

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 2019

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES SEPTEMBER - OCTOBER 2019

DUBLIN SPORTSFEST 2019

The Dublin City Sport & Wellbeing Partnership (DCSWP) will host its annual flagship event, Dublin Sportsfest, from 23 - 29 September 2019. The primary aim of Sportsfest is to engage with people through events & activities to encourage participation in sport and physical activity as well as increase the profile of DCSWP. Coinciding with European Week of Sport, the Sportsfest initiative is fully inclusive and comprises of a number of flagship events and local activities in communities across the city. Each day of the week is themed and reflects DCSWP's aspiration to provide something for everyone, see below:

Theme	Day/Date	Flagship Event
Schools	Monday 23 September	Launch of Daily Mile in Sport & Fitness Irishtown
Women's Wellbeing	Tuesday 24 September	Yoga and Inspirational talks at City Hall
Older Adults	Wednesday 25 September	Sports Days on both sides of City
National Fitness Day	Thursday 26 September	Docklands Fitfest at Grand Canal
Young People	Friday 27 September	Multisport Event at Clontarf Pitches, Orienteering in St Anne's Park and

		Dublin's Biggest Bootcamp, citywide
Club Development	Saturday 28 September	Grow Your Club Seminar at Wood Quay Venue
Family	Sunday 29 September	Family Day at Phoenix Park complimenting the Great Dublin Bike Ride.

In addition our city-wide Sports & Fitness Centres will be providing a schedule of events throughout the week of Sportsfest .

Sportsfest Information and Social Media Links

Promotion of Sportsfest is happening via a strong online media campaign entitled #ThisIsMyDublin. A number of a high-profile Dublin native sport ambassadors and local sporting heroes connected to DCSWP programmes and DCC facilities supports the campaign.

Further information can be found at the Dublin Sportsfest 2019 dedicated webpage and on social media – links below

Webpage:

- <http://dublincity.ie/sportsfest>

Social Media:

- <https://www.facebook.com/DublinCitySportandWellbeingPartnership/>
- <https://twitter.com/dccsportsrec>
- <https://www.instagram.com/dublincitysportandwellbeing/>
- <http://www.dublincity.ie/sportsfest>
- <https://www.youtube.com/channel/UCjzoRBN5Ns8BKtYWIMX00hA>

SMALL FOR YOUNG PEOPLE GRANTS 2019

Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body were recently invited to apply for financial assistance from the Sport For Young People Small Grants Scheme (10-21 years pf age). The Grant Scheme is funded and administered by Sport Ireland and the Dublin Sport & Wellbeing Partnership. The scheme supports clubs in some of the following;

- Purchase of Equipment
- Administrative costs
- Training and coaching courses

100 applications were approved in August this year resulting in €55,000 of funding being allocated to a range of sporting organisations & Clubs from Football to Wheelchair Rugby.

MARATHON KIDS 2019

DCSWP is delighted to be re-engaging with the Marathon Kids programme for 2019 in partnership with South Dublin Council and Fingal County Council Local Sport Partnerships. Marathon Kids is an 8-week initiative encouraging and promoting the social, physical and mental benefits of physical activity for our children.

During the programme 5th and 6th year primary school students complete four running sessions each week inching them closer to completing their first marathon. The students will come together for the last marathon mile in a grand finale event held in Morton Stadium, Santry on 13 November 2019 making their achievement even more special.

We have had a very positive response to the programme with 15 schools signing up this year meaning 550 of our young students in the city will be enjoying regular physical activity during school-time. In the South Central Area the St. Michael's National School Marathon Kids programme will be delivered in September/November.

HALLOWEEN HIGHLIGHTS 2019

DCSWP Sport and Co-funded Officers are currently planning multi-sport Halloween camps to keep our young people happy, focussed and fit when school is out over the mid-term break. Our Zombie Fun Run will take place in Brickfield Park, Drimnagh and California Hills, Ballyfermot on Halloween.

