

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

APRIL 2025

2025– Linking in with National Events & Initiatives

The primary goal of DCSWP is to provide opportunities for everyone to get partake 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. Many programmes will run in tandem with major events and DCSWP will continue to promote existing programmes on all social media platforms.

VHI Women’s Mini-Marathon

DCSWP Sport Officers are currently delivering the citywide 10-week Community Training Programme in the lead up to the 2025 VHI Women’s Mini Marathon. The programme is supported by DCSWP Co-funded Athletics Ireland Officers. Details of the NCA training programme is outlined in the core programme report.

Schools Cross- Country 2025

The citywide 2025 Schools Cross Country Race Series kicked off on 20 March in John Paul Park, Cabra. The programme is aimed at primary school students at 3rd - 6th class level. The next races are schedules as followed:

- 07 May: Sundrive Park, Crumlin
- 08 May: Ringsend Park

More races to follow. Cross-Country events in Ellenfield Park and St. Anne’s Park in the NCA are in the planning stages.

NFL Jet Flag Football League

Continues on a citywide basis. The league will culminate in a **Championship Day** at the Sport Ireland Campus.

The programme has already received fantastic **media coverage on Ireland AM, Virgin Media, and RTÉ News**, highlighting the growing popularity of Flag Football in Ireland and inspiring the next generation of female athletes in Dublin.

DCC Sensoria Festival 2025

DCSWP Sport Inclusion & Integration Officers to deliver inclusive dance and yoga taster sessions during the DCC Sensoria Neurodivergent Friendly Festival on 26/27 April in Merrion Square.

Upcoming Citywide Events

DCSWP to support following events and promote ongoing programmes and initiatives that align with major sporting events.

- **26 – 27 April:** DCC Sensoria Festival - Merrion Square.
- **29 April– 03 May:** National Active Schools Week. DCSWP Sport Officers to support NCA schools in the delivery of multi-sport activities.
- **12 – 18 May:** National Bike Week (DCSWP to promote and delivery cycling programmes).
In the South Central Area, the Bike Week Leader Course will take place in the Ballyfermot Bike Hub in partnership with Cycling Ireland. Bike Safety sessions in partnership with An Garda Síochána I the Orchard Centre, Cherry Orchard and BMX activities in Le Fanu Skate Park over the week.
- **19 – 23 May:** Walk to School Week
- Planning for Her Outdoors (August) and Marathon Kids (September) commences
- **01 June:** VHI Women's Mini Marathon (Community Training Programme)
- **09 – 15 June:** Men's Health Week (DCSWP to promote and deliver in partnership with community groups and DCC Health & Wellbeing Unit)

Dublin City Sport & Wellbeing Partnership Staffing News

Raine Almeida commenced duty as the new Swimming Development Officer on 11 March. Raine comes with a wealth of experience from her previous role and will be looking at

continuing many of the programmes delivered by previous Swim Ireland Officer Christine Russell as well as commencing new initiatives.

DCSWP Advisory Board 2025

The second meeting of the year took place on Tuesday 25 January. Agenda items included Sport Inclusion & Integration and Active Cities.

Particular focus was on the hugely successful Dublin City Half Marathon Community Engagement programme. In the lead up to the Half Marathon DCSWP put out a community call to action through our team of Sport Officers with links to clubs and individuals.

Strong consideration was given to:

- Engaging with individuals currently not participating in sport
- Engaging clubs/individuals who face ongoing obstacles that prevent participation e.g.: socio-economic/cultural/societal

The participants received expert guidance, coaching, motivation and support along the way by the DCSWP team and co funded Athletics Officers

DCC/DCSWP had a total of 225 participants taking part in the Half Marathon from all across Dublin City and from all backgrounds. 75 participants were from NEIC Groups and 15 places were provided to seven running clubs:

- Ballymun AC
- Liberties RC
- Artane Beaumont RC
- Coolock RC
- Sanctuary Runners
- Dublin Frontrunners
- Cherry Orchard RC

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

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

South Central Area April Core Programme Report

Change for Life

Target Group: Underactive Communities

Name of core programme:	Community Wellness Hub
Description of programme activity:	Multi-Sport Community Wellness Programme - Yoga & Functional Fitness. classes per week
Age group:	Adults age 18+ years
Gender:	Mixed
Date, Time & Location:	Mondays & Wednesdays (Yoga) from 12 noon Fridays (Functional Fitness) from 2pm Ballyfermot Civic Centre

Name of core programme:	Cherry Orchard Drop-In Exercise Programme
Description of programme activity:	Multi-Sport Community Activity Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date, Time & Location	Thursdays from 11am. Orchard Centre, Cherry Orchard (multisport)

