

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES NOVEMBER - DECEMBER 2019

➤ GAGA (GET ALL GIRLS ACTIVE) 2019

GAGA is a Dublin City Sport & Wellbeing Partnership core programme which takes place from October to December aimed at increasing female participation through multi-sport initiatives.

The programme culminates in GAGA Day on Wednesday, 4th December. Now in its second year GAGA Day is an initiative held to enable and inspire all girls to participate and engage in sport and physical activity through a range of new and existing programmes and events across the city.

As a Local Sports Partnership the GAGA programme and GAGA Day links into the women in sport 20x20 “If She Can’t See It, She Can’t Be It” national campaign <https://20x20.ie>. This campaign is an all-inclusive movement to shift Ireland’s cultural perception of women’s sport by 2020 with a 20% increase in media coverage of women in sport, a 20% increase in female participation at all levels of sport and a 20% increase in attendance at women’s games and events.

In the South Central area the following programmes will be delivered on GAGA Day in Ballyfermot Sports & Fitness Centre;

- Master Fitness Classes for girls age 12-15 years. Time TBC.
- Water Aerobic classes in partnership with Swim Ireland for females 18+ years at 11am and 7pm.
- Open Master Zumba classes for older adults. Times TBC.

For details on times the DCSWP can confirm in the next couple of weeks once the programme times are finalised.

2. DCSWP CORE PROGRAMMES NOVEMBER - DECEMBER 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 Dee O'Boyle in 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.

CHANGE FOR LIFE (CORE)

Underactive Adults

Change for Life is an 8 week programme that aims to improve the health of local communities through a partnership approach designed to support people to become more physically active on a regular basis and adopt a healthier diet. A number of Change For Life Lead-in programmes are ongoing in Inchicore and Fatima prior to the highlight programme which commences in January. The below CFL glow programme is ongoing;

- **Programme:** Glow Soccer
Date/Times: Tuesdays 10am – 12 noon
Location: St. Michael's Community Hall
Participants: Mixed Adults
Partners: FAI

CHAMPIONS (CORE)

Adults With Intellectual/Physical and Sensory Disabilities

Champions programmes provide opportunities for people with different disabilities to take part in regular physical activity in a safe environment.

- **Programme:** Basketball Programme
Date/Times: Wednesdays 2-3pm
Location: Obleates Basketball Hall
Participants: Mixed Adults 25-40
Partners: FAI

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.

- **Programme:** Fit 4 Class – Inchicore CDP/Inchicore NS
Date/Times: Wednesdays 3-4pm
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 programme will conclude with a Christmas outing for the group.

- **Programme:** Swing Over 50's Dance
Date/Times: Tuesdays 11am – 12 noon
Location: Ballyfermot Sports & Fitness Centra
Participants: Mixed Older Adults 55+ years

Ongoing Forever Fit swimming programmes in the SC area provide opportunities for older adults to learn how to swim;

- **Programme:** Forever Fit Learn To Swim
Date/Times: Mondays/Wednesday 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 in the area. Details are listed below;

Programme: School Completion Parents Walking

Dates/Times: Wednesdays 9.15am

Location: Various

Participants: Mixed All Ages

- **Programme:** Ballyfermot Walkers & Talkers
Dates/Times: Mondays/Wednesdays Times TBC
Location: Various
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

Programme: Thrive
Dates/Times: Fridays - Times TBC
Location: Kylemore CTC
Participants: Mixed 15 – 25 years

Programme: Thrive – Men’s Shed Music Session. This initiative will see two local groups meeting for a music session in Dunleer and will include a Christmas visit to the Japanese Gardens.

Dates/Times: TBC
Participants: Male 18+ years

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.
- Ballyfermot Youth Services Adventure Centre continues to deliver the Saturday Club for children age 10-14 years.

3. DCSWP GENERAL PROGRAMMES NOVEMBER - DECEMBER 2019.

- The Safeguarding 1 Course will be provided for clubs, coaches and volunteers over the next period in Ballyfermot Sports & Fitness Centre. Details TBC
- The Safeguarding 3 Course Designated Liaison Persons will be provided for coaches, parents and volunteers in Ballyfermot Sports & Fitness Centre on Thursday 28 November
- The Causey Farm Ballyfermot Youth Services Santa Visit will take place on Fridays in December. The visit supports young people that have siblings with disabilities.
- The Body Beats Programme is led by St. Ultan's Social Services and is supported by local DCSWP Sports Officers. The programme provides nutrition and exercise classes every Wednesday morning for 6th year students in schools in the area.
- The Bluebell Health Fair Day will take place in Bluebell Community Centre on Sunday 15th December and will provide BMI tests, waist measurements and height/weight analysis.

4. DCSWP CO-FUNDED PROGRAMMES NOVEMBER – DECEMBER 2019

ATHLETICS DEVELOPMENT OFFICER UPDATE

Athletics Officers are currently delivering the following citywide athletics programmes.

Run Jump Throw Workshop	Coaching Workshop	13/11/2019	27/11/2019	13,20,27th Nov	Morton Stadium	16+	Mixed
Primary teachers athletics workshop	Coaching Workshop	12/11/2019	13/11/2019	12,13th Nov	Irishtown & Morton	Adult	Mixed
Primary schools cross country	Cross country events for primary school children	03/12/2019	11/12/2019	3,4,5,10,11th December	Venues TBC - 1 event in each of the 5 regions	8 to 13	Mixed
Secondary Schools CC event	Cross country event for Secondary Schools to coincide with GAGA day	04/12/2019	04/12/2019	04/12/2019	St. Anne's Park	13 to 15	Mixed
The Daily Mile	Promote the event in all Dublin City Primary Schools	November	Ongoing		Dublin City Regions	4 to 13	Mixed

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 in the following activities

Schoolyard Cricket Sessions	Cricket- Canal Way ET	Mid-November	Mid-December	Tues 1.00pm-2.30pm	Inchicore	Primary School Children	Male/Female
Schoolyard Cricket Sessions	Cricket- Lady of Lourdes NS	Mid-November	Mid-December	Wed- 1.00pm-2.30pm	Inchicore	Primary School Children	Male/Female
Table Cricket League	Cricket- Table Cricket for people with disabilities	Mid-November	Mid-December	25th November 10.00am-2.30pm	Ballyfermot Sport and Fitness	All ages	Male/Female

FOOTBALL DEVELOPMENT OFFICER UPDATE

- Football Literacy Programme – Wednesdays at 2.30pm in Our Lady of Lourdes Primary School, Inchicore for males and females 7-8 years.
- Teen Football aimed at Youths at Risk – Thursdays from 5pm in Inchicore Sports Hall for males 14-19 years.
- Early morning Breakfast Football – Fridays from 8am in Our Lady of Lourdes Primary School, Inchicore for males and females 5-12 years.
- Primary Schools Futsal Fun Day on Friday 6th December from 11am – 1pm in Inchicore Sports Hall for children age 9-10 years.

- GAGA Football on GAGA Day in Inchicore and Bluebell Centres for females 7-12 years.

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 & INTEGRATION DEVELOPMENT OFFICER UPDATE

- Table Cricket – Mondays from 11am – 1pm in Ballyfermot Sports & Fitness Centre for participants age 18+ years
- Sports Leadership – Thursdays 9 – 11am in Ballyfermot Sports & Fitness Centre for participants age 18+ years
- Autism in Sport Training for coaches and volunteers – Wednesdays from 1-4pm in Ballyfermot Sports & Fitness Centre age 16+ years.

Contact details

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