

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

DECEMBER 2021



Delivery of indoor DCSWP sporting activities continue across the city strictly in adherence with current Government and Sport Ireland Indoor Sport advice/guidelines.

Communities in the South Central Area will also be supported by the development and delivery of outdoors initiative and via the DCSWP Virtual Hub. The re-development of the Hub continues and once finalised 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 includes International Migrants Day on 18th December.

Lord Mayor's 5 Alive Challenge 2022

The Lord Mayor's 5 Alive Challenge is back for 2022! Every year the challenge aims to inspire people to take up regular exercise and find the encouragement to stick to what may be a New Year's Resolution through to the end of March and beyond.

The 5 Alive challenge is to complete all 5 races within the and ultimately commit to taking part in regular physical activity. 400 people signed up for challenge in which meant participants could complete each challenge within the timeframe allowed in whatever location suited and most importantly in a safe environment.

DCSWP and the Lord Mayor's Officer are currently finalising application processes and details of each challenge for 2022. The challenge will be advertised across all communication platforms in due course.

Change For Life 2022

Change For Life is one of DCSWP's flagship annual events bringing people across the city together since 2013 as they embark on an 8-week journey towards health and happiness. The CFL programme typically emulates the format of and is delivered in tandem with RTE's Operation Transformation. Aligning with the principles of OT greatly helps promotion of the programme on a local and community basis. Community spirit remained undaunted by recent challenges with over 2000 people registering to take part in for the 2021 online programme which was delivered via the DCSWP Virtual Hub and supported by Healthy Ireland/Sport Ireland. Regardless of age, gender or ability there was something for everyone including fitness classes, nutrition talks and weekly challenges.

Change For Life 2022 is currently in the planning stages and a full update will be provided DCSWP's new year area reports.

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:

SOUTH CENTRAL AREA DECEMBER HIGHLIGHTS

Health Improvement in the Community

Programmes outlined below conclude in December for the Christmas period and will resume in January 2022 pending Covid-19 public health restrictions.

Name of programme:	Men on the Move
Description of programme activity	Men only Health & Wellbeing programme including exercise classes & nutrition and mental health workshops.
Partners:	HSE
Age group:	Adults
Gender:	Male
Date/time and location:	Rialto: F2 Centre Rialto Wednesday 10am

Name of programme:	Mountain View Mental Health.
Description of programme activity	Women only exercise programme (referral only through HSE)
Partners:	HSE
Age group:	Adults
Gender:	Female
Date/time and location:	Mountain View Cherry Orchard Wednesday 10am

Name of programme:	Chapelizod Men on the Move Mental Health.
Description of programme activity	Men only exercise programme (referral only through HSE)
Partners:	HSE
Age group:	Adults
Gender:	Male
Date/time and location:	Wednesday 11am
Programme Start Date:	September 1 st
Programme End Date:	December 15 th

Name of programme:	Fatima Fit
Description of programme activity	Chair aerobics exercise class
Partners:	HSE
Age group:	Older adults 55+
Gender:	All
Date/time and location:	F2 Centre Rialto Tuesday 11am
Programme Start Date:	September 21 st
Programme End Date:	December 14 th

Name of programme:	Fatima Women's Wellbeing
Description of programme activity	Pilates exercise class for women
Partners:	HSE, Fatima Groups United
Age group:	Adults
Gender:	Female
Date/time and location:	F2 Centre Rialto Wednesday 11am

Name of programme:	Men's Health Labre Park
Description of programme activity:	Health & Exercise programme for Traveller men from Labre Park, Ballyfermot
Partners:	HSE, BP Partnership
Age group:	Adults
Gender:	Male
Date/time and location:	TBC

Name of programme:	Heads Up
Description of programme activity	Holistic Mental Health & Exercise programme for men experiencing mental health difficulties
Partners:	HSE, BP Partnership
Age group:	Adults
Gender:	Male
Date/time and location:	Ballyfermot, Rialto, Walkinstown

Name of programme:	Digital Equalities Citywide Project
Description of programme activity	Virtual pulmonary rehab exercise classes & Living Well programme (referral only through HSE)
Partners (if any):	HSE
Age group:	Adults
Gender:	All

Older Adult Programmes the community

DCSWP core programmes aimed at providing opportunities for adults age 55 + years to get involved in regular physical activity.

