

## CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JULY/AUGUST 2022



As previously reported 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 DCSWP's strategic goals and will be an invaluable resource for communities, clubs, groups and schools in Dublin 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.

#### **Active Cities**

Logo and brand identity has been developed and is now being represented in all DCC/DCSWP communication. The recruitment process for a dedicated Active Cities Officer (local lead for Dublin City) is ongoing. Work is also 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.

Date	Initiative/Programme Name	Lead organisation
12th Aug	International Youth Day	United Nations
9th - 15th Aug	Sport Ireland - HEROutdoors week	Sport Ireland
Aug - Sep 22 TBC	MarathonKids	MarathonKids/ Local Authorities/Local Schools
1st-30th Sep	National Heart Month	
1st-31st Sep	See Change - Green Ribbon Month	
26th Sep	National Community Walking Day	Get Ireland Walking
23-30 Sep	European Week of Sport /SPORTSFEST 2022 (DCSWP Flagship week-long event)	EU / Sport Ireland / DCSWP
27 Sep - 1 Oct	Positive Ageing Week	Age Action Ireland
26th Sep (during EWOS)	National Walking Day	Get Ireland Walking

### Dublin Sportsfest 2022

DCSWP's flagship annual event, Sportsfest, which is a celebration of sport & physical activity across the city, is currently in the planning stages. Sportsfest 2022 will once again be delivered to coincide with European Week of Sport in September from 23<sup>rd</sup> – 30<sup>th</sup> September.

Sportsfest will be promoted across all social media platforms and key information will be provided on the events DCSWP will be linking in with throughout the week on new Virtual Hub.

### DCSWP social media platforms.

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)
- Email: [sports@dublincity.ie](mailto: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>

Advertisement of this year's Sport For Young People grant scheme is imminent. It follows completion of the Return To Physical Sport Club Small Grant Scheme.

**Highlight Central Area Programmes:**

**Youth At Risk/Youth Fit Summer Activities – Young People age 10-21 years**

Youth at risk programmes aim to provide viable outlets for young people to take part in and enjoy sport and physical activity on an ongoing basis, thereby mitigating anti-social activity/behaviour. Programmes are delivered in partnership with various partners including local Youth Services and An Garda Síochána - while delivered on an ongoing basis these programmes take on a greater importance in communities during the school holidays.

<b>Name of programme:</b>	<b>Cabra for Youth Summer Programme Activities</b>
<b>Description of programme activity</b>	Provision of activities for the summer months for attendees of the Cabra For Youth, Youth Project. Activities include trips to Zipit, ariel assault course; BMX sessions; Jumpzone; trips to NAC; Footee Golf and various watersports activities
<b>Partners (If any):</b>	Cabra for Youth, Youth Project
<b>Age group:</b>	10-21yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	June, July & August
<b>Programme Start Date:</b>	20 <sup>th</sup> June
<b>Programme End Date:</b>	1 <sup>st</sup> September

<b>Name of programme:</b>	<b>Cabra for Youth Justice Project Summer Programme</b>
<b>Description of programme activity</b>	Facilitating activities periodically for participants. Activities include BMX; Zipit; Footee Golf; hill walking; orienteering
<b>Partners (If any):</b>	Cabra for Youth Justice Project
<b>Age group:</b>	10-21yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	June, July & August
<b>Programme Start Date:</b>	20 <sup>th</sup> June
<b>Programme End Date:</b>	1 <sup>st</sup> September

<b>Name of programme:</b>	<b>Cabra for Youth Justice Project boxing programme</b>
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<b>Description of programme activity</b>	Weekly 1hr boxing session for specific groups with local boxing club. Delivered across 6 weeks in July and August
<b>Partners (If any):</b>	Cabra Boxing Club; Cabra for Youth, Youth project
<b>Age group:</b>	18-24yrs
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Tuesdays 7-8pm Cabra boxing Club
<b>Programme Start Date:</b>	Mid July
<b>Programme End Date:</b>	End of August

<b>Name of programme:</b>	<b>Cabra for Youth Justice Project Boxing taster sessions.</b>
<b>Description of programme activity</b>	1hr boxing session for attendees of Youth Service with local boxing club. If successful DCSWP to commence a 6 week programme in September
<b>Partners (If any):</b>	Cabra Boxing Club; Cabra for Youth, Youth project
<b>Age group:</b>	12-17yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Cabra Boxing Club and other various locations
<b>Programme Start Date:</b>	Mid July
<b>Programme End Date:</b>	End of August

