

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

OCTOBER 2021



Please note that indoor activities sporting activities and initiatives have now resumed. Dublin City Sport & Wellbeing Partnership will be delivering indoor and outdoor programmes strictly in adherence with Government and Sport Ireland Return to Indoor Sport advice/guidelines.

Communities in the Central Area will also be supported by the development of the DCSWP Virtual Hub which is currently undergoing re-development. The Hub will act as a dedicated sport & wellbeing resource for communities in terms of information on services, how to get involved in local programmes, who to contact and how to access online programmes.

Upcoming events DCSWP will be linking in with over the next period include:

19th November	Men's International Health Day
Nov- Dec	GAGA (Get All Girls Active) programme and GAGA Day (TBC)
3rd December	International Day of Persons With Disabilities
5th December	International Volunteer Day
18th December	International Migrants Day

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: dcwsphub.ie

CENTRAL AREA HIGHLIGHTS

Older Adult Programmes:

Name of core programme:	Golden Wonders Go For Life Group
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Go for life games/ multi-sport activities
Age group:	Older adults
Gender:	Mixed

Date/time and location:	Ongoing Mondays at 1pm Cabra Parkside
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Name of core programme:	Forever fit Activator pole classes
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Initiative focussed on improving mobility and better balance. Currently outdoors but indoors following easing of restrictions in adherence with guidelines.
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Ongoing Tuesdays at 2pm / John Paul Park

Name of core programme:	Dunard Court Men's Activity Programme
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Various activities including rowing, cycling, walking and walking football.
Partners (if any):	DCC Liaison Officer
Age group:	Older adults
Gender:	Male
Date/time and location:	Ongoing Thursdays

Name of core programme:	lerne Bike For Life
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Cycle without age programme https://cyclingwithoutage.ie/
Partners (if any):	Heels & Wheels
Age group:	Over 55's
Gender:	Both
Date/time and location:	Ongoing Mondays -various times & locations in the Central Area (programme concludes November 15 th)

Name of core programme:	St Vincent's Centre Navan Road Activator Pole Classes
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Exercise class with activator poles aimed at adults with intellectual and physical needs.
Age group:	Adults
Gender:	Mixed
Date/time and location:	Various

Name of core programme:	Salsa Dancing Programme
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	2 x 1hr Salsa Dance class
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Week beginning 25 th October in Cabra Parkside

Name of core programme:	Go for Life taster sessions with older adult groups in DCC housing
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Go for life Games to link in with local Golden Wonder group and potentially form their own.
Partners (If any):	Local Golden Wonders Older Adults Group
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Dates and times TBC
Estimated Number of Programme Participants (NB: per session):	8-15 per complex
Programme Start Date:	Week beginning 25 th October 2021
Programme End Date:	Week ending 5 th December 2021

Name of core programme:	Chair Aerobics with St Michaels' House Moyle Road
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	8 week 1 hours programme from 25 th October
Age group:	Adults with Physical and/or intellectual disability

General:

Football Youth At Risk – Males age 10-21 years

Youth At Risk is the DCSWP core programme aimed at youths age between 10-21 years. The programme takes place throughout the year but takes on particular focus in the summer and autumn months in order to provide young people with viable opportunities to take part in sport and physical activity in a fun and safe environment.

- In the Central area Football 5-a-side tournaments continue every Wednesday in Mary's Lane Pitches D7 from 4-6pm in partnership with Brádog Youth Services, Stoneybatter Youth Services and An Garda Síochána as part of the Youth Justice Project. This programme is targeted at males age 16+ years.

Sport inclusion & Integration Update October 2021 (Citywide)

Name of programme:	Walking Football
Description of programme activity	Walking football for people with alzheimer's
Partners (If any):	FAI
Age group:	Older Adult
Gender:	Male
Date/time and location:	Wednesday 11am Finglas
Programme Start Date:	29/09/2021
Programme End Date:	20/10/2021

Name of programme:	Inclusive Physical Activity
Description of programme activity	Circuit training for adults with intellectual disability
Partners (If any):	St Michael's House

Age group:	Adult
Gender:	Mixed
Date/time and location:	Tuesday 12pm Glin Road
Programme Start Date:	28/09/2021
Programme End Date:	12/10/2021

