

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2022



Following the lifting of Covid-19 restrictions in late January physical delivery of all Dublin City Sport & Wellbeing Partnership programmes and events is now possible. However DCSWP will continue to observe Sport Ireland advice and ensure a cautious and safe return to support participants. With restrictions only recently lifted please note that at the time of writing this report planning of programmes was still in progress.

Lord Mayor's 5 Alive 2022

The Lord Mayor's 5 Alive challenge will continue over the next period. The Purple Cross Run on 20th March in the Phoenix Park and the DCC/BHAA 4 mile run on 2nd April in St. Anne's Park, Raheny will complete the challenge for 2022.

Over the next few weeks DCSWP will be linking on with the following major events. Programmes and initiatives in the South Central Area will run in tandem with national and international events across communities and will be promoted across all social media platforms.

February 19th	Operation Transformation 5k Walk /Run Phoenix Park
March	International Women's Day
March	Women in Sport Week -
March	DCSWP GAGA DAY
April	National Active Schools Week

The launch of DSWP's Virtual Hub

The official launch of the DCSWP Virtual Hub is imminent. The Hub was initially created to support virtual deliver of the 2021 Change For Life programme and over the past 12 months has undergone development in partnership with Titan Experience. While the Hub will be an invaluable resource in terms of enhancing service delivery, it will not replace face to face programmes in communities. Its purpose will be to promote the work we do, provide up to date information and give platforms to programmes while linking to all DCSWP social media platforms.

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 (official launch TBC in January).
- Email: sports@dublincity.ie

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. Dates and times remain 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 continues every Friday for 6-8 weeks in partnership with the Tulsa Referrals Group and St. Ultan's After Care group. Frisbee Fitness will also form part of programmes planned for the school mid-term break in late February.
- 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. In February the award will be presented to the local BMX youth group who completed their bronze medal award and will hopefully now move on to the silver stage. The GAISCE Awards programme is delivered in partnership with local youth services.

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 in the 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 Youths At Risk (under 10 years) multi-sport programme every Tuesday in Bluebell Community Centre from 3pm, every Wednesday in the F2 Centre, Fatima from 2.30pm and every Thursday in Dolphin's Barn from 10am. Delivered in partnership with local Youth Services.
- Change For Life Older Adults (age 55 + years) multi-sport programme every Wednesday from 12 in Bluebell Community Centre.
- Change For Life multi-sport 'Go For Life' Older Adults programme (age 65+ years) every Thursday from 12 in the F2 centre, Fatima (females), Thursdays from 2.30pm in Bulfin Court (female) and Thursdays in Bluebell Community Centre, from 10.30am.
- Change For Life Fatima Creche multi-sport programme aimed at infants age 2-4 years. This new programme will be delivered every Tuesday from 11am in the F2 Centre, Fatima. In Inchicore the programme will be delivered every Friday from 9.30am in Inchicore Leisure 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 and Thursday from 11.30 in partnership with Fatima Group United and Enable Ireland (mixed age 18+ years)
 - St. John of God's, Islandbridge from 10th January (mixed 18+ years)
 - CFL Men's Chair Volleyball, St. Michael's flat complex Inchicore from 10th January (Males age 18+ years)
 - Bluebell Community Centre every Wednesday from 1pm in partnership with St John of God's and Bluebell CDP (Mixed age 18+years)

- Cherry Orchard Running Club and Familibase, Ballyfermot continues to recruit 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 remain 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 DSCWP local Co-funded Boxing Officer.

Women in Sport

The Developing Women through Sport Programme continues in partnership with Technical University Dublin. The TUD/DCSWP programme seeks to support female engagement in areas such as coaching, volunteering, club membership and leadership, thereby empowering other women to become involved in a sport within the university and its wider community. Participants in the one year programme will be provided with a suite of training and education supports of which they will have to complete a minimum of 8 core and elective modules within an agreed timeframe.

South Central Area Co-Funded Programmes

Athletics, Boxing (Startbox school and youth services programme), Cricket, Football, Rowing and Rugby in the community officers continue to liaise with local schools target groups across the South Central area. A detailed co-funded report and a report on Sport Inclusion & Integration programmes and services will be provided in the March report.

Upcoming Training for February and March 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, clubs and volunteers in the South Central area.

The course has been postponed due to restrictions but will now proceed during the Easter holidays commencing with Inchicore FC.

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