<b>Name of core programme:</b>	Football Drop In / Recovery through Sport
<b>Description of programme activity:</b>	Football Drop In
<b>Partners (If any):</b>	Chrysalis Drug Task Force
<b>Age group:</b>	18 – 30
<b>Gender:</b>	Male
<b>Date/time and location:</b>	Fridays – Grangegorman College
<b>Estimated Number of Programme Participants (NB: per session):</b>	30
<b>Programme Start Date:</b>	Friday 14 <sup>th</sup> Jan
<b>Programme End Date:</b>	Ongoing

<b>Name of core programme:</b>	<b>Youth At Risk Central Area Summer Water Activities</b>
<b>Description of programme activity:</b>	Multi-Sport Water-based activities
<b>Partners (If any):</b>	Swan Youth Project/Belvedere Youth Services/Garda Hay Division/Ballybough Youth & Fitness Centre/Bradóg Youth Service/Ballyfermot Youth Adventure Centre. The programme will culminate in a boat trip around Dublin Bay.
<b>Age group:</b>	10 – 21 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays in Grangegorman College
<b>Estimated Number of Programme Participants (NB: per session):</b>	30

<b>Programme Start Date:</b>	Friday 14 <sup>th</sup> Jan
<b>Programme End Date:</b>	Ongoing

<b>Name of core programme:</b>	<b>Just Ask Sports Drop In</b>
<b>Description of programme activity:</b>	After School Multi Sports Activities
<b>Partners (If any):</b>	D7 Just Ask Youth Service
<b>Age group:</b>	10 – 15
<b>Gender:</b>	Male / Female
<b>Date/time and location:</b>	Wednesday 3pm – 4pm /Thurs 3pm – 4pm. Greek St Astro
<b>Estimated Number of Programme Participants (NB: <u>per session</u>):</b>	20
<b>Programme Start Date:</b>	Wednesday 12 <sup>th</sup> Jan
<b>Programme End Date:</b>	Ongoing

#### Change For Life – Underactive Communities

<b>Name of programme:</b>	<b>Pickle Ball</b> (Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
<b>Description of programme activity</b>	2 x 1hr sessions of Pickleball introducing the sport to the community
<b>Age group:</b>	All
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre
<b>Programme Start Date:</b>	Ongoing
<b>Programme End Date:</b>	Ongoing

<b>Name of programme:</b>	<b>Cabra Parkside Community Fun day</b>
<b>Description of programme activity</b>	Family Fun Day with varied activities provided by staff. Targeted at existing DCSWP groups that use the centre.
<b>Partners (If any):</b>	Cabra Parkside Centre Management and Staff
<b>Age group:</b>	All
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Saturday 30 <sup>th</sup> July John Paul Park
<b>Name of core programme:</b>	<b>Change 4 Life - Pilates / Yoga</b>

<b>Description of programme activity:</b>	<b>Fundamental Movement via Pilates</b>
<b>Age group:</b>	20 -55 and Over 55 Active retirement Group
<b>Gender:</b>	Male / Female
<b>Date/time and location:</b>	Mondays 10am / Thursday 10am
<b>Estimated Number of Programme Participants (NB: <u>per session</u>):</b>	30
<b>Programme Start Date:</b>	July
<b>Programme End Date:</b>	Aug

<b>Name of core programme:</b>	<b>Walking Group</b>
<b>Description of programme activity:</b>	Walking programme designed to build fitness levels slowly and steadily. Targeted at groups in the Central area.
<b>Age group:</b>	General
<b>Gender:</b>	Male / Female
<b>Date/time and location:</b>	Tuesdays 11am – Aughrim St Centre
<b>Estimated Number of Programme Participants (NB: <u>per session</u>):</b>	20 +
<b>Programme Start Date:</b>	Tues 18 <sup>th</sup> Jan
<b>Programme End Date:</b>	Ongoing

#### Older Adults (Age 55+ Years)

<b>Name of programme:</b>	<b>Golden Wonder Go For Life programme</b>
<b>Description of programme activity</b>	Weekly 1hr session with mini games
<b>Age group:</b>	Older adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays 1-2pm
<b>Programme Start Date:</b>	Ongoing
<b>Programme End Date:</b>	Ongoing

<b>Name of programme:</b>	<b>Sofa To Saddle Cycling Programme</b>
<b>Description of programme activity</b>	4 week introductory cycling programme delivered in partnership with Age & Opportunity. The focus of the programme is to introduce people to or re-engage with the joy of cycling. At the end of the programme cyclists who feel confident will cycle along the coastal Clontarf to Howth cycle way. While the programme is primarily about remaining active, the social and fun aspect is also a very important part of this initiative.
<b>Partners:</b>	Heels & Wheels Active Age Group
<b>Age group:</b>	Older adults
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Mondays 10am. Starting point: Clontarf pitches
<b>Programme Start Date:</b>	Ongoing
<b>Programme End Date:</b>	Ongoing

