

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MAY 2022



Highlight events/news

Active Cities

Logo and brand identity has finally been developed and signed off by senior management in Dublin City Council. The recruitment process is currently underway for the Active Cities Officer (local lead for Dublin City). Meanwhile, work is ongoing in collaboration with the National Active Cities Lead Officer, Sport Ireland and the other relevant Local Sports Partnerships. It is hoped DCSWP will have the opportunity to present on Active Cities to the Senior Management Team & SPC over the coming months.

Linking with National Events

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.

14 - 22 May	National Bike Week
15-21 June	Men's Health Awareness Week
21st June	International Day of Yoga

National Bike Week 2022

In partnership with the National Transport Authority DCSWP will deliver a series of cycling programmes and initiatives to promote the benefits of cycling for everyone in the community. The programmes will be aimed at all ages and abilities.

- As a Citywide event, Bike Week will be celebrated on Monday 16th, Tuesday 17th and Wednesday 18th May. DCSWP Officers will deliver cycle safety, introductory sessions and skills classes in cycle routes and schools across the city including the South Central area.

Women In Sport - VHI Women's Mini Marathon

DCSWP, in partnership with our Athletics Officers, is supporting women who have registered for the VHI Women's mini marathon by providing training programmes in the lead up to the main event on 5th June

The launch of DSWP's Virtual HUB

The official launch of the DCSWP Virtual HUB will take place in May. 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.

- 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

South Central Area Core Programme Highlights

Change For Life – Underactive Communities

Name of core programme:	Change For Life
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Cherry Orchard Running Club and Familibase are currently recruiting new participants for a lead up running programme after which they will take part in 3 or 5k Marathons. DCSWP will provide initial assessments with body tracks and nutrition workshops
Partners (If any):	Familibase & Cherry Orchard Running Club
Age group:	Adults
Gender:	Female
Date/time and location:	Tues and Thursday (morning group and Afternoon group)
Programme Start Date:	12 th April
Programme End Date:	Mid June

Name of core programme:	Change for Life - (Cardiac / HSE Referrals)
Description of programme activity:	DCSWP currently assisting with two programmes in St. Catherine's Sport Centre aimed at participants on a HSE Cardiac Referrals programme
Partners (If any):	St. Catherine's Sport Centre
Age group:	Adult over 18
Gender:	Mixed
Date/time and location:	Tuesdays 2pm – Wednesday 9am
Programme Start Date:	Ongoing
Programme End Date:	Ongoing

GAGA – Get All Girls Active/Developing Women in Sport

Name of core programme:	GAGA/Women in Sport
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Developing Women through Sport Programme Providing opportunities and empowering women from TUD Dublin and surrounding communities. Snorkel Training and Coaching courses have commenced as part of this ground-breaking initiative.
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

Older Adults – Age 55+ years

Please refer to previous report for ongoing Older Adult programmes in the South Central area.

Thrive – Adults With Mental Health Difficulties

Name of core programme:	Thrive
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Boxercise fitness programme for Star Réalta Nua participants with support from DCSWP SCA Co-Funded Boxing Officer. Participants in this educational/ therapeutic programme are individuals recovering from addiction.

Partners (If any):	IABA Co- Funded Officer
Age group:	Adults
Gender:	Mixed
Date/time and location:	TBC Cherry Orchard Boxing Club
Programme Start Date:	Mid-May
Programme End Date:	6 - 8week programme

Youth Fit: Youths At Risk (Young People age 10-21 years)

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Ballyfermot Youth Reach participants to attending gym and swim sessions in Ballyfermot Leisure Centre. The programme aims to build fitness levels in the lead up to Hell and Back 2022.
Partners (If any):	Youth Reach
Age group:	16 to 21 years
Gender:	Mixed
Date/time and location:	Weekly – various
Programme Start Date:	21 st March 2022
Programme End Date:	12 th June 2022

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Kylemore College After School Boxing Club Training Sessions
Partners (If any):	Kylemore College
Age group:	12 to 14 Years
Gender:	Mixed
Date/time and location:	30 th March 2022 Kylemore College Sec School
Programme Start Date:	30 th March
Programme End Date:	25 th May

