

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MARCH 2022



Following the lifting of Covid-19 restrictions in late January physical delivery of all Dublin City Sport & Wellbeing Partnership programmes and events continue.

Lord Mayor's 5 Alive Challenge 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.

Linking with National Events

Over the next few weeks DCSWP will be linking on with the following major events. Programmes and initiatives in the Central Area will run in tandem with national and international events across communities and will be promoted across all social media platforms. The years DCSWP's Women in Sport event, GAGA (Get All Girls Active) will align with the week to maximise promotion of female participation in sport and showcase the opportunities DCSWP provides for female participation on an ongoing basis.

Date	Event
7 th – 13 th March	Women in Sport Week -
7 th April	World Health Day
3 rd – 6 th May	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 our programmes while linking to all our social media sites.

- 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 remains TBC).
- Email: sports@dublincity.ie

Return to Sport and Physical Activity Grant 2022

Sports clubs and community groups operating within the administrative area of Dublin City Council have been invited to apply for financial assistance to cover costs associated with a full return to sport and physical activity after the lifting of restrictions. The grant is funded by Sport Ireland and administered by the Dublin City Sport & Wellbeing Partnership. The grant was advertised on Tuesday 1st March and the closing date for applications is Monday 21st March.

The grant information booklet and guidelines on the application process can be found on the Dublin City Council website:

<https://www.dublincity.ie/residential/sports-and-leisure/dublin-city-sport-wellbeing-partnership>

Central Area March/April Programme Highlights

Change For Life / Underactive Communities

The following Change For (CFL) programmes take place in the Central area over the next period:

Programme:	Activity:	Target Group:	Day/Time:	Location:
CFL	Multi-Sport	18-60 years(mixed)	Tuesday 6-7pm	Aughrim ST
CFL	Multi-Sport	18-60 years(mixed)	Friday 10-11am	Aughrim St.
CFL	Yoga & Pilates	55+ (mixed)	Thursday 10-11am	Aughrim St
CFL	Couch to Parkrun	18+years (mixed)	Wed 10-11am	Griffith Park
CFL	Strength & Conditioning	18+years (mixed)	Friday 10-11am	Griffith Park
CFL	Yoga	18+years (mixed)	Monday 11.30-12.30	Our Lady Delours Parish Centre

Forever Fit - Older Adults (Age 55+ years)

- The Forever Fit/Move For Health mobility and fitness programmes is a Mobility & Fitness Class aimed underactive older adults age 55+ years (mixed). The programme is delivered every Thursday from 10am in Ballybough Youth & Fitness centre.
- The Activator Poles Programmes is 50 minute walking programmes incorporating activator poles. The programme continues every Tuesday morning from 11am -12 noon in John Paul Park Cabra.
- The Go For Life Golden Wonder programme every Monday from 1-2pm in Cabra Parkside (from 17th January).

- Dunard Court Men's programme which combines cycling, walking and rowing. Continues every Thursday from 10am – 12 noon.

GAGA/Women In Sport

The Women in Sport 12 -week couch to 3, 5 and 10k run, jog or walk programme will launch during Women in Sport Week. The programme will offer free training in local parks to participants who register and free entry to the VHI Women's Mini Marathon in June. In the Central area registration will take place on Friday 11th March in Ballybough Youth & Fitness Centre.

Sport Inclusion (Champions) – People with Physical, Intellectual and Sensory Disabilities

The Champions multi-sport and fitness programmes is delivered in partnership with Work Options and the HSE. The programme is aimed at adults age 18+ years and is delivered every Friday in Aughrim St. Centre from 11am.

Underactive Adults

- DCS&WP Hill and Trail Walking programme is aimed at adults age 40 +Years. The aim of the programme is to facilitate local walking groups and create pathways for healthier communities in the long-term. The walks are also beneficial from a social and mental health perspective. The programme is delivered in partnership with Ballyfermot Adventure centre and take place every Tuesday throughout March in various locations in the Dublin and Wicklow Mountains. Times TBC.
- The Yoga for beginners programme is aimed at adults age 18+years continues every Friday from 10 am over the next period in in Ballybough Youth & Fitness Centre.

Youth At Risk (Young people age 10-21 years)

Youth at risk programmes aim provide viable outlets for young people to take part in and enjoy sport and physical activity on an ongoing basis thereby mitigating ant-social activity/behaviour. Programmes are delivered in partnership with various partners including local Youth Services and An Garda Síochána

- The Football drop-in/Recovery through Sport programme is delivered in partnership with the Chrysalis Drug Task Force Agency. The initiative is aimed at males age 18-30 years and continues during March every Friday in Grangegorman College.
- The Just Ask sport drop-in programme is an after-school ongoing multi-sport initiative aimed at young people age 10-15 years (mixed) from the Dublin 7 area. The programme is delivered in partnership with D7 Just Ask Youth Services and takes place every Wednesday and Thursday from 3-4pm in the Greek St. Astro pitches.
- Evening Football leagues aimed at males age 13-16 years are due to resume in April in partnership with Central Area FAI Co-funded officers. Details TBC.

Health Promotion Update (Citywide)

The DCSWP Health Promotion Officer is currently delivering and facilitating the following programmes on a citywide basis in partnership with the HSE:

- The Digital Equalities Project which is a virtual pulmonary rehab exercise classes & living well programme (referral only through HSE).
- The 'We can Quit' is a HSE Holistic programme aimed at adults to assist them in giving up smoking . DCSWP provide the physical activity & exercise part of the programme to support participants on their journey.

Central Area Co-Funded Programmes

Athletics in the Community

DCSWP Athletics Officers are currently assisting DCSWP in the planning and delivery of the primary school's cross-country event 2022. The events will take place on the following dates and locations:

- Wednesday 6th April – Albert College Park, Whitehall.
- Thursday 7th April – St. Anne's Park, Raheny
- Wednesday 4th May – Sundrive Park, Crumlin/Kimmage (during Active School's Week)
- Wednesday 11th May – Ringsend Park

Boxing in the Community

The Central area Boxing Officer continues to engage with primary schools and secondary schools (Transition Year) in the area in relation to the IABA Startbox Bronze, Silver and Gold programme and the Olympic Education programme.

Cricket in the Community

- Schoolyard cricket sessions in the Central area continue in St John Bosco's BNS, Cabra every Friday from 1-2pm (males age 5-13 years).
- Tape Ball Cricket is adaptation of the traditional game and in the Central area sessions take place every Sunday from 11am – 1pm aimed at all ages.

Football in the Community

FAI Development Officers continue to engage with schools through grassroots programmes, DCSWP Youth at Risk and Older Adult programmes (Walking football). Officers also support local clubs by providing various training supports in areas such as coaching, safeguarding and governance.

Rugby in the Community

IRFU Rugby Development Officers continue to engage with schools in the Central area. Programmes include tag (non-contact) and contact programmes culminating in inter-school blitzes.

For full details of Co-funded programmes and/or a list of local schools currently being engaged with in the area please contact Dee O'Boyle, DCSWP at dee.oboyle@dublincity.ie

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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