

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JANUARY 2022



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.

- **Operation Transformation Walk 2022: Covid-19 Update:** DCSWP is currently awaiting official advice and clarification on programme delivery to ensure the safety of participants. In view of the current public health situation and uncertainty around numbers etc the decision has been made not to facilitate physical Operation Transformation walks in communities on 16th January. DCSWP will hopefully be in a position to support communities via the virtual couch to 2/3 and 5k in the next two weeks and as always will support and encourage communities via all communication channels.
- Indoor programmes will continue where possible and communities in the South 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.
- **Note:** Due to the Christmas Break work plans regarding new year programmes in the area were not possible to report on in detail for the January area report. Sport and Co-funded Officer plans are currently being submitted to DCSWP Management. What has been confirmed for the next period at the time of writing has been listed in the highlights section (pending restrictions). A full activity report will be provided in the February area report.

Details on all South Central area 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 (official launch TBC in January).
- Email: sports@dublincity.ie

New Year DCSWP Citywide Highlights:

- 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 (January – March) Up next for the 2022 challenge will be the AXA Raheny 5 mile challenge in St. Anne's park on 30th January. (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 DCSWP South Central Area Highlights

Older Adults (age 55+ years):

- Dolphin's Barn Chair Fit programme will be delivered every Tuesday at in the local community centre aimed at adults (mixed) age 65+ years.
- The older adult multi-sport Go For Life Games are scheduled to take place every Thursday in the following locations:
 - Bulfin court, Inchicore from 2.30pm (females age 65+years)
 - F2 centre, Inchicore from 12 noon (females age 65+ years)
- Activator Walking Pole COPD (Chronic Obstructive Pulmonary Disease) programmes are due to take place in Ballyfermot Sports & Fitness Centre. Details TBC.

Youth At Risk (young people age 10 – 21 years)

- January Youth Fit programmes in the South Central area will run in tandem with DCSWP's flagship Change For Life programme which focuses on Underactive Communities. Programmes in Bluebell, Fatima and the Dolphin's Barn area will engage young people under 10 years (mixed) in multi-sport programmes in partnership with local youth services. Details TBC.
- The Inchicore Monday after-school homework programme aimed at 6-12 years is scheduled to take place on a weekly basis over the next period. Details TBC.
- Cherry Orchard Park Junior Park Run is targeted at young people age 16 years (mixed). To be delivered in partnership with Familibase Youth Services every Sunday on an ongoing basis from 9.30am.
- The Frisbee Fitness SCA programme is aimed at young people age 7-12 years and will take place every Friday for 6-8 weeks in partnership with the Tulsa Referrals Group and St. Ultan's After Care group.
- The GAISCE President Awards Programme aimed at young people age 15-19 years will continue to be delivered in the SCA during the 2022 school year.

Change For Life - Underactive Communities

- Exercise dance classes (mixed adults) every Monday, Tuesday and Thursday will be delivered over the next period from 10 am and 5.30pm the in F2 centre, Inchicore in partnership with Fatima Groups United.
- Family focussed dance classes will take place every Tuesday and Thursday from 10 to 11am in Inchicore community centre in partnership with Inchicore family resources centre.
- Change For Life Men On the Move programme (males age 18 + years) will be delivered every Monday and Thursday from 7 to 8pm in Bluebell community centre and every Tuesday from 10 -11am in the F2 Fatima Centre.
- The Change For Life Inclusive Champions programme is aimed at people in the community with physical, intellectual and sensory disabilities and will take place over the next period in the following locations:
 - F2 Centre every Monday from 10th January in partnership with Fatima Group United (mixed sports).
 - St. John of God's, Islandbridge from 10th January (mixed sports).
 - CFL Men's Chair Volleyball, St. Michael's flat complex Inchicore from 10th January
 - Cherry Orchard Running Club and Familibase, Ballyfermot is currently recruiting new members to take part in a local 3 and 5k running and walking SCA programme in the weeks leading up to the Women's Mini Marathon DCSWP programme. The programme will offer initial assessments, body tracks and nutrition workshops

Thrive – Adults with Mental Health Difficulties

- The Thrive Rock-climbing Adventure Project focusses on supporting addiction groups in the Cherry Orchard area. The programme is delivered in partnership with Awesome Walls and is targeted at males who are currently recovering from addiction. Full details TBC.
- The Boxercise fitness programme is targeted at Star Réalta Nua participants who are recovering from addiction via an education therapeutic programme. The programme is supported in the SCA by the DCSWP local Co-funded Boxing Officer.

New Year DCSWP South Central Area Co-Funded Programmes

A full report on co-funded activities - Athletics, Boxing (Startbox programme), Cricket, Rowing and Rugby will be provided in the February 2022 report. North West area school programmes reported on in the November report will resume with details TBC.

Upcoming Training for January and February 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). This course provides training in areas such as CPR and training in the use of AED (defibrillator training) for adults, children and infants. The training also covers Choking for Adult Infant and Child as well as recognising and learning how to treat stroke and heart attack. The course is targeting coaches and volunteers involved in Cherry Orchard running club as well as Familibase volunteers in Ballyfermot.

CONTACT DETAILS:

Aideen O'Connor	Programmes & Services Manager, DCSWP	aideen.oconnor@dublincity.ie
Alan Morrin	Office Manager, DCSWP	alan.morrin@dublincity.ie
Catherine Flood	Sport Officer, DCSWP	Catherine.flood@dublincity.ie
Gareth Herbert	Sport Officer, DCSWP	Gareth.herbert@dublincity.ie
Sharon Kelly	Sport Officer, DCSWP	Sharon.kelly@dublincity.ie
Igor Khmil	Sport Officer, DCSWP	Igor.khmlil@dublincity.ie
Will Morris	Sport Officer, DCSWP	William.morris@dublincity.ie

Lisa Kelly	Sport Inclusion & Integration Officer, DCSWP	Lisa.Kelly@dublincity.ie
Nuala O'Donovan	Sport Inclusion & Integration Officer, DCSWP	Nuala.odonovan@dublincity.ie
David Phelan	Health Promotion & Improvement Officer	David.phelan6@mail.dcu.ie
Colette Quinn	Development Officer, Athletics	colettequinn@athleticsireland.ie
Gerard O'Donnell	Development Officer, Athletics	gerardodonnell@athleticsireland.ie
Marc Kenny	Development Officer, F.A.I.	Marc.kenny@dublincity.ie
Jonathon Tormey	Development Officer, F.A.I.	Jonathon.tormey@fai.ie
David Rake	Development Officer	David.rake@fai.ie
Clare Conlon	Women's Development Officer, FAI	clare.conlon@fai.ie
Gareth Murray	Development Officer, Rugby	Gareth.murray@leinsterrugby.ie
Fintan Mc Allister	Development Officer, Cricket	Fintan.mcallister@cricketleinster.ie
Ed Griffin	Development Officer, Boxing	shandygriffin@hotmail.com
Aoife Byrne	Development Officer, Rowing	Aoife.byrne@getgoinggetrowing.ie

REPORT BY:

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie