

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JUNE 2022



The Dublin City Sport & Wellbeing Partnership Virtual Hub is now live and can be accessed by clicking on the link below:

<https://www.dcswhub.ie/>

DCSWP programmes and events aim to provide opportunities for everyone, regardless of age, gender, ability or background to partake in sport and physical activity. The Virtual Hub was imagined and designed to further support our strategic goals and will be an invaluable resource for communities, clubs, groups and schools in our city in tandem with the ongoing physical delivery of programmes and initiatives. It also provides information on the new DCC Active Cities Project.

The launch date was chosen to coincide with the announcement of Kellie Harrington & Ellen Keane as official Sports Ambassadors for DCC and coverage of this in the media will be seen over the next couple of weeks. .

Active Cities

The Active Cities Logo and brand identity has been developed and will be represented in all DCC/DCSWP communication, The recruitment process is underway for a dedicated Active Cities Officer (local lead for Dublin City). Work is ongoing in collaboration with the National Active Cities Lead Officer, Sport Ireland and the other relevant Local Sports Partnerships. DCC/DCSWP management recently presented to the SPC

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 East Area will run in tandem with national and international events across communities and will be promoted across all social media platforms.

15-21 June	Men's Health Awareness Week
21st June	International Day of Yoga
12th Aug	International Youth Day
9th - 15th Aug	Sport Ireland - HEROutdoors week

Highlight events/news

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

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
- Email: sports@dublincity.ie

Sport For Young People Club Small Grant Scheme

Following on from administering the Return To Physical Activity Grant, the Sport For Young People Small Grant Scheme is due to be advertised in the next few weeks. The grant scheme is targeted at young people age 10-21 years and provides funding support for clubs in communities for the following,

- Purchase of equipment
- Administrative costs
- Training and coaching courses

Information on the grant can be found on the new Hub or at <https://www.dublincity.ie/residential/sports-and-leisure/dublin-city-sport-wellbeing-partnership>

South Central Area Core Programme Highlights

SCA Highlight Events June - July

Community Festivals will take place in the SCA over the next period. DCSWP Sport and Co-funded Officers will support the events in partnership with local services.

Name of core programme:	Ballyfermot Youth Festival
Partners	BYS Ballyfermot Youth Service
Details	<ul style="list-style-type: none"> • An Orienteering Maze will be coordinated for everyone in the community to part take in. Trishaw bike rides will be delivered for Older Adults/ People with disabilities. • Co-funded FAI officers will deliver penalty shoot out events.
Age group:	All
Gender:	Mixed
Date/time and location:	Sunday 3 rd July, Markievicz Park
Estimated Number of Programme Participants (NB: per session):	300 plus
Programme Start Date:	3 rd July
Programme End Date:	3 rd July

Name of core programme:	Cherry Orchard Community Festival
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	An Orienteering Maze will be coordinated for everyone in the community to part take in.
Partners (If any):	Cherry Orchard Integrated Youth Project
Age group:	All
Gender:	Mixed
Date/time and location:	Saturday 9 th July
Estimated Number of Programme Participants (NB: per session):	300
Programme Start Date:	9 th July
Programme End Date:	9 th July

Youth Fit Programmes – Youths at Risk age 10-24 years

Name of core programme:	Programme / Project Supports
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	DCSWP to assist Ballyfermot Youth Services, Gurteen Youth Project, Familibase and COIYP with summer programmes with coaches in various activities including Zipit, Aquazone , Footee Golf etc
Partners (If any):	
Age group:	10 to 18 years
Gender:	Mixed
Date/time and location:	Various
Estimated Number of Programme Participants (NB: per session):	20 to 50 per project
Programme Start Date:	From June (school Holidays)
Programme End Date:	End of August

Name of core programme:	Junior Park Run
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Cherry Orchard Park Junior Park Run Support programme
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
Programme Start Date:	Every Sunday
Programme End Date:	Ongoing

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.	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
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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:	June

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 and are ongoing 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 reports for ongoing Older Adult programmes in the South Central area.

Thrive – Adults With Mental Health Difficulties

Name of core programme:	Thrive Boxing Programme
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Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	Boxercise fitness programme in partnership with Star Realta Nua and Cherry Orchard Boxing Club. Clients are recovering addicts in an education therapeutic programme. As the club is in the community it is hoped some of the individuals will go on to join up the club and do extra training. It is hoped to run an exhibition event at the end of the 7 weeks.
Partners (If any):	Cherry Orchard Boxing club
Age group:	Adults
Gender:	Mixed
Date/time and location:	Thursdays 2 Groups 11 to 12 Women 12 to 1 Men
Estimated Number of Programme Participants (NB: per session):	10 per session
Programme Start Date:	16 th June
Programme End Date:	28 th July

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/Bowling/Cricket/Rowing and Rugby

Updates on Co-funded summer camps, events and programmes will be provided in the July reports – in the coming months details will be provided on the new hub. For now they can be provided by contacting the DCSWP Office.

Training Update April/May

- Safeguarding 1 Training for Student Sport Ireland - courses scheduled throughout the summer period.
- Safeguarding Training continues 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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