

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2025

2025– 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, background or ability. In 2025 DCSWP will continue to align the planning and delivery of programmes with national and international events. 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.

DCSWP is completing its calendar of events and has circulated a draft copy to all officers for the purposes of planning in 2025.

Dublin City Sport & Wellbeing Partnership Staffing News

Aideen O'Connor, Programmes & Services Manager, commenced maternity leave in early January 2025. Colin Sharkey has taken up duty as Acting DCSWP Manager in the interim. Contact details for all DCSWP staff are listed at the end of the report.

DCSWP is currently working with Swim Ireland around recruitment for the new citywide Swimming Development Officer following the resignation of Christine Russell. Interviews for the position took place on 20th January with DCSWP represented on the interview board.

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. This is the 13th year of the hugely popular challenge.

The Challenge kicked off on New Year's Day at 9.30am with the Tom Brennan Memorial 5k. Participants will complete the challenge by participating in the remaining races named below and a park run (within the time period 01 January 2025 & 05 April 2025).

Participants receive a T-Shirt to mark them out as 5 Alive Participants and will receive 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.

Remaining Races for 2025

- **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)**

Information on all remaining 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.

Details of Central Area CFL programmes are outlined in the core programme section. A citywide Change For Life Hill-Walking Programme has commenced every Tuesday. DCSWP Sport Officers completed leader training on 14th January and will be leading groups from January – March on various routes in the Dublin and Wicklow mountains:

Event	Location	Date & Time
Change For Life Walk	Donabate to Portrane Beach Walk	11 February from 10am
Change For Life Walk	Hell Fire Club Forest Walk	18 February from 10am
Change For Life Walk	Howth Head Cliff Loop	25 February from 10am
Change For Life Walk	Loop of Ardgillan	11 March from 10am
Change For Life Walk	Ticknock Fairy Castle	18 March from 10am

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 the Central Area Stanhope St will partake in the 7 week programme Football League.

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.

- The following Central Area Clubs have been awarded grants for 2024. DCSWP is nearing completion of the approval process. Updates to the list if applicable will be provided in the March report. Payments to below have been processed or will be received in early February

Name of Club	Amount Awarded
Ballybough Boxing Club	€700
Beggsboro FC, Cabra West	€700
Botanic Hockey Club, Glasnevin	€700
Cabra Boxing Club	€900

Cabra Judo Club	€900
Celtic DCH, Navan Rd.	€900
Clg Na Fianna, Glasnevin	€700
Dublin City Handball, North Wall	€700
Dublin Docklands Boxing Club	€900
East Wall Bessborough FC	€700
Glasnevin Boxing Club	€900
Glasnevin Football Club	€900
Glasnevin Lawn Tennis Club	€700
Grandmaster Howards Taekwondo School, Cabra	€900
Hardwicke FC. D1	€500
Home Farm FC, Drumcondra	€900
lerne Social & Sports Club, Drumcondra	€700
Marino AC	€900
Naomh Fhionnbarra GAA, Cabra	€900
National Deaf Village Sports & Leisure Company/Inspire Fitness Centre, Cabra West	€900
St. Brendan's Camogie Club, Grangegorman	€700
St. Brendan's Ladies GAA, Grangegorman	€900
Stella Maris FC, D3	€900

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.dcwspclub.ie
- Email: sports@dublincity.ie
- Twitter: Dublin City Sport & Wellbeing Partnership (@dccsportsrec) / Twitter
- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](https://www.facebook.com/DublinCitySportWellbeingPartnership/)
Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Central Area Core Programme February – March 2025 Highlights

Change for Life (Underactive Communities)

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

Name of programme:	Change For Life Tennis
Description of programme activity :	Tennis Programme. Delivered in partnership with Clonliffe Community Centre
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Mondays from 11am. Barbara Ward Centre, Ballybough

Name of programme:	Change For Life Couch to 3 & 5k
Description of programme activity :	Couch to 3k Walking/Running 5-week Pathway Programme. Delivered in partnership with Athletics Ireland.
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ballybough Community Centre (starting point). Wednesdays from 12 noon.

Name of programme:	Change For Life Swimming
Description of programme activity :	Aqua Fit/General Swimming Programme. Delivered in partnership with Swim Ireland
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Sean McDermott St. Pool. Mondays from 9.30am

Name of programme:	Change For Life Yoga
Description of programme activity :	Yoga Programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ballybough Community/Youth Centre. Fridays from 10am

Name of programme:	Change For Life Walking & Cycling
Description of programme activity :	Local Walking & Cycling Programme. Delivered in partnership with local Hells & Wheels
Age group:	40+ years
Gender:	Mixed
Date/time and location:	Ierne Sport & Fitness Club, Drumcondra Mondays from 10am (cycling) Tuesdays from 10am (walking)

Name of programme:	Change For Life Cycling/Polo
Description of programme activity :	Bike Polo Programme. 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. Sundays from 2pm

