

SOUTH 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 South 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
November-December	GAGA (Get All Girls Active) programme and GAGA Day (event date TBC)
3rd December	International Day of Persons With Disabilities (DCSWP Sport Inclusion and Integration Officers to link to events)
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 Hub (Undergoing Review) : dcwsphub.ie:

Marathon Kids

The Marathon Kids programme is targeted at 4th, 5th and 6th class pupils and continues over the next period. Students in North West area schools listed below are currently running, jogging or walking at an assigned distance each week over the 8 week period. Each school has the option to design the programme to suit their daily regime to ensure they observe current restrictions.

To support delivery of the programme teachers receive weekly emails and updates on the Marathon Kids Ireland website and each student has individual responsibility for recording daily updates in physical or digital workbooks. The content includes tips and video content including exercise warm ups, nutrition and recipes from Irish international track and field athlete David Gillick.

In the South Central area Marathon Kids in being supported in 3 schools:

- St. Ultan's National School

- Mary Queen of Angel's National School

- St. Michael's National School

SOUTH CENTRAL AREA OCTOBER HIGHLIGHTS:

Youth At Risk/Youth South Central Area Programmes: Young People age 10-21 years

- Kylemore Walking Gaisce President Awards Group (Mixed 16-21 years):

This programme supports students who have signed up to the President awards Programme. Students take on four Presidents Awards. The Bronze award medal programme is ongoing every Friday, is inclusive and is delivered in partnership with Kylemore CTC. .The programme takes a minimum of 6 months. Young participants are supported by South Central area DCSWP Officers and are provided with the opportunity to complete more adventurous walks over the course of the programme.

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Ready to Go Youth Orienteering course

- As reported previously DCSWP has been working closely with Irish Orienteering on developing citywide orienteering programmes. The South Central area 'Ready To Go' Orienteering programme encourages teachers and youth workers to get young people orienteering in local parks. Details are TBC and will be included in the November report.

- Junior Park Run/Halloween 2021 Event

This 2021 Halloween parkrun event will take place in partnership with Familibase (Youth Services) in the SCA from 9.30am on 31st October in the South Central Area

Outdoor Education Programme

- DCSWP in partnership with Ballyfermot Youth Services is currently involved in a six country programme with youth service providers in a partnership project to share knowledge on how other countries deliver education and activities in the outdoors. Dublin will host youth services from Spain, Italy, Estonia, Greece and Lithuania in October/November.

Dance Fit

- Dance Fit classes will take place in partnership with Dolphin's Barn Youth Services/Community Centre every Monday from 6-8pm and on Tuesdays from 3pm in Fatima F2 Centre targeted at U10's.

Older Adults Programmes (Mixed age 55+ years)

- Activator Walking Pole Programme for older adults with COPD (Chronic Obstructive Pulmonary Disease). This programme will take place in Ballyfermot Sports and Fitness every Monday from 1st November.
- Dolphin Health Forever Fit Balance and Fitness Classes/Chair Fit
- Go For Life Balance and Fitness Classes take place every Tuesday at 12 in the Dolphin's Barn Community Centre and Chair Fit classes in partnership with Dolphin Health community

Women In Sport/Get All Girls Active

- Development of women through Sport initiative - Information circulated via area offices to representatives. This programme will provide opportunities and empower women from TU Dublin and surrounding communities to part take in a multi-sport area programme

Thrive – Adults with Mental Health Difficulties

- The Thrive Rock climbing initiative is ongoing and is targeted at adults recovering from addiction in the Cherry Orchard area Adventure Project.

Health Improvement in the Community Highlights

- Health & Exercise programme for men in the Travelling community in Labre Park, Ballyfermot
- Holistic Mental Health & Exercise programme for men experiencing mental health difficulties (Heads Up Programme)

- Fatima Women's Wellbeing Pilates Classes aimed at female adults every Monday in the F2 Centre.
- Chapelizod Men on the Move Mental Health Programme
- Mountain View Cherry Orchard Women's Mental Health Programme (referral through HSE)

Training:

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.

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:	TY PE Programme
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 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 was launched in Morton stadium in September. Further details TBC in the November report. Following the return to indoor activities 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.

Further details can be provided by contacting the DCSWP office at the below contacts:

CONTACT DETAILS :

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