

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JANUARY 2023

January 2023 – Linking in with National Events & Initiatives

The primary goal of DCSWP is to provide opportunities for everyone to get involved in sport & physical activity regardless of age, gender or ability. In 2023 DCSWP will continue to align the planning and delivery of programmes with national and international events. This strategic approach helps maximise promotion of the service, adds momentum to local programmes and initiatives and ultimately increases reach across communities in Dublin City.

Please see below highlight citywide programmes for January/February 2023. Programme participants will include those from communities in the Central area.

Change For Life 2023

This 8 week programmes first commenced in communities across Dublin City in 2013. Initially the programme focussed on underactive adults but over the years the initiative has grown and expanded to include other core target groups and a Dublin City Staff programme was introduced in 2020. Change For Life emulates the format of and runs in tandem with RTE's Operation Transformation programme. The programme will provide fitness assessments, weigh-ins, a 5K timed walk (repeated at week 8) nutritional/dietary advice and multi-exercise programmes.

Get Dublin Walking/Couch to 3 & 5k

These core DCSWP programmes commence in January in local communities including the North Central area. The Couch to 3 & 5k programmes link to parkrun and 5k programmes will link in with the Operation Transformation 5k run in early February. This year participants' will be further supported by the launch of the DCSWP couch to 5k podcast (due to be launched in January).

Lord Mayor's 5 Alive 2023

The Lord Mayor's 5 Alive is back for 2023 and once again is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals. The challenge is to complete all five races within the timeframe 1st January 2023 – 1st April 2023. The race distances vary between 5-8k. Participants register themselves for each race except for the BHAA / Dublin City Council - 4 Mile Road Race which DCSWP will register for and cover the cost of.

- **Race 1** - Tom Brennan 5k in Phoenix Park - 1st January 2023 at 09.30 am
- **Race 2** - Raheny 5 Mile - Raheny Village/St. Anne's Park - 29 January 2023 at 3pm
- **Race 3** – TBC
- **Race 4** – A park run of participants' choice within the time period 1st January 2023 – 1st April 2023.
- **Race 5** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park - 1 April 2023 at 11am

The LM 5 Alive Challenge was advertised across all DCC/DCSWP communication/social media platforms on 14th December 2022.

Women in Sport

DCSWP's Get All Girls Active (GAGA) initiative is dedicated to providing opportunities for women of all ages and abilities to become involved in sport and physical activity and to increasing the visibility/representation of Women in Sport. In 2022 Ellen Keane and Kellie Harrington were appointed as DCSWP ambassadors to promote and celebrate female sporting achievements. While female focussed programmes are delivered throughout the year, GAGA will take on a strategic focus in March by running in tandem with Women in Sport Week (7th-13th March). DCSWP Sport and Co-funded Officers will commence planning programmes and events in February 2023.

Schools Cross-Country

The schools cross country citywide programme will commence in early January (TBC) in partnership with Athletics Ireland as part of the national Active Flag programme.

Active Cities

The Active Cities National Project was launched on November 7th. Since the launch The Dublin City Active City lead has continued to meet with DCSWP officers to identify gaps that fit within the remit of Active Cities funding of disadvantage, disability and minority groups. It is expected to launch Active Cities at local level in early 2023.

In January 2023 the following is planned:-

- Upload orienteering maps on to the map run app. The following parks each have had six maps prepared :

Albert Park, Bushy park, Herbert Park, **John Paul Park (Central Area)**, Le Fanu Park, Poppintree Park, St Anne's Park and Sundrive Park.

- Promote use of the maps in local schools and on social media.

- Install outdoor stencils in the grounds of four primary schools to encourage outdoor play.
- Collaborate with local HSE and DCSWP/Co-funded officer to encourage the inactive to participate in the “Change for life” programme.
- Collaborate with local HSE physiotherapist and DCSWP Sport Officers in Harold’s Cross/Rathmines/Terenure area to run a strength and balance class to reduce falls for the elderly.

All DCSWP highlight programmes will continue to be supported by our social media channels and the DCSWP Virtual Hub. See below:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcwspub.ie
- Email: sports@dublincity.ie
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Central Area Programmes Highlights January 2023

Change For Life

The following Central Area Change For Life programmes will be delivered from January to March 2023:

Name of programme:	Change For Life
Description of programme activity	Fitness/Health & Wellbeing programme
Age group:	21 + years
Gender:	Mixed
Date/time and location:	Every Monday, Wednesday, Thursday & Friday from 10am in Ballybough Youth & Fitness Centre

Name of programme:	Change For Life Cabra
Description of programme activity	Health & Wellbeing programme (couch to 3k, yoga & nutrition)

Age group:	18 + years
Gender:	Mixed
Date/time and location:	Every Monday from 9 th January. Time & Location TBC

Youth At Risk – Young People age 10-24 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

Name of programme:	Youth Fit Ice Skating & Swimming Programme
Partners:	Local Youth Services/NEIC
Age group:	10-24 years
Gender:	Mixed
Date/time and location:	Every Wednesday from 4 th January

Name of programme:	Outdoor Fitness/Challenge Programme
Partners:	Local Central Area Youth Services/Ballark Youth Training Centre (BYTC)
Age group:	16-24 years
Gender:	Mixed
Date/time and location:	Every Wednesday from 4 th January in BYTC

Name of programme:	Boxing Programme
Description of programme activity	IABA Boxing Initiative in partnership with local Central Area Youth Services
Partners (if any):	Local Boxing Officer/Cabra for Youth Justice Project
Age group:	13 – 22 years
Gender:	Mixed
Date/time and location:	To resume in mid-January. Full details TBC

Name of core programme:	Football Drop In / Recovery through Sport
Description of programme activity:	Football Drop In
Partners (if any):	Chrysalis Drug Task Force/FAI
Age group:	18 – 30
Gender:	Male
Date/time and location:	Fridays – Grangegorman College. Ongoing

Name of core programme:	Just Ask Sports Drop In Programme
Description of programme activity:	After School Multi-Sports Activities
Partners:	D7 Just Ask Youth Service
Age group:	10 – 15
Gender:	Male / Female
Date/time and location:	Wednesday 3pm – 4pm /Thurs 3pm – 4pm. Greek St Astro. Ongoing

Primary School Programmes

Name of core programme:	Ultimate Frisbee Afterschool Coaching Programme
Partners:	Local Primary Schools
Age group:	12 -13 years (Mixed)
Gender:	Mixed
Date/time and location:	TBC

Name of core programme:	Ultimate Frisbee Primary School Blitz
Partners:	Local Primary Schools
Age group:	12 -13 years (Mixed)
Gender:	Mixed
Date/time and location:	TBC

Underactive Communities

Name of programme:	Pickle Ball (Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
Description of programme activity	2 x 1hr sessions of Pickleball introducing the sport to the community
Age group:	Adults (age 18+years)
Gender:	Mixed

Date/time and location:	Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre. Ongoing.
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Older Adults – Age 55+ years

Name of core programme:	Forever Fit
Description of programme activity:	Yoga group
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Fridays from 10am in Ballybough Sports & Fitness Centre. Ongoing

Name of programme:	Forever Fit Dunard Men's Group
Description of programme activity	Weekly multi-activity programme
Partners:	DCC Liaison Officer
Age group:	Older adults
Gender:	Male
Date/time and location:	Every Wednesday at 10am from 18th January in various locations.

Name of programme:	Forever Fit Dunard Court Men's Cycling Group
Partners:	DCC Liaison Officer
Age group:	Older adults
Gender:	Male
Date/time and location:	Thursdays 10-2pm -various routes

Underactive Adults

Name of programme:	Hill Walking Programme
Description of programme activity	Hill and Trail Walk challenge delivered in partnership with Ballyfermot Adventure Centre.
Date/Time/Location:	Time, date and starting point TBC

Name of programme:	Heels & Wheels Walking Programme
Description of programme activity	Adult Walking programme
Partners:	lerne

Date/time and location:	Every Tuesday at 10am from 10 th January
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Women in Sport – Get All Girls Active (GAGA)

Name of programme:	Beginners Strength Training for Women
Age group:	Older adults
Gender:	Female age 18+ years
Date/time and location:	Na Fianna GAA Club, Glasnevin. Time and Date TBC (from March)

Health Improvement in the Community

Please note the following programmes will conclude in December. New and ongoing Health Improvement programmes are in the planning stages for January 2023 with details TBC in the next report.