Name of programme:	Change For Life Multi-Sport
Description of programme activity :	Multi-Sport Community Initiative (walking, cycling, swimming, mental health talks)
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Various locations in Central Area. Coordinated by DCSWP Sport Officer. Wednesdays from 1pm

Name of programme:	Change For Life Multi-Sport
Description of programme activity :	Change For Life, Glasnevin. Multi-Sport Initiative including Fitness Sessions, Beginners & Intermediate Gym Classes, Pilates & Yoga
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Fitness Sessions: Mondays 11am-12noon & 12 – 1pm Beginners Gym: Wednesdays, 11am

	<p>Intermediate Gym: Wednesdays 12 noon – 1pm & 1-2pm</p> <p>Pilates: Fridays, 11am – 12noon * 12 noon – 1pm</p> <p>Yoga: Fridays, 11am – 12 noon & 12 noon – 1pm</p>
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Name of programme:	Change For Life Pilates/Yoga
Description of programme activity :	Pilates/Yoga
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 Cardio
Description of programme activity :	Cardio Programme
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 6pm. Aughrim St. Centre

Name of programme:	Change For Life S&C
Description of programme activity :	Strength & Conditioning Programme
Age group:	16+ years
Gender:	Mixed

Date/time and location:	Fridays from 10am. Aughrim St. Centre
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Name of programme:	Change For Life Walking
Description of programme activity :	Walking Club
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 10am. Aughrim St. Centre/Phoenix Park (starting point)

Name of programme:	Change For Life Pickleball
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 or behaviour. Programmes are delivered in partnership with local Youth Services and An Garda Síochána.

Name of core programme:	Youth At Risk Football Recovery
Partners (If any):	Chrysalis Community Drug Project
Age group:	16+ years
Gender:	Male
Date/time and location:	TUD Grangegorman. Fridays from 5pm

Name of core programme:	Youth At Risk Late Night Leagues
Partners (If any):	FAI/HSE/ An Garda Síochána/Centra Area Youth Services
Age group:	12+ years
Gender:	Mixed
Date/time and location:	Various venue located in inner city. Fridays from 7pm

Name of core programme:	Youth at Risk Zumba
Partners (If any):	FAI/HSE/ An Garda Síochána/Centra Area Youth Services
Age group:	12+ years
Gender:	Mixed
Date/time and location:	Various venue located in inner city. Fridays from 7pm

Thrive (Adults with Mental Health Difficulties)

Name of core programme:	Thrive General Fitness
Partners (If any):	Eve Goirtín/HSE Mental Health Unit
Age group:	18+ years
Gender:	Mixed
Date/time and location:	HSE, Grangegorman. Wednesdays from 12 noon

Forever Fit (Older Adults age 55+ years)

Please see Health Improvement in the Community section for more older adult initiatives.

Name of core programme:	Chair Fit Programme
Programme Description:	Chair based exercise classes for older adults. Due to demand/popularity two classes have been scheduled back to back. Delivered in partnership with Iona Parish and Active retirement volunteers
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 11am - 12 noon and 12 noon to 1pm. Church of St. Columba, Iona Rd, Glasnevin.

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

Name of core programme:	Functional Fitness
Programme Description:	Chair based fitness classes and social event aimed at older adults. The class currently costs €3 per person and includes tea/coffee afterwards to incorporate the social element to the programme which is hugely important to this cohort
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 11.30am. CLG Na Fianna

Name of core programme:	Go 4 Life Games
Programme Description:	Age & Opportunity mixed sports partnership programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 11am.. Barbara Ward Centre, Ballybough

Women in Sport

Name of core programme:	Trinity Research Programme
Programme Description:	<p>A continuation of the Trinity research programme that was run through funding from Irish Research Council and the Dublin City Sport & Wellbeing Partnership through the Active Cities project.</p> <p>The local Sport Officer linked in with a Trinity College PHD candidate for this initiative and for the participating school is, again, linking in with St. Mary's Girls secondary school in Glasnevin for 2025. Taster sessions took place before Christmas and the 12 week programme commenced in January</p>

Name of programme:	Try Tennis
Description of programme activity :	This 8-week beginners programme aimed at adult females has proved to be hugely successful since its introduction in the area a number of years ago and will continue for 2025.
Age group:	18+ years
Gender:	Female
Date/time and location:	Mondays 12 noon– 1pm and 1-2pm. National Tennis Centre, Albert College Park

Health Improvement in the Community

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
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Name of programme:	Move For Health Henrietta St.
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:	Wednesday from 12pm in Ballybough Community Centre (high risk of fall)

Sport Inclusion & Integration Highlights

Please note the programmes listed below are delivered in partnership with sport ability organisations on a citywide basis and include participants from the Central Area:

Ethnic Minorities:

- Swimming programme aimed at ethnic minorities with a disability. Delivered in partnership with the Ukrainian Crisis Centre. Sean McDermott Pool every Wednesday from 3-5pm.
- Sport Inclusion & Integration Officers (SIIOs), in partnership with the Active Cities Officer and Poppintree Sports & Fitness are currently planning a roller-skating initiative aimed at children from the Traveller Community.