**Sport Inclusion and Integration in the Central Area (People with physical, intellectual and sensory disabilities and ethnic minority groups in the community)**

<b>Name of programme:</b>	<b>Oliver Plunket/Eoghan Rua GAA inclusive Programme</b>
<b>Description of programme activity</b>	DCSWP providing disability awareness training; equipment and ongoing support to this programme which is delivered weekly.
<b>Age group:</b>	4-13yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Fridays 6-7pm
<b>Programme Start Date:</b>	Ongoing
<b>Programme End Date:</b>	Ongoing

<b>Name of programme:</b>	<b>Oliver Plunket/Eoghan Rua GAA inclusive Programme Volunteer support</b>
<b>Description of programme activity</b>	Zipit and NAC trip to 10 of the teenage volunteers
<b>Age group:</b>	16-18yrs
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Planned trips in July and August
<b>Programme Start Date:</b>	July
<b>Programme End Date:</b>	August

<b>Name of programme:</b>	<b>Oliver Plunket/Eoghan Rua GAA inclusive Summer camp</b>
<b>Description of programme activity</b>	DCSWP Officer supporting by providing equipment for the duration of summer camp and in-person support throughout the week
<b>Age group:</b>	4-13yrs
<b>Gender:</b>	Mixed

<b>Date/time and location:</b>	Beginning of August (TBC)
<b>Programme Start Date:</b>	August
<b>Programme End Date:</b>	August

<b>Name of core programme:</b>	<b>Work Options / Disability Group</b>
<b>Description of programme activity:</b>	General Games and Activities
<b>Partners (If any):</b>	Work Options / HSE
<b>Age group:</b>	18 +
<b>Gender:</b>	Male and Female
<b>Date/time and location:</b>	Fridays – 11.30am – Aughrim St
<b>Estimated Number of Programme Participants (NB: <u>per session</u>):</b>	15

#### **GAGA ( Get All Girls Active) – Teenage Girls**

<b>Name of core programme:</b>	GAGA
<b>Description of programme activity:</b>	Teenage School Fitness Program
<b>Partners (If any):</b>	HSE
<b>Age group:</b>	13 – 18
<b>Gender:</b>	Female
<b>Date/time and location:</b>	5 <sup>th</sup> November / Stanhope Street School
<b>Estimated Number of Programme Participants (NB: <u>per session</u>):</b>	25
<b>Programme Start Date:</b>	Recommences September

#### **Co-Funded Update**

##### **Athletics in the community**

DCSWP Athletics officers continue to deliver sports camps in partnership with DCSWP officers. Officers are currently planning for European Week of Sport and the launch of Marathon Kids (primary schools) in September 2022.

##### **Boxing in the community**

In the Central Area IABA Boxing development programmes continue:

The Startbox (Gold, Silver and Bronze) programme continues in the following Central area locations over the next period:

- Ballybough Youth & Fitness Centre every Monday (Males age 18+years)
- Law Society every Wednesday (Mixed age 10-12 years).
- Ballybough Youth & Fitness Centre every Tuesday (mixed age 10-12 years),
- Mountjoy Square every Thursday (mixed age 7-10 years)

Startbox programmes are delivered in partnership with multiple Central area after-school projects, local youth services and An Garda Síochána.

The Aviva Stadium Startbox Experience is delivered over the summer months for youth group participants in the area. The programme is targeted at young people age 7-15 years (mixed).

### **Cricket in the community**

Cricket Summer camps continue over the school break. In the Central area camps will be delivered every Monday in July from 10am in the Phoenix Park. The camp is aimed at young people age 13-17 years (mixed).

### **Football in the community**

Summer Camps and support for local clubs continues in areas such as Safeguarding, female engagement, governance and PDP 1, 2 and 3 coaching.

### **Rowing in the community**

The 'Learn to Row' Summer camps continue over the next period into August aimed at teenagers age 12-17 years. The programme is delivered in partnership with Neptune Rowing Club. The camps take place in Neptune Rowing Club, Islandbridge every Monday. Each camp is delivered over a four day period from 9:30am-12:00 or 13:30pm-16:00pm.

### **Rugby in the community**

Rugby contact and non-contact camps continue. For full details please contact the local DCSWP Rugby Development Officer (contact details below).

### **Training Update**

- Safeguarding 1 Training for Student Sport Ireland - courses scheduled throughout the summer period.
- Cycle Leader Tutor Training for DCSWP Sport Officers
- First Aid/PHECC (pre-hospital emergency care training for adults in the community – details provided in previous reports).
- Disability & Inclusion and Autism in Sport training programmes delivered in partnership with CARA.

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