	Tuesdays from 11am, Orchard Centre, Cherry Orchard (Boules)
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Name of core programme:	Cherry Orchard Drop-In Exercise Programme
Description of programme activity:	Multi-Sport Community Activity Programme
Age group:	Adults age 18+ years
Gender:	Mixed
Date, Time & Location	Thursdays from 11am. Orchard Centre, Cherry Orchard

Name of core programme:	ParkHITT Training
Description of programme activity:	Fitness class aimed at ParkHITT participants
Age group:	All age groups
Gender:	Mixed
Date, Time & Location	Saturdays from 9.30am. People's Park, Ballyfermot

Name of core programme:	Change For Life/Fatima/Dolphin's Barn/Inchicore
Description of programme activity:	Weekly multi-sport classes. Continuation of 2025 Change For Life Programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Inchicore Sports Complex: Tuesdays from 10 am and 11am/Thursdays from 11am and 12 noon

	Bluebell Community Centre: Mondays from 6pm and Thursdays from 11am
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Name of core programme:	Change For Life Womens Shed Programme
Description of programme activity:	Community Yoga Programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Wednesday from 7pm. Bluebell Community Centre

Youth at Risk/ School Programmes

Target Group: Young People age 10-18 years*/Local Primary & Secondary Schools

***programme target age group may start at U10 years depending on activity**

- SCA Officers engaging with Youth Services across the Easter break. Multi-sport programmes/trips are in planning stages. Local partners include Familiabase and COI Youth Project
- The Hell & Back 2025 training programme has commenced in the SCA. The programme supports young people participating in the event in summer 2025.
- Summer camps for the school break are in the planning stages in partnership with local youth services and projects. Activities will be focused on water and outdoor initiatives.

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

Name of core programme:	Erasmus Youth Exchange
Description of programme activity:	Cultural/Sport exchange programme in partnership with We Have a Dream (WHAD) Youth Project and Kylemore CTC. This a seven day exchange project with SCA DCSWP Sport Officer partnering/supporting. Activities include boat trips, mountain climbing, forest walks and surfing.
Age group:	15-22 years
Gender:	Mixed
Date/time and location:	10 - 18 April 2025

Name of core programme:	Outdoor Adventure Programme
Description of programme activity:	Hillwalking programme in partnership with Kylemore CTC and We Have The
Age group:	15-26 years
Gender:	Mixed

Date/time and location:	Tuesdays from 10am.
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Name of core programme:	Youth Employability First Aid Training
Description of programme activity:	Employment programme. Aimed at supporting employment prospects for young people during the summer months. Young people receive First Aid Training as a pathway to summer youth projects. Partnership with Ballyfermot Youth Services
Age group:	15-22 years
Gender:	Mixed
Date/time and location:	Monday-Friday. Various times, dates and locations.

Name of core programme:	Bluebell/Fatima Easter Camps
Description of programme activity:	Multi-sport
Age group:	4-12 years/U12
Gender:	Mixed
Date/time and location:	Thursday 17 and 24 April. Bluebell Community Centre. 4-12 years Fatima F2: Details TBC. 4-12 years
Name of core programme:	School Engagement
Description of programme activity:	Table Tennis
Age group:	4-12 years/U12
Gender:	Mixed

Date/time and location:	Thursday 17 and 24 April. Bluebell Community Centre. 4-12 years Fatima F2: Details TBC. 4-12 years
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Name of core programme:	Run For Fun /Fit For Fun/Boxing For Fun Youth at Risk Programme
Description of programme activity:	Delivered in partnership with local youth services including South West Inner Network (SWICN)
Age group:	8-12 years
Gender:	Mixed.
Date/time and location:	<ul style="list-style-type: none"> ➤ Run For Fun. Mondays from 3.45pm. Dolphin House Community Centre ➤ Fit For Fun. Mondays from 10am. Bluebell Community Hall ➤ Boxing For Fun. Start date TBC. Delivered in partnership with DCSWP Boxing Development Officer

Name of core programme:	St. Catherine's Multi-sport Programme
Description of programme activity:	Multi-sport (mixed ball games)
Age group:	12-16 years
Gender:	Mixed
Date/time and location:	Mondays from 5pm. St. Catherine's Sports & Fitness Centre

Forever Fit

Target Group: Older Adults (age 55+ years)

Name of core programme:	COPD Programme
Description of programme activity:	Community aerobics class aimed at participants with Chronic Obstructive Pulmonary Disease
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 11am. Liffey Gaels Hall, Ballyfermot

Name of core programme:	Forever Fit Exercise Programme
Description of programme activity:	Yoga/Chair Exercise
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 11.30am. Municipal Rowing Centre, Islandbridge

Name of core programme:	Forever Fit Bowls Programme
Description of programme activity:	Yoga/Chair Exercise
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Fridays from 10am. St. Catherine's Sports & Fitness

Name of core programme:	Forever Fit Women's Shed
Description of programme activity:	In partnership with Drimnagh Women's Shed community initiative. Various activities including chair yoga and fitness
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 7.15pm.

