

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JUNE/JULY 2021



Face to Face delivery of DCSWP programmes across communities in the Central area has now resumed. Delivery of programmes remains subject to Government, HSE and Sport Ireland Return to Sport guidelines.

Online/Social Media Supports:

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Dublin City Sport & Wellbeing Virtual Hub

Dublin City Sport & Wellbeing Partnership Virtual Hub support continues virtually via dcwsphub.ie

South Central Area Highlights June/July 2021

NAME OF CORE PROGRAMME	Youth at Risk / Thrive
DESCRIPTION OF PROGRAMME	Walking – Gaisce The President Awards - Kylemore
PARTNERS	Kylemore CTC Staff
TARGET AGE GROUP	16 to 21 Years
GENDER	Mixed
DATE/TIME AND LOCATION	Various - Walking programme Friday Mornings
ANY ADDITIONAL INFORMATION	Group complete weekly walks and provide ongoing support outside of Ballyfermot in areas such as South Bull Wall, Dalkey Quarry. Support walks take place every 4 to 6 weeks Support the group for students who have signed up to the President awards Programme. Students taking on weekly challenges including the Community garden Challenge.

	President's Award Bronze Medal takes a minimum of 6 Months. With the group having signed up in June of this year it is hoped they will receive the award in early 2022.
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NAME OF CORE PROGRAMME	Thrive Champions
DESCRIPTION OF PROGRAMME	Autism Fun Fitness Programme
PARTNERS	DCSWP SIO and Sports & Fitness Ballyfermot
TARGET AGE GROUP	6 to 9 years
GENDER	Mixed
DATE/TIME AND LOCATION	Time and Dates to be confirmed Intention is to run from the Sports & Fitness Centre Ballyfermot
ANY ADDITIONAL INFORMATION	4 to 6 week pilot programme from the centre to cater to local young people in the Ballyfermot Community. Programme will be evaluated to look at increase number of sessions subject to take up and scope potential for running the programme citywide.

NAME OF CORE PROGRAMME	OTHER
DESCRIPTION OF PROGRAMME	Supporting Diving Ireland (NGB) and the Dublin based clubs running a Junior Snorkelling and Scuba Diving Programme. Clubs being supported are : Aquatec SAC – Kish SAC – Portmarnock SAC – Seal Bay SAC
PARTNERS	Diving Ireland and Clubs listed above
TARGET AGE GROUP	14 to 21 Years
GENDER	Mixed
DATE/TIME AND LOCATION	Various subject to government guidelines, weather and volunteer availability
ANY ADDITIONAL INFORMATION	Follow on from original pilot programme that took place during summer of 2020, with the NGB having secured additional funding from Sport Ireland to get more clubs to roll out a programme to train young people this summer.

NAME OF CORE PROGRAMME	Older Adults
DESCRIPTION OF PROGRAMME	Activator Pole Classes
PARTNERS	Sports and Fitness Centre Ballyfermot
TARGET AGE GROUP	Over 55s
GENDER	Mixed
DATE/TIME AND LOCATION	Sports & Fitness Ballyfermot 2 Days a week – Lunch Time Classes 1:15pm Monday and Tuesday Commencing Week 14 th June 2021
ANY ADDITIONAL INFORMATION	Details will be posted on the Sports and Fitness Centre Website

NAME OF CORE PROGRAMME	Thrive – Adults with Mental Health Difficulties
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DESCRIPTION OF PROGRAMME	Activator Pole Classes
PARTNERS	Sports and Fitness Ballyfermot
TARGET AGE GROUP	Adults
GENDER	Mixed
DATE/TIME AND LOCATION	Sports & Fitness Ballyfermot Wednesdays Week 16 th June 2021 Time 1:15pm
ANY ADDITIONAL INFORMATION	This group had started in Feb pre-covid and it great to see that we can support them getting back up and running doing the Activator Pole fitness classes.