2. DCSWP CORE PROGRAMMES SEPTEMBER – OCTOBER 2019

Below are highlights of DCSWP core programmes and events ongoing in the area over the next period. For full details of all of our programmes please contact the DCSWP Office at (01) 222 5433/dccsports&rec@dublincity.ie or local Sport /Co-funded Officers. Contact details are listed at the end of the report.

BIKE FOR LIFE

Underactive Adults

This is a 'sofa to saddle' cycling programme that caters for underactive adults cyclists, from the person who has just rediscovered their bike, to the more accomplished rider who wants to take on greater challenges.

The programme brings the cyclist on a journey of learning, where they are educated on the various skills, aspects and components of cycling in a safe, welcoming and social environment. The skills and knowledge gained in this programme will make the world of cycling more accessible to everyone, with the main focus being on learning skills, enjoying cycling and meeting new like-minded people. The programme brings the cyclist on a journey of learning, where they are educated on the various skills, aspects and components of cycling in a safe, welcoming and social environment;

- The following Bike For Life programmes are being delivered from September – October in the area over the next period;
- **Programme:** Star Project (Adults recovering from addiction)
Date/Times: September TBC
Location: Various Locations
Participants: Mixed Adults
- **Programme:** Cherry Orchard Integrated Youth
Date/Times: September

Location: Various Locations

Participants: Mixed 12-24 years

COUCH TO PARKRUN (CORE)

Underactive Adults

The Couch To parkrun programmes aim to train participants over an 8-week programme enabling them to comfortably complete a 5k parkrun at the end of the programme. The following Couch to parkrun programme will be delivered in the area during the next period and will include walks and jogs along the Grand Canal;

- **Programme:** Couch to parkrun
Date/Times: Wednesdays 6-7pm
Location: From F2 Centre
Participants: Mixed Adults

FIT 4 CLASS (CORE)

Primary School Students

The Fit 4 Class programme takes place from September to December and is aimed at aimed at primary school students

- The following Fit 4 Class programme will be delivered in the South Central Area during the next period;
- **Programme:** Fit 4 Class
Date/Times: Mondays 1 – 2pm
Location: Inchicore Leisure Centre
Participants: Mixed 8-10 years

FOREVER FIT (CORE)

Older Adults

The Forever Fit programmes are aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi and line dancing.

- The following Older Adults programmes will be delivered in the South Central Area during the next period aiming to improve confidence in water based activities;
- **Programme:** Learn To Swim
Date/Times: Mondays 11am – 12 noon/Wednesdays 11am – 12 noon
Location: Guinness Pool, St. James's Gate
Participants: Mixed Older Adults 55+ years

GET DUBLIN WALKING (CORE)

Underactive Adults

Get Dublin Walking community walks continue over the next period on Monday and Wednesday evenings. Both groups will be delivered in the lead up to the Remembrance Run on November 10.

- **Programme:** School Completion Parents Walking
Dates/Times: Wednesdays 9.15am
Location: TBC
Participants: Mixed All Ages
- **Programme:** Ballyfermot Walkers & Talkers
Dates/Times: Mondays/Wednesdays Times TBC
Location: TBC
Participants: Mixed All Ages

THRIVE (CORE)

Adults With Mental Health Difficulties

Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression or individuals who have suffered an acquired brain injury and require assistance in re-integrating back into their communities from a personal independence, social & general wellbeing viewpoint

- The following THRIVE Kylemore Community Training Centre programme will be delivered throughout the next period; this walking programme will lead into the Remembrance Run on November 10.
- **Programme:** Thrive
Dates/Times: Fridays - Times TBC
Location: Kylemore CTC
Participants: Mixed 15 – 25 years
- Local Sport Officers in the Ballyfermot area will facilitate an outing to Newbridge for the THRIVE Gardening Club on Thursday 21 November.

