Romanian and Irish

➤ **BoxUps in the Park**

Boxups continue to support communities in Eamonn Ceannt Park, Crumlin and Mount Bernard Park, Cabra. Expansion of the facilities is in the planning stages with three more Boxups secured for city parks.

Health Improvement Programmes in the SCA

- Men's only Health & Wellbeing 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)
 - Ballyfermot Library – Start date TBC.
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Fatima.
- Pilates classes aimed at underactive women (18+ years) 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

Athletics in the Community

DCSWP Co-funded Athletic Officers continue to work with SCA primary schools in the Primary School General Athletics programmes and facilitate couch to 3 and 5k programmes in partnership with SCA Sport Officers.

Boxing in the Community

The Startbox Bronze and Silver programmes continue in the following SCA schools:

- Scoil Mhuire Gan Smal, Inchicore (Mixed 7-8 years and 10-12 years))
- Our Lady of Good Council, Drimnagh (Male 8- 9 years and 11-13 years)
- James St. CBS, D8 (Mixed 10-12 years)
- St. Audeon’s, Cook St. (Mixed 10-13 years)
- Scoil Íosagáin, Crumlin (Male 10 - 13 years)
- Drimnagh Castle (Male 15-17 years)

Cricket in the Community

Cricket school and community programmes continue as follows:

- 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)

Football in the Community

- The 6–week FAI Futsal in the Yard programme continues in the following SCA schools:

- Our Lady of Lourdes, Inchicore
- Scoil Treasa, D8
- The UEFA Disney Playmakers Programme is a fun and safe introduction to football for 5–8-year-old girls. It is a club-led programme, completed through storytelling & imaginative play. In the SCA the programme is delivered every Saturday in Inchicore Athletics Club and every Sunday in Lourdes Celtic until mid-November.
- The FAI Club Mark constitutes a recognition bestowed upon football clubs based on the adoption of exemplary practices in the governance, management, and administration of the club. Starting at the Entry Level, clubs have the opportunity to progress to attain a 2-star rating. FAI Officers are supporting the following SCA clubs:
 - Lourdes Celtic FC
 - St. John Bosco FC
 - Crumlin United
- The Teenage Kicks FAI programme supports young males at secondary school level to engage with football in a friendly/sociable environment. In the SCA schools from the Bluebell area are currently participating.
- The FAI After-School Futsal programme supports young people to continue engaging outside school hours. In the SCA the programme is delivered in Inchicore and aimed at multiple schools in the area.
- Football For All (Disability) Blitzes will take place in the ALSAA Centre, North Dublin on 24th October. This is a citywide initiative aimed at adult participants from all areas.
- SCA FAI Officers continue to support local clubs through coach education and safeguarding workshops.

Rowing in the Community (Citywide)

The Get Going, Get Rowing indoor 6-week rowing programme has concluded in Drimnagh Castle and Kylemore College, Ballyfermot. Programmes to restart following the Christmas break in January.

Rugby in the Community

The Aldi Play Schools Programme continues in the following SCA schools until the Christmas break:

- Drimnagh Castle (5th Class Level, male)
- Francis St. NS (4th - 6th class level, male)
- St. Cillian's Bluebell (all age groups, mixed)
- Inchicore NS (4th - 6th class level, mixed)

- CBS, St. James St. (secondary 1st year level, mixed)
- Mary Queen of Angels BNS, Ballyfermot (all age groups, male)

Inclusion in Rugby Programmes:

- Scoil Eoin, Crumlin
- St. John of God's, Chapelizod

Swimming in the Community (citywide)

Please note that Christine Russell, Swimming Development Officer (citywide) resigned from Swim Ireland in November. DCSWP is working closely with management in Swim Ireland regarding a replacement officer and will update committees on progress. The following programmes continue until year end:

- 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.
- Three 6-week programmes aimed at children with additional needs age 6-12 years. Sean MacDermott St. pool. 3.30-4pm.
- Women of Colour Learn To Swim programme aimed at females from the Muslim community. Sean MacDermott St. Pool.
- 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. Commenced Monday 23rd 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
- Inclusion in training delivered by DCSWP Inclusion & Integration Officers. Aimed at organisations, clubs and community groups.

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