NAME OF CORE PROGRAMME	Green Scene / Orienteering Activities – Families/Adults/School Children
DESCRIPTION OF PROGRAMME	The Green Scene/Orienteering showcase stakeholders event day involved 50 individuals representing 16 different organisations. Le Fanu park has been identified and mapped as a DCSWP/Orienteering Ireland location and DCSWP Sports Officers will be supporting 16 different organisations and groups in using this resource for summer programmes
PARTNERS	N/A
TARGET AGE GROUP	All Ages
GENDER	Mixed
DATE/TIME AND LOCATION	TBC depending on when groups require assistance
ANY ADDITIONAL INFORMATION	This will be an ongoing programme with groups reporting back the usage of the resources to the DCSWP Sports Officer so that the benefit of get additional green spaces Mapped can be evaluated

NAME OF CORE PROGRAMME	Green Scene - Sports & Fitness Centre Ballyfermot
DESCRIPTION OF PROGRAMME	Assisting staff in Sports & Fitness Ballyfermot who are currently planning summer camps for young people in the area
PARTNERS	Sports & Fitness Ballyfermot
TARGET AGE GROUP	6 to 12 Years
GENDER	Mixed
DATE/TIME AND LOCATION	July 1 Week 19 th July to 23 rd July
ANY ADDITIONAL INFORMATION	Assisting staff in providing some additional sessions and activities.

NAME OF CORE PROGRAMME	Green Scene - St. Ultans After Care Summer Camp
DESCRIPTION OF PROGRAMME	Assisting staff in St. Ultan's Aftercare and providing additional sporting sessions during the summer period.
PARTNERS	N/A
TARGET AGE GROUP	7 to 14 Years

GENDER	Mixed
DATE/TIME AND LOCATION	Month of July Various dates and times
ANY ADDITIONAL INFORMATION	Sport Officers in the area will be sourcing athletics coach / cricket coach and other activities for this group.

NAME OF CORE PROGRAMME	Green Scene & Thrive (Star Realta Nua)
DESCRIPTION OF PROGRAMME	Assisting staff with outdoor adventure activities for summer programmes
PARTNERS	N/A
TARGET AGE GROUP	18 to 50 years plus
GENDER	Mixed
DATE/TIME AND LOCATION	To be confirmed, mainly Tues or Thur sessions
ANY ADDITIONAL INFORMATION	Working with a group of 10 females and 10 males in their pods to facilitate access to rowing and walking sessions in partnership with Ballyfermot Adventure Centres/Youth Services

NAME OF CORE PROGRAMME	Youth at Risk & Thrive
DESCRIPTION OF PROGRAMME	Candle Community Trust – Fitness programme
PARTNERS	N/A
TARGET AGE GROUP	16 to 21 years
GENDER	Mixed
DATE/TIME AND LOCATION	To be arranged
ANY ADDITIONAL INFORMATION	ETB seeking assistance around delivery of its regular fitness classes as part of their weekly programme. DCSWP looking at developing a sustainable process for young people to have access to regular fitness classes.

NAME OF CORE PROGRAMME	Get Dublin Walking
DESCRIPTION OF PROGRAMME	Introduction to Nordic Walking Poles
PARTNERS	N/A
TARGET AGE GROUP	Adults
GENDER	Mixed
DATE/TIME AND LOCATION	Details to be arranged
ANY ADDITIONAL INFORMATION	Intention to target existing Walking groups running pre –covid and introduce them to Nordic Fitness walking using local routes in the Ballyfermot Area initially and then looking at open session programmes

NAME OF CORE PROGRAMME	Youth at Risk – 10-21 years
DESCRIPTION OF PROGRAMME	Familibase Summer Programme
PARTNERS	

TARGET AGE GROUP	12 to 17 Years
GENDER	Mixed
DATE/TIME AND LOCATION	Week 22 nd June
ANY ADDITIONAL INFORMATION	Group looking for outing to be covered. 12 groups of 8 in the senior category Sports Officer will offer small number of places for Zipit and Footee Golf.

Other South Central Area Programme Highlights:

- Change For Life (mixed underactive adults) at the F2 pitch in partnership with Fatima Groups United - Mondays (5.30pm), Tuesdays (10.30am) and Thursdays (5.30pm)
- Forever Fit Chair Aerobics in Bulfin Court every Wednesday from 2.30pm
- Youth at Risk (mixed 10-21 years) Rowing Programme every Monday from 2.30pm in Islandbridge Rowing Centre age 12+ years.
- Youth At Risk (mixed age 10-21 years) and Champions (adults with physical, intellectual and sensory disabilities) Adventure Programme every Tuesday from 27th July at 2pm in Ballyfermot Youth Services Adventure Centre