YOUTH FIT (CORE)

Youth At Risk (10-21 years)

- The ongoing GAISCE Unaccompanied Minors Programme (15 – 18 years) is delivered in partnership with the HSE/TULSA. The programme introduces new participants to the initiative and encourages them to sign up to various challenges over a 6-9 month period. The programme is targeted at mixed participants age 15 – 18 years.

3. DCSWP GENERAL PROGRAMMES SEPTEMBER - OCTOBER 2019.

Programme: Enable Ireland Boccia
Dates/Times: Mondays 12noon – 1pm
Locations: F2 Centres
Participants: Mixed 18+
Partners: Enable Ireland

- **Programme:** Family Fun Day
Dates/Times: Saturday 21st September
Location: Jim Mitchell Park, Inchicore

- **Programme:** Healthy Food Made Easy
Dates/Times: Tuesdays 11am – 1pm
Location: Inchicore CDP Family Resource Centre
Participants: Mixed 18 + years

4. DCSWP CO-FUNDED PROGRAMMES SEPTEMBER - OCTOBER 2019

ATHLETICS DEVELOPMENT OFFICER UPDATE

- Athletics Officers are currently re-engaging with schools now that the school term has commenced as part of the Active Schools Programme.

BOXING DEVELOPMENT OFFICER UPDATE

- The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year. The Programme is structured into Bronze (non contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The DCSWP/Boxing Development Officer is currently engaging with schools across the South Central Area delivering the Bronze and Silver programmes.

CRICKET DEVELOPMENT OFFICER UPDATE

- The Cricket Development Officer is currently engaging with schools across in the South Central Area. Full details will be included in the next report. Cricket Inclusion programmes are listed below.

FOOTBALL DEVELOPMENT OFFICER UPDATE

Our FAI, Football For All Disability and Women's Football programmes are ongoing in the area over the next period. For full details of football initiatives please the DCSWP office.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby programmes/events and initiatives in the area over the next few weeks please contact the Rugby Development Officer, Gareth Murray.

SPORT INCLUSION AND INTEGRATION OFFICER UPDATE

- Following the success of the Table Cricket last year, there will now be two venues on both sides of the city this year through to 2020. The blitz's take place one day per month for 5 months. The courses will take place from Monday 16 September in Ballyfermot & Thursday 19 September in Cabra Parkside.
- Coaching Ireland - the Coaching Children's tutor course will take place in Kilmore West Recreation Centre from Tuesday 3rd September for a 4 week period. This course is aimed at providing leaders with the skills and knowledge on effectively delivering sports and physical activity to children with special needs.
- Swimming for Deaf/ Hearing Impaired, Inspire leisure pool commenced on Tuesday 20 August from 11-12 noon. . Run In conjunction with Swim Ireland the target group is older adults with Hearing impairment.

Contact details

Shauna McIntyre, DCSWP Manager: shauna.mcintyre@dublin@dublincity.ie

Aideen O'Connor, DCSWP Programmes & Services Development Manager: aideen.oconnor@dublin@dublincity.ie
Colin Sharkey, Senior Staff Officer, DCSWP: colin.sharkey@dublincity.ie
Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre: martin.mcdonagh@dublincity.ie
Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre: cormac.healy@dublincity.ie
Igor Khmil, Sports Officer: igor.khmil@dublincity.ie
Catherine Flood, Sports Officer: catherine.flood@dublincity.ie
Will Morris, Sports Officer: william.morris@dublincity.ie
Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie
Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie
Michael Moore, Soccer: michael.moore@fai.ie
Marc Kenny, Soccer: marc.kenny@fai.ie
David Rake, Soccer: david.rake@fai.ie
Ed Griffin, Boxing: shandygriffin@hotmail.com
Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie
Gareth Murray, Rugby: gareth.murray@leinsterrugby.ie

Report by

Dee O'Boyle

Dublin City Sport & Wellbeing Partnership: dee.oboyle@dublincity.ie