- Move For Health, Ballybough is a strength and balance programme aimed at older adults (age 55+ years). The programme is delivered in partnership with HSE physiotherapists every Tuesday from 3pm in Ballybough Community Centre.
- The Ballybough Falls Management Exercise programme supports older adults who are at medium risk of a fall. The programme is delivered in partnership with HSE physiotherapists every Wednesday from 2pm in Ballybough Community Centre.
- The Otago Strength & Balance programme focusses on supporting older adults who are at high risk of a fall. In Ballybough the programme is delivered every Wednesday from 1pm in Ballybough Community Centre. Again the programme is delivered in partnership with HSE physiotherapists.

Sport Inclusion & Integration (Citywide Inclusion & Integration programmes (programmes include participants from the Central Area))

- Sport For All Visually Impaired Indoor Rowing programme in partnership with Vision Ireland and DCSWP Co-funded Rowing Officer every Tuesday from January to March (age 10- 18 years, commencing 31st January)
- Sport For All Table Cricket (adapted cricket) programme in partnership with Enable Ireland, Sandymount and DCSWP Co-funded Cricket Officer every Wednesday from January to March (age 10-18 years, commencing 31st January).
- Sport For All Accessible Powerboat wheelchair programme in partnership with various organisations. Facilitated by DCC East Wall Water Sports Centre (all ages commencing January. Dates TBC and delivery is tide dependant).

- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to March (18+ years, ongoing December 2022 – March 2023)
- Learn 2 Cycle programme for young people with additional needs looking to start or improve cycling skills in Ballyfermot Sports & Fitness Centre every Friday from January to March (age 4 – 18 years, commencing 13th January).
- In the Central area the Moyle Rd. Chair Aerobics Sportsability Programme will be delivered every Monday from 11am – 12 noon in partnership with St. Michael's House aimed at adults with physical and intellectual disabilities.
- The Learn 2 Cycle programme aimed at children with additional needs will resume in the New Year.
- The Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities will continue in partnership with St. Vincent's Centre, Navan Rd.

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking programmes will be delivered in the Central area in partnership with co-funded Athletics Officers. Officers to re-engage with schools re Daily Mile programme.

Boxing in the Community

The Central area Boxing Development Officer will be re-engaging with primary schools (from second class) and secondary TY students re the Startbox programme and coaching/leadership education. Officers to continue linking programmes to local clubs.

The following Central area schools are due to participate in Startbox in the New Year. Full details TBC.

- Christ The King BNS
- Gardiner St. NS
- St. Joseph's BNS
- St. Mary's GNS
- Laurence O'Toole BNS
- Rutland St. NS
- St. John Bosco BNS
- St. Gabriel's NS

Cricket in the Community

Cricket Officer to support inclusive programmes (see above) and engage with following primary local schools in softball cricket session. The programme will introduce young people age 8-13 years to cricket.

- Tapeball (modified/introductory programme) continues every Saturday in Mountjoy Square from 11am – 1pm. The Tapeball Tournament will take place in the New Year. Details TBC.
- The Ozanam House cricket after-school project is in the planning stages for the New Year aimed at young people age 5 -13 years (mixed). Full details TBC.

Football in the Community

FAI youth football initiatives to resume, walking football aimed at Older Adults to continue (as outlined above), Football For All (disability), grassroots school and club programmes, women in football initiatives and club engagement to continue. Full details to be provided in the January report.

Rugby in the Community

Tag rugby in-school sessions to commence in Central area primary and secondary schools from Wednesday 4th January. Secondary schools will also participate in contact rugby sessions.

Coaching programmes are currently in the planning stages for 2023.

Rowing in the Community

Secondary school engagement to continue re indoor rowing programmes. On the water programmes will be supported by an increase in equipment. A more detailed report will follow in January.

Swimming in the Community

As previously reported DCC/DCSWP recently appointed a Co-funded Swimming Ireland Development Officer. Progress reports to be included going forward. Indoor and open water facilities are currently being identified to maximise participation (including existing facilities) along with plans to increase lifeguarding training. All TBC.

Training for 2023 (All TBC)

- Safeguarding 1 (Aura de Paul Swimming Pool, Navan Rd).
- Planning for Safeguarding 2&3 remain in planning stages.
- Health & Safety (administrative & DCC Sports & Fitness Centres)

- First Aid Training
- PHECC (Pre-Hospital Care) Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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