Name of core programme:	Forever Fit Women's Shed
Description of programme activity:	In partnership with Drimnagh Women's Shed community initiative. Various activities including chair yoga and fitness
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Thursdays from 7.15pm.

Name of core programme:	Forever Fit Go For Life Games
Description of programme activity:	Training for Age & Opportunity Games. Delivered in partnership with Dolphin's Barn Health Team
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays from 10.30am. Dolphin's Barn Community Centre

Name of core programme:	Forever Fit Chair Aerobics
Description of programme activity:	Delivered in partnership with Dolphin's Barn Health Team
Age group:	55+ years

Gender:	Mixed
Date/time and location:	Tuesdays from 12 noon. Dolphin's Barn Community Centre

SCA and Citywide Community Wellness Programmes

The following programmes are referral only and delivered in partnership with the HSE. 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)

Sport Inclusion & Integration (SIIO) Update

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

South Central Area Inclusion:

- Weekly Boccia sessions aimed at adults with physical and intellectual disabilities. Mondays from 11am. F2 Centre
- Weekly Glow Exercise classes aimed at adults with physical and intellectual disabilities. Fridays from 11am. St. John of God's, Islandbridge

Citywide Inclusion & Integration

Inclusion/Integration Citywide Events

- DCC Sensoria Neurodivergent Friendly Festival Merrion Square (see start of report)

- As part of Africa Day 2025 (18 May) SIIO's will deliver a Family Trishaw event in Kilmainham in partnership with the DCSWP Active Cities Officer. Trishaws are adaptable bikes operated by a trained pilot. The event offers older participants and those with physical and intellectual disabilities the opportunity to enjoy the benefits of cycling in the city in a safe and inclusive environment.
- The citywide Inclusive Athletics Ireland event aimed at adults with physical and intellectual disabilities will take place in Morton Stadium on Wednesday 28 May from 11am.

Ongoing citywide SIIO programme

- Kayaking Avista Programme aimed at adults with physical and intellectual disabilities. Thursdays from 10am in East Wall Water Sports Centre.
- Aqua Fit (adults with physical and intellectual disabilities). CRC Clontarf every Thursday from 11am.
- Inclusive Boxercise Avista Programme (adults with intellectual disabilities). Avista Centre, Navan Rd. every Wednesday from 12 noon.
- Chair Aerobics Programme (adults with intellectual disabilities). Avista Centre, Navan Rd. every Wednesday from 1pm.
- Yoga & Wellness Active Cities Programme aimed at females from the Traveller Community. Wednesdays from 11am, Poppintree Sports & Fitness
- Tai Chi Mental Health Programme (adults age 25+ years). Eve Goirtín Centre, Grangegorman every Wednesday from 11am.
- Inclusive Boxing Programme (adults with intellectual disabilities). Eve Goirtín Centre, Grangegorman every Wednesday from 12 noon
- Boccia Blitz (adults with physical and intellectual disabilities) Cabra Parkside. Wednesdays from 11am (once a month)
- Football for All (inclusive football) Blitz. Ongoing on a citywide basis aimed at adults with physical and intellectual disabilities.

Active Cities (Dublin City) Update - Citywide

Erasmus+ Sport European Program (June 2025)

- 10-person delegation to Hamburg including Sport Officers, cycling reps, videographers, and Inclusion Officers.
- Knowledge exchange with European sporting organisations.

Global Active City Status for Dublin

- DCSWP Active Cities Officer working with Evaleo & Active Well Being Initiative (AWI) on certification process.

Athletics Ireland Three Race Series

- DCSWP sponsorship in collaboration with Dublin's three local authorities.
- Over 5,000 expected participants in early summer events

Active City Dublin Parks & Trails Challenge

- Expansion of 2024 summer challenge with Smart Dublin Tourism & local authorities.
- Nominated for DCC 3 Castles Award

Cycle School & Running Track Development

- Cycle Right courses launch in March.
- Fortnightly meetings with Cycle Hub & Track Club to finalise delivery model.
- Secured Community Development grant for velodrome lighting upgrades (subject to DCC biodiversity review).
- Plans to reintroduce running clubs to Eamon Ceannt Park to maximise multi-use facilities.

Health Improvement in the Community (Delivered in partnership with HSE)

➤ Men On the Move Ballyfermot/Cherry Orchard

Men only Health & Wellbeing programme including exercise classes & nutrition and mental health workshops. Delivered in Ballyfermot Civic Centre every Monday from 11.30am

➤ Men on the Move Mental Health Programme

Men only Health & Wellbeing programme including exercise classes & nutrition and mental health workshops (referral only). Delivered in Lionsville Hostel, Chapelizod every Monday from 11am.

