

## SOUTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT JULY/AUGUST 2021



Face to Face delivery of DCSWP programmes across continue in communities in the South Central area. Delivery of programmes continues to expand but remains subject to Government, HSE and Sport Ireland Return to Sport guidelines. Full details on South Central area community programmes can be found on the following forums or by contacting Dee O'Boyle, Dublin City Sport & Wellbeing Partnership. Contact details can be found at the end of the report.

#### 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](https://dcwsphub.ie)

#### South Central Area Highlights July/August 2021

##### Youth Programmes:

<b>Name of core programme:</b>	Youth at Risk/ Thrive
<b>Description of programme:</b>	Walking Gaisce Kylemore President Awards
<b>Partners</b>	Kylemore CTC Staff
<b>Target age group:</b>	16 to 21 Years
<b>Gender:</b>	Mixed

<b>Date/time and location:</b>	Various - Walking programme Friday Mornings
<b>Additional information:</b>	Group aim to complete weekly walks. DCSWP Sport officers provide support in delivery of programmes outside of Ballyfermot in areas such as South Bull Wall, Dalkey Quarry. Support walks take place every 4 to 6 weeks DCSP officers support student groups who have signed up to the President awards Programme. Students take on weekly challenges including the community garden challenge. President's Award Bronze Medal takes a minimum of 6 Months. Aim is to achieve award in early 2022.

<b>Name of core programme:</b>	Thrive / Youth at Risk
<b>Description of programme:</b>	Introductory Rowing Programme
<b>Partners:</b>	DCC Municipal Rowing Centre, Islandbridge
<b>Target age group:</b>	10 to 21 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Various Times and Dates (booked on demand)
<b>Additional information:</b>	This programme is aimed at Education Training Board (ETB) students in Kylemore Community Training Centre (CTC), Candle Trust ETB Ballyfermot Star Réalt Nua Drug Rehab programme and St. Ultans Aftercare team group.

<b>Name of core programme:</b>	Youth Diving Programme
<b>Description of programme:</b>	Supporting Diving Ireland (NGB) and Dublin based clubs in the delivery of a Junior Snorkelling and Scuba Diving Programme. Clubs being supported are : Aquatec SAC – Kish SAC – Portmarnock SAC – Seal Bay SAC
<b>Partners:</b>	Diving Ireland and Clubs listed above
<b>Target age group:</b>	14 to 21 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Various subject to government guidelines, weather and volunteer availability
<b>Additional information:</b>	This is a follow on from the original pilot programme delivered during summer 2020. NGB has secured additional funding from Sport Ireland to ensure more clubs are in a position to roll out training programmes.

<b>Name of core programme:</b>	Youth At Risk / Green Scene
<b>Description of programme:</b>	Summer Programme Football Golf
<b>Target age group:</b>	8 to 21 years

<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Various throughout July and August.
<b>Additional information:</b>	Supporting the following projects in the delivery of summer activities with additional funding support from the Ballyfermot Area Office, Ballyfermot Youth Service, Familibase, Cherry Orchard Integrated Youth and St. Ultans After Care -

<b>Programme:</b>	Youth at Risk
<b>Description of programme:</b>	Familibase Summer Programme
<b>Target age group:</b>	12 to 17 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing every Tuesday over the next period
<b>Additional information:</b>	DCSWP Sport Officer to assist in delivery. Partners include Zipit and Footie Golf.

<b>Name of core programme:</b>	Youth at Risk / Green Scene
<b>Description of programme:</b>	Summer Programme - ZIP IT High Ropes course
<b>Target age group:</b>	12 to 18 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Various throughout July and Aug – as per Bookings
<b>Additional information:</b>	Supporting the following projects with summer activities with additional funding support from the Ballyfermot Area Office, Ballyfermot Youth Service, Familibase , Cherry Orchard Integrated Youth, and St. Ultans' After Care

<b>Name of core programme:</b>	Youth at Risk & Thrive (youths age 10 -21 years including participants with intellectual disabilities)
<b>Description of programme:</b>	Candle Community Trust – Fitness programme
<b>Partners:</b>	N/A
<b>Target age group:</b>	16 to 21 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	To be arranged
<b>Additional information:</b>	ETB seeking DCSWP support around delivery of regular fitness classes as part of its weekly programme. DCSWP looking tp develop a sustainable process for young people to have access to fitness classes on a regular basis.

## **TRAINING**

<b>Name of programme:</b>	DCSWP South Central Area Training Programme
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<b>Partners:</b>	
<b>Target age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	July / August TBC
<b>Additional information:</b>	Providing Safeguarding Training and Manual Handling Training for DCC Relief Staff including AHA Basic Life Support Training.

<b>Name of core programme:</b>	DCSWP South Central Area Training Programme
<b>Description of programme:</b>	Order of Malta First Aid Responders Practical Exams
<b>Partners:</b>	Order of Malta
<b>Target age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	July-August
<b>Additional information:</b>	DCSWP officers assisting students to secure First Aid Responder Practical Exam qualification from the Dublin Region

## OLDER ADULT PROGRAMMES

<b>Name of core programme:</b>	Older Adults Programme age 55+ years
<b>Description of programme:</b>	Activator Pole Classes
<b>Partners</b>	Sports and Fitness Centre Ballyfermot
<b>Target age group</b>	Over 55s
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Sports & Fitness Ballyfermot 2 Days a week – Lunch Time Classes 1:15pm Monday and Tuesday Commencing Week 14 <sup>th</sup> June 2021
<b>Additional information:</b>	Details of available programmes posted on South Central area Sports and Fitness Centre Websites and available from DCSWP. Contact details listed at start of report..