Name of programme:	Learn to Cycle
Description of programme activity	Learn to Cycle for Children with disabilities
Partners (if any):	Will Morris
Age group:	U 10
Gender:	Mixed
Date/time and location:	Tuesdays, 3.30pm, Crumlin
Programme Start Date:	14/09/2021
Programme End Date:	19/10/2021

Name of programme:	Roll & Stroll
Description of programme activity	Inclusive Walking Programme
Partners (if any):	
Age group:	Mixed
Gender:	Mixed
Date/time and location:	Tuesday, 1pm, Eamonn Ceannt Park, Crumlin
Programme Start Date:	05/10/2021
Programme End Date:	09/11/2021

Name of programme:	Sport Inclusion & Disability Awareness Training
Description of programme activity	Set up of inclusive section in St Vincents GAA Club
Partners (if any):	
Age group:	Mixed
Gender:	Mixed
Date/time and location:	Wednesday, 7pm, Marion (taking place online)
Programme Start Date:	06/10/2021
Programme End Date:	06/10/2021

Name of programme:	Fit For All Week
Description of programme activity	Inclusive Activities across our gyms & leisure centres (TBC)
Partners (if any):	DCC Gyms and Leisure Centres
Age group:	Mixed
Gender:	Mixed
Date/time and location:	Citywide
Programme Start Date:	11/10/2021
Programme End Date:	17/11/2021

Name of programme:	TYPE Programme
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Description of programme activity	Inclusive PE Education for TY students Sandymount Educate Together
Partners (If any):	
Age group:	15 – 16 years
Gender:	Mixed
Date/time and location:	Wednesday, 12pm, Sandymount
Programme Start Date:	03/11/2021
Programme End Date:	03/11/2021

Name of programme:	Inclusive Boxing
Description of programme activity	Inclusive Boxing for Children with Disabilities
Partners (If any):	Enable Ireland
Age group:	Children
Gender:	Mixed
Date/time and location:	Tuesday, 9.30am, Enable Ireland Sandymount
Programme Start Date:	02/11/2021
Programme End Date:	23/11/2021

DCSWP Partnership Training

- DCSWP online Safeguarding open and closed courses continue in order to support compliance in local clubs and organisations. Training is provided by DCSWP Officers. Safeguarding 2 & 3 is being delivered on an on-demand basis.
- In partnership with CARA, the online Disability & Inclusion and Autism in Sport training programmes launched in 2020. This is part of a series of online Disability in Sport training programmes already in operation. The programme for 2021 is delivered on the first Tuesday of every month on an ongoing basis.
- Dublin City Sport & Wellbeing Partnership has recently been invited to apply for the CARA 'Xcessible' Bronze medal award. Through the Xcessible programme CARA enables Local Sports Partnerships to provide meaningful opportunities for people of disabilities to take part, sustain participation and excel in sport and physical activity. DCSWP has 12-18 months before providing evidence of our work and journey to the Xcessible committee. DCSWP Sport Officers and Administrative staff have now completed their Xcessible training to support the application.

Co-Funded Programmes

Athletics in the Community:

Athletics and DCSWP Officers continue to support the Marathon Kids programme aimed at primary school children at 4th – 6th class level. The Marathon Kids initiative aims to support young people at primary school level to complete a marathon over an 8-week period of weeks. Completion of the last mile has taken place in Morton Stadium in the past but due to restrictions the final mile in November. Athletics Officers are also supporting DCSWP Officers in the delivery of Couch to 3 and 5k walking and running programmes across the city in the next few weeks.

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 programmes in the Central area continue in the following venues over the next period:

- Gardiner Street School (age 10-12 years mixed) every Monday, Tuesday and Friday.
- Community Afterschool Project Mountjoy Square (2 groups mixed age 10 – 12 years) every Monday.
- Cabra Startbox (2 groups – mixed age 10-12 years) every Wednesday.
- Bradóg Youth Services, Dominick Street (2 groups mixed age 10- 12 years) every Tuesday.
- Swan Sheriff Street (3 groups – mixed age 10 -12 years) every Monday and Tuesday.

Cricket/Football/Rugby/Rowing in the Community

School programmes have now resumed in the area following the return to education.

CONTACT DETAILS :

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