NAME OF CORE PROGRAMME	Forever Fit
DESCRIPTION OF PROGRAMME	Activator Walking Pole Programme for older adults in a COPD group.
PARTNERS	Sports and Fitness Centre Ballyfermot
TARGET AGE GROUP	Adults
GENDER	Mixed
DATE/TIME AND LOCATION	New 6 Week programme to start week commenced 3rd November and will finish on 15th December. Wednesdays 1pm.
Programme Start Date	3 rd Nov
Programme End Date	15 th Dec

Name of core programme:	Fit for All
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Health Screen Fitness Programme – Supporting programme taking place in St. Catherine’s with clients referred by HSE mainly Cardiac Referrals
Partners (If any):	St. Catherine’s Sport Centre (Celine Cully Project)
Age group:	Adults
Gender:	Mixed
Date/time and location:	Tuesdays 2pm to 3pm
Programme Start Date:	2 nd November 2021
Programme End Date:	Mid December 2021

Name of core programme:	Go for life (Ongoing)
Description of programme activity eg: Tag Rugby, Chair Aerobics etc	Older adult chair dance/ chair volleyball CFL
Partners (If any):	Dolphins Barn health team
Age group:	65+
Gender:	Mixed
Date/time and location:	Tuesdays at 12 noon. Dolphins barn community centre

Women In Sport/Get All Girls Active (GAGA)

DCSWP’s core programmes aimed at increasing female participation in sport through targeted/dedicated initiatives.

Name of core programme:	Women in Sport
Description of programme activity:	Developing Women through Sport Programme Providing opportunity and empowering women from both in TUDublin and surrounding communities to part take in a full wrap around programme

Partners (If any):	TU Dublin
Age group:	Over 18s
Gender:	Females
Date/time and location:	From October to July 2022 Various locations
Programme Start Date:	15 th October 2021
Programme End Date:	Summer 2022

Name of core programme:	'Gaelic for Ma's'
Description of programme activity:	Ongoing Gaelic football programme aimed at introducing GAA to local females and increasing involvement in community sporting activities.
Partners:	LGFA (Ladies Gaelic Football Association) Good Counsel GAA club Dublin 12
Age group:	Females 18 + years
Date/time and location:	Friday evenings 7pm-8pm (24 week programme)

Youth At Risk (10-21 years)

DCSWP core programme aimed at providing sport and physical activity outlets for young people age 10-21 years. In the South Central area the following Youth programmes are ongoing in partnership with local Youth Services:

Name of core programme:	Junior Park Run
Description of programme activity:	Cherry Orchard Park Junior Park Run Support programme with Christmas theme event towards the end of December
Partners:	Familibase (Youth Services)
Age group:	Under 16s
Gender:	Mixed
Date/time and location:	Sunday 9:30am

Name of core programme:	Ball Games Programme (Ongoing)
Description of programme activity:	Multi-sport ball games programme
Partners:	School Street Family Resource Centre
Age group:	7-13 years
Gender:	Mixed
Date/time and location:	Thursdays 4-5 pm

Name of core programme:	Rock Climbing
Description of programme activity:	Rock Climbing programme aimed at youths at risk supported by Familibase Youth Workers during winter months. Concluding end of December 2022.
Partners :	Familiabase (SCA Youth Service)
Age group:	10 to 18 Years
Gender:	Mixed

Name of core programme:	Teenager Autism Gym Session
Description of programme activity:	Teenagers with Autism pilot programme doing Teen Gym Programme
Partners:	St. Catherine's Sport Centre developed by Celine Cully
Age group:	Teenager (Mixed)
Gender:	Mixed
Date/time and location:	Fridays. Times TBC. Ongoing

Name of core programme:	Youth Fit – Football Christmas Programme
Description of programme activity:	Christmas Football Competition featuring young people from D8 areas and An Garda Síochána
Partners:	Solas , TRY, SWICN youths services
Age group:	One day event on the 9 th or the 16 th of December times TBC
Gender:	Mixed

Name of core programme:	Gaelic for Girls
Description of programme activity:	GAA
Partners:	Ladies GAA and Good Counsel GAA club
Age group:	Primary school age girls
Gender:	Girls 8yrs -12yrs
Date/time and location:	Fridays 6pm-7pm Good Counsel GAA Club
Programme Start Date:	5 th November
Programme End Date:	Mid December

Name of core programme:	Schools Frisbee
Description of programme activity:	Frisbee (Frisbee Fridays)
Partners	Ultimate Frisbee Ireland
Age group:	Primary Schools
Gender:	Boys and Girls
Date/time and location:	Drimnagh and Crumlin 10am-1pm Fridays

Programme Start Date:	15 th October
Programme End Date:	Ongoing

Training & Education

In partnership with local services DCSWP support communities in areas such as First Aid Training and Child Protection (Safeguarding) in order to provide safe environments for everyone to deliver sport & physical activity programmes in our communities.

