

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT JULY/AUGUST 2021



Face to Face delivery of DCSWP programmes continue across communities in the South Central area. Delivery of programmes, particularly around participant numbers, remain subject to Government, HSE and Sport Ireland guidelines. At the time of writing this report DCSWP was awaiting advice from Central Government/NPHET and Sport Ireland on the resumption of indoor sporting activities. Details of many of the programmes highlighted below are TBC as programmes for Autumn/Winter are currently in the planning stages.

With the Tokyo Olympics now over it is hoped DCSWP programmes will offer opportunities for future Olympians to get involved in a sport/activity they are passionate about. Full details on co-funded sports in the area will be included in the October 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 Partnership Virtual Hub: support continues virtually via dcwsphub.ie

Bike Week 2021: 12th- 18th September

Bike Week is a national celebration and promotion of the benefits of cycling. DCSWP provides opportunities for people of all ages and abilities to experience the joy of cycling through ongoing programmes. To mark the week the following programmes/supports will be delivered in the South Central area:

NAME OF CORE PROGRAMME	National Bike Week – Promoting Cycling
DESCRIPTION OF PROGRAMME	Working with Ballyfermot Youth Services Officers in the area aim to highlight the importance of lighting up bikes for the Autumn and Winter cycling and general Bike Safety and maintenance
PARTNERS	Ballyfermot Youth Services
TARGET AGE GROUP	10 to 17 Years
GENDER	Mixed

DATE/TIME AND LOCATION	Takes place during Bike Week Wednesday 15 th – Thursday 16 th September from 5pm – 9pm September in Ballyfermot Adventure Centre, Parkwest
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NAME OF CORE PROGRAMME	Green Scene & Bike Week
DESCRIPTION OF PROGRAMME	Ballyfermot BMX Club Bike Week Initiative
TARGET AGE GROUP	10 to 18 years
GENDER	Mixed
DATE/TIME AND LOCATION	Tuesday and Thursday Evenings Skate Park Ballyfermot La Fanu Park
ANY ADDITIONAL INFORMATION	Supporting the club as required, ensuring they are aware of any grant opportunities for future development opportunities – Encouraging local youth to sample and potentially take up the sport.

NAME OF CORE PROGRAMME	Training & Education (Bike Week)
DESCRIPTION OF PROGRAMME	Cycle Ireland Bike Leader Course
PARTNERS	
TARGET AGE GROUP	Adult Youth Workers / Volunteers
GENDER	Mixed
DATE/TIME AND LOCATION	14 th September 2021 - Gurteen Youth Centre, Guteen Road, Ballyfermot 9am to 4pm
ANY ADDITIONAL INFORMATION	As part of National Bike Week DCSWP Officers in the SCA working with Cycling Ireland to provide Bike Leader Course for volunteers and youth workers to support participants to become qualified in the delivery of community cycle initiatives.



Dublin Sportsfest /European Week of Sport 23rd – 30th September 2021

Dublin Sportsfest, Dublin City Sport & Wellbeing Partnership annual flagship event, is now in its 4th year. Sportfest is a celebration of the joy and benefit regular sport and physical activity can provide in our lives. As with previous years Sportsfest has been planned to coincide with European Week Of Sport thereby reinforcing the values that sport is for everyone regardless of age, background or ability.

As 2021 is an Olympic year Sportsfest 2021 DCSWP Sport and Co-funded officers will focus on number of roadshows, offering taster Olympic sports as well as showcasing other activities in each area aimed at all age groups in South Central Area communities.

SOUTH CENTRAL AREA SEPTEMBER HIGHLIGHTS:

Youth At Risk:

NAME OF CORE PROGRAMME	Youth at Risk / Thrive (Young People age 10-21 years, including those with physical, intellectual and sensory disabilities)
DESCRIPTION OF PROGRAMME	Kylemore Walking Gaisce President Awards
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 then provide support for walks outside the area; ie: South Bull Wall, Dalkey Quarry etc. The programme also supports students who have signed up to the President awards Programme. Students take on four Presidents Awards Bronze. The Bronze award medal takes a minimum of 6 months Participants are supported by DCSWP Officers in the area and are provided with the opportunity to complete more adventurous walks over the course of the programme.

Thrive: People With Physical, Intellectual and Sensory Disabilities:

NAME OF CORE PROGRAMME	Thrive - People with physical, intellectual and sensory disabilities.
DESCRIPTION OF PROGRAMME	Paediatric First Aid Course
PARTNERS	
TARGET AGE GROUP	17 Years Plus
GENDER	Mixed
DATE/TIME AND LOCATION	STAR Realt Nua Parkwest Monday 4 Mondays 6 th – 13 th -20 th – 27 th Sept
ANY ADDITIONAL INFORMATION	Realt Nua is a Rehabilitation Training and Education Service. Sports Officer delivering bespoke training.

General Youth Programmes

NAME OF CORE PROGRAMME	Youth Diving Programme
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	This is a follow on from the original pilot programme that took place during summer of 2020, with the NGB having secured additional funding from Sport Ireland to engage with a wider range of clubs.