➤ **Heads Up Ballyfermot**

Men only Holistic Health & Exercise programme including yoga, pilates and mindfulness aimed at men experiencing mental health difficulties. Delivered in Ballyfermot Library every Monday from 11am.

➤ **Fatima Holistic Health**

Pilates exercise class aimed at underactive women as part of a holistic health programme. Delivered in Fatima F2 Centre, Dublin 8 every Tuesday from 10.15am

➤ **Fatima Fit**

Chair aerobics exercise class aimed at older adults 55+. Delivered in Fatima F2 Centre, Dublin 8 every Thursday from 12 noon.

DCSWP and Co-funded Programme Highlights April 2025

Athletics in the Community

- Athletics Ireland continue to deliver the primary schools Athletics programmes in SCA schools.
- Schools' Cross-Country 2025. See start of report. More races to be announced.
- The SCA community Couch to 5k continues in the Phoenix Park every Thursday from 6-7pm.

Boxing in the Community

The Startbox Bronze programme (non-contact) continues in the following SCA schools over April.

- St. Audeon's D8 (2 programmes, mixed 8-9 years, 9-10 years) Mondays from 11am
- Our Lady of Good Counsel, Drimnagh (3 programmes, female, 9-10, 10-11 & 11-12). Wednesdays and Thursdays from 12 noon
- Drimnagh Castle (3 programmes, male, 11 - 12 years). Fridays from 10pm
- St. Catherine's NS, Donore (2 programmes, mixed 10-11 years and 11-12 years). Fridays from 10pm

- Bluebell Community Centre Youth Programme (mixed, 9-11 years) Tuesdays from 10am. Delivered in partnership with DCSWP Sport Officer Igor Khmil as part of Youth at Risk core programme.

Aviva Stadium Tour

Aviva Stadium summer trips in planning stages. To be delivered from May in partnership with local youth services and community groups. All age groups up to 18 years.

Cricket in the Community

School and community softball cricket sessions continue in the SCA over the next period:

- Drimnagh Castle (male, 8-13 years). Thursdays from 12am
- Scoil Una Naofa, Kimmage (mixed age 8-13 years) Thursdays from 1pm
- Ballyfermot Sports & Fitness Centre (mixed, 5-13 years). Mondays from 10am. Delivered in partnership with Cherry Orchard Youth Project.
- The inter-school Cricket Leinster Leprechaun Cup tournament in the planning stages.

Football in the Community

The FAI School Coaching programme (10- 12 years) continues in the following SCA schools. 450-500 primary school children from the SCA are currently participating in the programme

- Oblates NS, Inchicore
- Our Lady of Lourdes, Inchicore
- Our Lady of the Wayside NS, Bluebell
- St. Audeon's NS, D8
- Goldenbridge NS, Inchicore
- Scoil Treasa Naofa, Donore Ave

- The Primary 5's final aimed at young people age 10-12 years took place in DCU campus on 09 and 10 April.
- End of terms school blitzes are scheduled to take place from 18 - 20 June in Bluebell Astro facility.
- FAI Safeguarding workshops continue online every Wednesday aimed at coaches, volunteers, club members.

Rugby in the Community

The following SCA school programmes remained in the planning stages at the time of submission. Details of all programmes will be confirmed in the May report:

Primary Level (Tag Rugby)

- St. Audeon's, D8 (10-12 years, mixed)

Secondary Level (Contact)

- Drimnagh Castle (First Year, Male)
- Kylemore College (Transition Year, Mixed)
- The Rugby Inclusion Day will take place in Clintarf Rd. Astro Pitches on 16 May from 10am – 1pm. Details TBC
- Also in the planning stages is the Rugby Young Offenders Programme in partnership with Whitfield Prison. Further details on this programme from Leinster Rugby to follow.

Rowing in the Community

- The Get Going, Get Rowing 6-week Indoor Inclusive Rowing Programme has commenced in St Michael's Holy Angels Special School. The programme is aimed at students age 11-18 years with a Mild General Learning Disability. The programme takes place every Thursday.
- The Rowing Ireland On-The -Water Programme takes place from Monday-Friday (from 9.30am and 11am) in Neptune Rowing Club, Islandbridge. Participants are from schools across all electoral areas.
- The Inter-Schools Liffey Rowing Blitz will take place on Thursday 08 May in Neptune Rowing Club.
- The citywide Get Going, Get Rowing Rowing Camps are in the planning stages for the summer period.

Swimming in the Community

Please see start of report under Staffing News

Training 2025

DCSWP supporting clubs, community groups through the provision of safety and inclusion training:

- Safeguarding 1 - Cherry Orchard Running Club, Ballyfermot Civic Centre
- First Aid Training - Junior Park Run Volunteers. Orchard Centre.
- Sport Inclusion & Integration officers to continue facilitating Inclusion in Sport Training in partnership with National Disability Ireland. More information to follow.

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