Name of core programme:	First Aid & PHECC (Pre-hospital emergency care) community courses
Name of core programme:	<p>Course Covers learning CPR for adults and children (including infants). The course also covers taking action when incidents of choking occur as well learning to recognise and treat stroke and heart attacks.</p> <p>The course target coaches and volunteers involved in Cherry Orchard running club and Familibase volunteers. This course was not delivered due to current public health guidelines. Delivery of the course is to be reviewed in January 2022.</p>
Age Group:	Adults (Mixed)
Programme Start Date:	TBC

Name of core programme:	Diving Coaching / Training
Description of programme activity:	Supporting Diving Ireland in delivery of its first Underwater Hockey coaching course
Partners:	Diving Ireland
Age group:	Adults
Gender:	Mixed
Date/time and location:	TBC
Programme Start Date:	Jan 2022
Programme End Date:	Feb 2022

Sport inclusion & Integration Update November 2021 (Citywide)

Name of core programme:	Sports Ability
Description of programme activity:	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 (To conclude in December)

Description of programme activity:	Fun Fitness –fundamental movement skills programme for children with disabilities
Age group:	6-9yrs
Gender:	Mixed
Date/time and location:	Monday 1 st November 6pm-7pm Ballyfermot leisure centre
Programme Start Date:	Monday 1 st November
Programme End Date:	Concluding In December 2021

Name of core programme:	Sports Ability
Description of programme:	Walking Programme Walking programme to develop and maintain fundamental movement skills in older adults & people with Disabilities
Age group:	All ages
Gender:	Mixed
Date/time and location:	Tuesdays 1-2pm Eamon Ceannt park
Programme Start Date:	22 nd September
Programme End Date:	Dec 2021

NAME OF CORE PROGRAMME:	Autism Fundamental Programme
DESCRIPTION OF PROGRAMME:	Fun Fitness 6 Week Autism Fundamental Programme targeting 6 to 8 year olds in Ballyfermot area Programme being delivered by Leisure Centre staff with support from Sports Officer and SIIOs
PARTNERS:	Sports and Fitness Ballyfermot
TARGET AGE GROUP:	Children (6 to 8 years)

GENDER:	Mixed
DATE/TIME AND LOCATION:	Sports and Fitness Centre Ballyfermot commenced 1 st November 6pm
Programme End Date	Mid December 2021

DCSWP Co-Funded December South Central Area Update:

Athletics in the Community:

Athletic Officers support continue to support DCSWP Officers in the delivery of South Central Area Couch to 5k walking and running programmes. School programmes are also ongoing in the South Central area. Full details will be provided in DCSWP's new year area reports.

Boxing in the Community

The Startbox IABA programme has encouraged young boxers 8-16 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 will recommence in January 2022. Full details will be provided in DCSWP's new year area reports.

Cricket in the Community

Schoolyard sessions will commence in the following schools in the South Central Area over the next period

- Drimnagh Castle Christian Brothers every Thursday from 11am – 12.30pm commencing 13th January 2022 (5-13 years).
- Scoil Muire Gan Smal/Scoil Una Naofa Crumlin every Thursday from 11am – 12.30pm commencing 123th January 2022 (5-13 years, mixed).

Football/ Rugby in the Community

Football school programmes will resume in the new year. Full details will be provided in the DCSWP new year area reports.

Rowing in the Community

- The Get Going Get Rowing in-school rowing classes will be delivered in the South Central Area in Mercy Convent Secondary school, Inchicore from January. Dates TBC.

- The Try Coaching rowing programme which is a rowing based leadership and coaching programme for TY students in the South Central area in Rosary College, Crumlin from January. Dates TBC.

CONTACT DETAILS :

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