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	GAISCE President Awards Programme BMX club group. Following recent completion of the Bronze award participants have moved on to the silver stage. New young participants in the area have also signed up to bronze award stage.
Partners (If any):	Ballyfermot Youth Services
Age group:	15 to 19 Years
Gender:	Mixed
Date/time and location:	Various
Programme Start Date:	Feb 2022
Programme End Date:	Sept 2022

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Cherry Orchard Park Junior Park Run Support programme with Christmas theme event towards the end of December
Partners (If any):	Familibase (Youth Services)
Age group:	Under 16s
Gender:	Mixed
Date/time and location:	Sunday 9:30am
Estimated Number of Programme Participants (NB: per session):	50

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Swim Confidence/Swim A Mile DCSWP engaging with and supporting a group of young people participating in a surf exchange programme in Malta this June. The 6 week initiative will initially focus on the Swim a Mile programme
Partners (If any):	Ballyfermot Youth Services
Age group:	11 to 18 years
Gender:	Mixed
Date/time and location:	Thursday Evenings 21 st April 7pm Sports and Fitness Ballyfermot
Programme Start Date:	21 st April
Programme End Date:	26 th May

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Youth Box fit
Partners (If any):	FGU
Age group:	6 to 12yrs
Gender:	mixed
Date/time and location:	Tuesday and Thursdays at 4pm in the F2 centre
Programme End Date:	Ongoing

Name of core programme:	Youth Fit
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Learn to swim
Partners (If any):	FGU and dolphins barn

Age group:	U12
Gender:	Male
Date/time and location:	Thursdays from 4 to 5 in Markievicz pool
Programme Start Date:	Ongoing
Programme End Date:	Ongoing

South Central Area Co-Funded Programmes

Health Promotion in the Community

➤ **Men on the Move**

The Men on the Move health and wellbeing programme takes place every Wednesday from 10am in the Rialto F2 Centre and Lionsville Hostel, Chapelizod every Wednesday from 11am. The programme is delivered in partnership with the HSE and is targeted at adult males. The initiative provides exercise classes as well as nutrition and mental health workshops

➤ **Mountain View Mental Health**

The Mountain View Mental Health programme is aimed at adult females and is a referral only programme (via the HSE). The programme is delivered in Mountain View, Cherry Orchard every Wednesday from 10am.

➤ **D8 Move For Health**

Move for Health is a strength & balance programme for older adults in partnership with the HSE physiotherapists. The programme is referral only (via the HSE) and is delivered every Tuesday from 11.30am in St. Catherine's Sports & Fitness Centre.

Athletics in the Community

DCSWP Athletics Officers continue to assist in the delivery of school's cross country programme over the next few weeks in the lead up to the a series of events across the city in March, April and May.

Boxing in the Community

The IABA Boxing Startbox programme continues over the next period in South Central primary schools and secondary schools (Transition Year) and will be followed by the Olympic Education programme.

Cricket in the Community

Schoolyard Cricket sessions continue every Tuesday from 10am in Mary, Queen of Angel's, Ballyfermot (boys age 7-12 years).

Football in the Community

- Late Night Leagues aimed at young people age 10-12 years have commenced in the area (see above under Youth Fit). Finals will take place on 20th May in the South Central area. The league final will be delivered in partnership with An Garda Síochána, Dublin Bus and local Youth Services.
- Player Development for players in the area continues with the Girls Centre of Excellence programme which is delivered every Thursday aimed at girls at U 13 level and girls age 12-15 years every Saturday in AUL.
- School Coaching sessions continue in St. Ultan's Cherry Orchard and Mary, Queen of Angels, Ballyfermot.

Rowing in the Community

The Get Going Get Rowing schools programme continues on a citywide basis over the next period.

Rugby in the Community

Tag Rugby programmes continue schools in the South Central area. For a list of schools and programmes please contact the South Central area Rugby Development Officer Gareth.murray@leinsterrugby.ie

Training Update April/May

- Safeguarding 1 Training for Student Sport Ireland - 4 courses scheduled throughout April/May.
- Safeguarding Training for Inchicore AFC, Belgrave AFC and Cherry Orchard Boxing Club
- Cycle Leader Tutor Training for DCSWP Sport Officers
- First Aid/PHECC (pre-hospital emergency care training for adults in the community – details provided in March report).
- Disability & Inclusion and Autism in Sport training programmes delivered in partnership with CARA.

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