Sport inclusion & Integration Update

- Sports Ability is a weekly adapted and inclusive watersports programme. Individuals from across Dublin age 12-17 years and 18 years plus will participate in the programme including participants from the South East Area. The following groups and organisations will be participating:
 - CRC Raheny/Clontarf
 - St. Michaels House
 - Vision Sports Ireland
 - St. John of Gods
 - Brothers of Charity, St. Vincents Centre,
 - CDET B
 - NLN: National Learning Network
 - Down Syndrome Dublin

Date/time and location: Tuesdays East Wall Watersports Centre & Ballyfermot Youth Services Adventure Centres . Times TBC

Estimated Number of Programme Participants (per session): 6 participants

Programme Start Date: 14th June

Programme End Date: 10th August

- The Sports Ability Adapted Rowing programme is delivered in Islandbridge Municipal Rowing Centre. Individuals with Disabilities from across Dublin age 18 + years will

participate in Rowing including participants from the South East Area. The following groups and organisations will be participating:

- CRC
- St. John of Gods

Date/time and location: Thursdays, Rowing Centre, Islandbridge. Times TBC.

Estimated Number of Programme Participants (per session): 6 participants

Programme Start Date: 1st July

Programme End Date: 12th August

- The Sports Ability Adapted Multi-sports is targeted at individuals with Autism from across the city age 18+ years.

Date/time and location: Tuesday afternoons, Donaghmeade Park, Dublin 13.

Estimated Number of Programme Participants (per session): 12 participants

Programme Start Date: 15th June 2021

Programme End Date: 20th July 2021

- The Sports Ability Summer Camp aimed at children with physical disabilities involves a week of multiple adapted sports for children aged 6-12 years.

Date/time and location: IWA Sport Clontarf, St. Anne's Park and East Wall Watersports Centre. Monday 5th July – Friday 9th July 2021

Estimated Number of Programme Participants (per session): 12 participants

Programme Start Date: 5th July 2021

Programme End Date: 9th July 2021

- **The Sports Ability** Summer Camp for visually impaired children is a two week adapted multi sport event for children aged 6-12 years. This will be delivered virtually with DCSWP Sport Inclusion and integration Officers SIIO's providing online videos and activities for children with Vision Impairments.

Partners (If any): Child Vision

Date/time and location: Monday 5th July – Friday 11th July 2021 (Virtual Event)

Estimated Number of Programme Participants (per session): 12 participants

Programme Start Date: 5th July 2021

Programme End Date: 11th July 2021

- The Sports Ability 'Learn 2 Cycle' programme is aimed at individuals with physical disabilities, mental health difficulties, ethnic minority groups and women from the

Travelling Community from across the city age 6 upwards. SIO's are delivering this programme in conjunction with Cycling Ireland. Due to popular demand extra courses had to be facilitated. There remains a large waiting list for this course.

Date/time and location: Tuesdays 1.30- 2.15pm(Disability), 2.30pm- 3.15pm(ethnic minority group), 4pm-4.45pm (Disability)
Wednesdays 11am-11.45am, (Travelling community)

Estimated Number of Programme Participants (per session): 6 participants.

Programme Start Date: 15th June 2021

Programme End Date: 27th July 2021

- Other highlights include the ongoing online Sports Ability Education & Training in partnership with CARA.

Co-Funded Officer Update

Athletics, Cricket, Football, Rowing and Rugby school programmes continue before the summer break after which officers will be delivering their annual summer camps. DCSWP Sport and Co-funded officers will also be linking in with the Dublin Festival of Sport

- In Cricket Schoolyard sessions continue in South Central area schools being delivered in Scoil Mhuire Gan Smal every Tuesday from 11.00am from 22nd June,
- In Football the UEFA Football Chance Programme, a 40 session team building initiative aimed at 14 and 15 year olds June 8th – 11th and June 14 – 17th from 10 – 2pm in Irishtown stadium. Other area football highlights include the resumption of Football For All (Disability) Programmes, Youth Mentoring programmes, After-school sessions, Coaching sessions and upcoming FAI soccer camps.
- In Rowing on the water sessions have resumed in the Municipal Rowing Centre in Islandbridge. Upcoming citywide summer camps will commence on 28th June.
- In Rugby highlights include the Give it a try programme aimed at widening participation, the new 'Tag4EveryMum' initiative which encourages mothers of young players to get involved, better understand the game and get back into sport, upcoming Tag Blitz's and the Bank of Ireland summer camps which commence in July.

For full details on the above programmes and summer camps please contact Dee O'Boyle. Contact details below.

CONTACT DETAILS :

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