

## CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JANUARY 2022

Item No. 12



DCSWP's strategic mission is to provide opportunities for all people across our communities to get involved in sport and physical activity regardless of age, gender or ability. Delivering on that vision and goal has been challenging in recent times due to Covid-19 but has also presented new opportunities to deliver events and programmes in different and innovative ways and this evolution will continue into 2022.

Indoor programmes will continue where possible and communities in the Central Area will be supported through the delivery of outdoor initiatives, online programmes, the launch of the DCSWP Virtual Hub and general ongoing community supports.

The Lord Mayor's 5 Alive road race challenge kicked off on new year's day with the Tom Brennan 5k memorial race in the Phoenix Park. Up next for the 2022 challenge will be the AXA Raheny 5 mile challenge in St. Anne's park on 30<sup>th</sup> January.

**Note: Due to the Christmas Break and earlier than usual requests for submission of reports, work plans regarding all new year programmes in the area were not possible to report on in detail for the January area report. What has been confirmed (pending restrictions) at the time of writing has been listed in the highlights section. A full activity report will be provided in the February area report.**

**Details on all programmes can be found by contacting officers/DCSWP admin staff on the contact details outlined at the end of the report or online at:**

- 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](https://dcwsphub.ie) ( official launch TBC in January).
- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)

#### **New Year DCSWP Citywide Highlights:**

- Citywide Walking programmes – Commencing with Operation Transformation walk on January 16<sup>th</sup> at 11am. Location TBC.
- Creative Residency In Sport Update (ongoing local initiative)

<https://www.dublincitycouncilculturecompany.ie/news/sport-meets-culture-as-creative-residency-in-arts-sports-wellbeing-artists-and-clubs-announced>

- Lord Mayor's 5-Alive challenge (see December report. January – April. All races confirmed pending public health restrictions).
- Active Cities - (ongoing national Local Sports Partnership project).
- DCSWP Virtual Hub Official Launch - (Ongoing development, launch date TBC).
- First Quarter DCSWP Newsletter.
- Change For Life - (Underactive Communities) 8-week programme emulating Operation Transformation format in local communities. Details TBC
- Men On The Move multi-sport and mental health programmes.
- Women's multi-Sport and mental health programmes.
- Women in Sport - Empowering Women through Sport and Physical Activity (see December report)
- Sports Ability – programmes focussed on individuals with physical, intellectual and sensory disabilities.
- Multi-sport school programmes 2022.
- Youth Fit Central area programmes focussing on young people age 10-21 years
- Linking in with National and International sport/health and wellbeing initiatives.
- Ongoing work around Governance in Sport Code.

## **New Year Central Area Programme Highlights**

### **Older Adults:**

- Go For Life Golden Wonder programme every Monday from 1-2pm in Cabra Parkside (from 17<sup>th</sup> January).
- Activator Poles Programmes – 50 minute walking programmes incorporating activator poles. To be delivered in John Paul Park every Tuesday morning (from 15<sup>th</sup> January).
- Dunard Court Men's programme – programme will combine cycling walking and rowing. To be delivered every Thursday from 10am – 12 noon (from 20<sup>th</sup> January).

### **Family/Youth Fit Programmes**

- Family Ice skating sessions in partnership with Child and Family Support Networks aimed at communities in Central area. (Various dates and times over January).

### **Underactive Adults**

- Change For Life Cabra/Ballybough - multi-sport programme aimed at Underactive adults. Full details TBC. Programmes to commence at the end of January 2022.

- Pickleball programme (paddle board sport combining tennis, badminton and table tennis) – to be delivered every Wednesday from 10am – 12 noon in Aughrim Street Centre.
- Walking Football open programme aimed at adults (mixed) – to be delivered every Tuesday (from 18<sup>th</sup> January) in Cabra Parkside.
- Get Dublin Walking Ballybough – weekly walks commencing every Tuesday (from 25<sup>th</sup> January) from Ierne Social Club.

### **New Year DCSWP Central Area Co-Funded Programmes**

A full report on co-funded activities (Athletics, Boxing, Cricket, Rowing, and Rugby) which are currently in the planning stages, will be provided in the February 2022 report. School programmes reported on in the November report will resume with details TBC.

### **Upcoming Training for 2022:**

- Online Safeguarding Training to support compliance in local clubs and organisations Safeguarding 2 & 3 delivered on an on-demand basis.
- Disability & Inclusion and Autism in Sport training programmes delivered in partnership with CARA.
- First Aid/PHECC (pre-hospital emergency care training for adults in the community).

**CONTACT DETAILS :**

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