Older Adults (Age 55+ years)

NAME OF CORE PROGRAMME	Forever Fit
DESCRIPTION OF PROGRAMME	Balance and Fitness Classes
PARTNERS	Dolphin Health community
TARGET AGE GROUP	55 + years
GENDER	Mixed
DATE/TIME AND LOCATION	Tuesdays at 12.30 in Dolphin's Barn community Centre

Schools Programmes:

NAME OF CORE PROGRAMME	Marathon Kids Programme
DESCRIPTION OF PROGRAMME	Supporting 3 local primary schools who have registered for Marathon Kids.
PARTNERS	St. Ultans NS – Mary Queen of Angels NS – St. Michaels NS
TARGET AGE GROUP	10 to 12 Years
GENDER	Mixed
DATE/TIME AND LOCATION	Schools to confirm dates and times
ANY ADDITIONAL INFORMATION	Support the schools on this programme

Training:

NAME OF CORE PROGRAMME	Safeguarding 1, 2 & 3 (Child Safety)
TARGET AGE GROUP	Adults
GENDER	Mixed
DATE/TIME AND LOCATION	September / October
ANY ADDITIONAL INFORMATION	Providing Safeguarding Training and Manual Handling Training for DCC Relief Staff. Providing Safeguarding Training to various community groups.

NAME OF CORE PROGRAMME	Ready to Go Orienteering Course
DESCRIPTION OF PROGRAMME	'Ready to Go' is a orienteering course which supports teachers and youth workers to get young people involved in orienteering programmes. DCSWP Sport Officer in the SCA will facilitate a course in early October IOA.
PARTNERS	Irish Orienteering Association
TARGET AGE GROUP	Adult Youth Workers / Volunteers
GENDER	Mixed
DATE/TIME AND LOCATION	Sports and Fitness Centre Ballyfermot - Dates to be confirmed

Sport inclusion & Integration Update

Name of core programme:	Sports Ability – Adapted Rowing
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Adapted Rowing: Rowing for individuals with Disabilities
Partners	DCC Rowing Centre
Age group:	18+
Gender:	Mixed
Date/time and location:	Thursdays 1.30-3.30pm Islandbridge
Estimated Number of Programme Participants:	8
Programme Start Date:	16 th September
Programme End Date:	Dec 2021

Name of core programme:	Sports Ability – Marathon Kids
Description of programme activity	Marathon Kids: 8 week programme where children run marathon distance along with educational tools booklet Programme adapted for schools with special needs
Partners:	Marathon kids
Age group:	11-13yrs
Gender:	Mixed
Date/time and location:	Week days Glasnevin, Chapelizod, Crumlin, Sandymount
Estimated Number of Programme Participants	30
Programme Start Date:	13 th September
Programme End Date:	October 2021

Name of core programme:	Sports Ability – Bike Leadership

Description of programme activity eg:	Bike leader training: Upskills individuals to bike leaders so they can take groups on cycles
Partners:	Cycling Ireland
Age group:	18+
Gender:	Mixed
Date/time and location:	Wednesday 15 th September 9.30-5.30pm Dublin 13
Estimated Number of Programme Participants:	10
Programme Start Date:	15 th September
Programme End Date:	

Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Cycle Sportiv:30km cycle – delivered during Bike Week bike week, aimed at ethnic minorities.
Partners	Cycling Ireland
Age group:	12-17yrs
Gender:	Mixed
Date/time and location:	Friday 17 th September 9.30-5.30pm Clontarf
Estimated Number of Programme Participants (NB: per session):	10
Programme Start Date:	17 th September
Programme End Date:	

Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Learn 2 Cycle: Cycle programme for individuals with disabilities
Age group:	4 years+
Gender:	Mixed
Date/time and location:	Tuesday 14 th September 3.15pm- 5.45pm Crumlin
Estimated Number of Programme Participants:	10
Programme Start Date:	Tuesday 14 th September
Programme End Date:	November 2 nd

Name of core programme:	Sports Ability – Walking Football
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Walking football programme aimed at developing and maintaining fundamental movement skills amongst older adults with alzheimers
Partners	FAI / Alzheimers society of Ireland
Age group:	55+
Gender:	Mixed
Date/time and location:	Thursdays 10.30-11.30am

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Estimated Number of Programme Participants:	8
Programme Start Date:	22 nd September
Programme End Date:	Dec 2021

Name of core programme:	Sports Ability
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Adapted Transition Year (TY) Physical Activity programme: Empowering TY students to develop community based physical activity sessions for individuals in the community with disabilities
Age group:	16+
Gender:	Mixed
Date/time and location:	Thursdays 7 th & 14 th October Artane/ Ballymun
Estimated Number of Programme Participants	120
Programme Start Date:	7 th October
Programme End Date:	Mid November

Other South Central Area Highlights over the next period:

- Get Up, Get Out, Get Active Canal Community Programme in Partnership with Fatima Groups United every Monday at 5.30pm Tuesdays at 10.30am and Thursday at 5.30 in the F2 Pitch.
- Get Up, Get Out, Get Active Canal Community Programme in Partnership with Inchicore Family resource centre every Tuesday and Thursday at 10am at the Inchicore pitches.

DCSWP Co-Funded Update:

Athletics in the Community:

Athletics and DCSWP Officers are currently rolling out the Marathon Kids programme aimed at primary school children. Marathon Kids is the dedicated programme aimed at supporting young people to complete a marathon over a period of weeks. The initiative is due to be launched in Morton stadium in September. Further details TBC in the October report. Athletic Officers are also supporting DCSWP Officers in the delivery of SCA Couch to 5k walking and running programmes.

Boxing in the Community

The Startbox IABA programme has encouraged young boxers in communities in the Dublin City area to take up the sport, have some fun and discover and hone their skills through the Startbox, Bronze, Silver and Gold programme. Startbox school programmes have now resumed in schools across the area.

Cricket/Football/Rugby/Rowing in the Community

School programmes have now resumed following the return to education. Full details will be included in the DCSWP October report.

CONTACT DETAILS :

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