Adults with an Intellectual Disability:

- Boxing programme. Mondays from 11am - 12 noon in partnership with the Central Remedial Centre, Coolock
- **Football programmes:**
 - The Glin Centre, Coolock. Wednesdays from 12 noon-1pm,
 - St. John of God's, Islandbridge. Mondays from 11am
 - Artane Residential Centre. Wednesday from 1-2pm

Children with an Intellectual & Physical Disability

Swimming programme. Enable Ireland Swimming Pool, Sandymount. Wednesdays from 6-8pm

Children with Autistic Spectrum Disorder (ASD)

SIIO's are currently delivering Tag Rugby programmes aimed at children from Casa Catriona Special School, Cabra age 5-13 years. The programme takes place every Monday from 12 noon and is delivered in partnership with Leinster Rugby. A general fitness programme is also ongoing every Wednesday in partnership with Little Fitness (helps children reach physical milestones and experience social interaction in a non-competitive environment).

Adults with Mental Health Difficulties

Tai Chi classes delivered in partnership with Eve Goirtín Hub, Grangegorman. Aimed at adults experiencing mental health challenges.

Upcoming:

- Walking programmes aimed at adult females from Traveller community.
- Tennis Ability(Para-Tennis) Programme in partnership with Castleknock Tennis Club

Active Cities

Quarterly update to follow in March report. 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.

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 February 2025

Athletics in the Community

DCSWP Co-funded Athletic Officers continues with delivery of the primary school general athletics programmes and Couch to 3/5k.

Boxing in the Community

The Startbox school programme continues in the following Central Area Schools:

10-12 years:

- Gael Scoil, Cabra. Mondays from 12.30pm (Mixed, two Classes)

- St. Vincent's NS, Navan Rd. (Female, two classes)
- Christ The King BNS (Male, three classes)
- St. Finbarr's BNS, Cabra (Male, two classes)
- St. Joseph's BNS, Fairview (Male, two classes)
- St. Laurence O'Tool BNS (Male, two classes)

15 - 16 years

- St. Pauls CBS, North Brinswick St. (Male, Transition Year)
- Scoil Catriona, Glasnevin (Mixed, Transition Year)

Cricket in the Community

- Table Ball Cricket sessions continue every Saturday in Mountjoy Square from 11am
- Schoolyard sessions continue in Scoil Mobhi NS every Tuesday from 1pm Aimed at young people age 8-13 years.

Football in the Community

Dublin 1 Football School

Football programme aimed at participants age 7-10 years. Current participants are from O'Connell's secondary school, Richmond St., Drumcondra. Delivered in partnership with NEIC/City Connects every Saturday at the NEIC All Weather Pitches from 11am.

Street Football

NEIC Inner City Street Football Programme aimed at participants age 7-10 years. Delivered in partnership with NEIC area office and An Garda Síochána every Tuesday in the NEIC All Weather Pitches from 4-6pm.

Walking Football

Walking Football programme aimed at participants age 50+ years (mixed). Delivered in partnership with NEIC area office every Friday from 12noon - 1pm in the NEIC All Weather Pitches.

Coaching Update

As part of the Coach Education programme to support local clubs, the FAI Co-funded Officer will be delivering the 'In Her Boots' Parent /Coach Education course on 20

February in Home Farm FC. This follows delivery of 7v7, 9v9 Football Coach Education and the 'Me and My Ball' education course in the club.

Safeguarding

FAI Officers continue to support local clubs in the area of child safeguarding. Safeguarding 1 training will be delivered on Wednesday 5 March online.

Rowing in the Community (Citywide)

The Get Going, Get Rowing 6-week indoor school rowing programme commenced in January 2025. In the Central Area the programme continues in St. Dominic's Cabra (female) aimed at all levels. 12 - 18 years. Inter-schools blitzes will place along with outdoor sessions in the coming weeks.

Rugby in the Community

Tag school rugby sessions have commenced in the following Central Area primary schools. The programme is delivered in partnership with City Connects:

- St. Vincent's BNS & GNS every Monday from 9am - 12 noon
- St. Laurence O'Toole GNS every Monday from 9am - 11am
- Sheriff St. After-School Project every Tuesday from 2.30pm in St. Laurence O'Toole Recreation Centre)
- St. Columba's NS, North Strand every Thursday from 9.30am - 12.30pm
- Gardiner St. NS every Thursday from 9.45am - 12.30pm
- Central Model School every Friday every Friday from 9.45am - 12.30pm
- Rutland NS every Friday from 1-2pm

The Metro Primary Schools Council Cup is scheduled to take place on Friday 28th March in Energia Cup.

Swimming in the Community (Citywide)

Please refer to start of report under Staffing for an update.

Training for 2025

- Safeguarding 1, 2 & 3 Training continues on an on-demand basis. First Aid Training/Inclusion Sport Training is also delivered at designated times throughout the year.
- Sport Inclusion & Integration officers continue to facilitate Inclusion in Sport workshops/training sessions

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