## GENERAL:

<b>Name of core programme:</b>	Green Scene / Orienteering Activities – Families/Adults/School Children
<b>Description of programme:</b>	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/autumn programmes
<b>Target age group</b>	All Ages
<b>Gender:</b>	Mixed
<b>Date/time and location</b>	TBC – in trial stage

<b>Additional information:</b>	Groups to report back on the usage of the resources to local DCSWP Sports Officer in order for additional green spaces to be evaluated in the area.
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<b>Name of core programme:</b>	Thrive Champions – Adults with intellectual disabilities.
<b>Description of programme:</b>	Autism Fun Fitness Programme
<b>Partners</b>	DCSWP Sport Inclusion & Integration Officers and Sports & Fitness Ballyfermot
<b>Target age group:</b>	6 to 9 years
<b>Gender</b>	Mixed
<b>Date/time and location:</b>	Time and Dates to be confirmed Intention is to run from the Sports & Fitness Centre Ballyfermot
<b>Additional information:</b>	4 to 6 week pilot programme from the centre to cater to local young people in the Ballyfermot Community. Programme to be evaluated to examine potential for an increase in number of sessions subject to take up.

<b>Name of core programme:</b>	Green Scene - St. Ultan's After Care Summer Camp
<b>Description of programme:</b>	Assisting staff in St. Ultan's Aftercare to provide additional sport/activity programmes during the summer period.
<b>Target age group:</b>	7 to 14 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	July – August (Various times)
<b>Additional information:</b>	South Central Area Sport Officers in the area to source athletics coach / cricket coach and other resources to assist in delivery of programme.

<b>Name of core programme:</b>	Green Scene & Thrive (Star Réalt Nua)
<b>Description of programme:</b>	Assisting staff with outdoor adventure activities for summer programmes
<b>Partners:</b>	N/A
<b>Target age group:</b>	18 to 50 years +
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays and Thursdays
<b>Additional information:</b>	Working with a group of 10 females and 10 males in pods to facilitate access to rowing and walking sessions in partnership with Ballyfermot Adventure Centres/Youth Services (BYSAC).

<b>Name of core programme:</b>	Get Dublin Walking
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<b>Description of programme:</b>	Introduction to Nordic Walking Poles
<b>Partners:</b>	N/A
<b>Target age group:</b>	Adults
<b>Gender:</b>	Mixed
<b>Date/time and location</b>	Details to be arranged
<b>Additional information</b>	Intention to target existing Walking groups which were running pre –Covid 19 and introduce Nordic Fitness walking using local routes in the Ballyfermot Area initially. Introduction to open session programmes to follow.

#### **OTHER SOUTH CENTRAL AREA PROGRAMME HIGHLIGHTS:**

- Change For Life (mixed underactive adults) at the F2 pitch in partnership with Fatima Groups United continues over the next period on Mondays (5.30pm), Tuesdays (10.30am) and Thursdays (5.30pm)
- Forever Fit Chair Aerobics in Bulfin Court continues to be delivered every Wednesday from 2.30pm
- Youth at Risk (mixed 10-21 years) Rowing Programme continues over the summer period 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 continues every Tuesday from at 2pm in partnership with 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 Central Area. The following groups and organisations will be participating:
  - CRC Raheny/Clontarf
  - St. Michaels House
  - Vision Sports Ireland
  - St. John of God's
  - Brothers of Charity, St. Vincent's Centre,
  - CDETB
  - NLN: National Learning Network
  - Down Syndrome Dublin

**Date/time and location:** Ongoing every Tuesday East Wall Watersports Centre & Ballyfermot Youth Services Adventure Centres .

- The Sports Ability Adapted Rowing programme is delivered in Islandbridge Municipal Rowing Centre. Individuals with Disabilities from across Dublin age 18 + years participate in Rowing activities including participants from the South Central Area.

**Date/time and location:** Ongoing every Thursday. Rowing Centre, Islandbridge..

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

**Date/time and location:** Ongoing every Tuesday, Donaghmeade Park, Dublin 13.

- The Sports Ability 'Learn 2 Cycle' programme is aimed at individuals with physical disabilities, mental health difficulties, ethnic minority groups and women from the Traveling Community from across the city age 6 upwards including the South Central area. SIIO's are delivering this programme in conjunction with Cycling Ireland

**Date/time and location:** Ongoing every Tuesday from 1.30- 2.15 pm (Disability), 2.30pm-3.15pm(ethnic minority group), 4pm-4.45pm (Disability)  
Wednesdays 11am-11.45am, (Traveling community)

- Other upcoming Sport Inclusion highlights include the ongoing online Sports Ability Education & Training in partnership with CARA and the adapted Tennis Ability citywide initiative.

## **Co-Funded Officer Update**

**A full update on DCSWP Co-funded activities will be included in the September report.**

- In Athletics Officers continue to deliver summer camps and support the Marathon Families programme. Upcoming highlights for September include delivery of the annual Marathon Kids school programme
- In Cricket schoolyard, Olympic and Dublin Festival of Sport sessions continue on a citywide basis over the next period
- The FAI Late Night Leagues across the city. Club Development also continues over the next period in the South Central area.
- In Rowing on the water sessions have resumed in the Neptune Rowing Centre, Islandbridge. Citywide summer camps continue over the next period. 'Rowkyo', the citywide rowing initiative which sees young rowing enthusiasts make their way virtually to Tokyo also continues in the lead up to the summer Olympic games..
- 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, Tag Blitz's and the Bank of Ireland summer camps which commenced in July.

**CONTACT DETAILS :**

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