

SOUTH 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 programmes for January/February 2023:

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 this month).

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**, the Tom Brennan 5k race, took place in the Phoenix Park on 1st January 2023. The final four races are:

- **Race 2** - Raheny 5 Mile - Raheny Village/St. Anne's Park – 29th 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 – 1st April 2023 at 11am

LM 5 Alive 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 for WIS week in February 2023.

School's Cross-Country

The school's 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, **Le Fanu park (SCA)** 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 officers 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)

SCA Highlight Programmes January 2023

Champions – People with physical, intellectual and sensory disabilities

Name of core programme:	Champions
Description of programme activity:	Multi-Fitness Exercise Classes
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Every Wednesday from 11am in SJG, Islandbridge

Change For Life 2023 – Underactive Communities

Name of core programme:	Change For Life
Description of programme activity:	Cherry Orchard Multi-sport programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing every Sunday from 9:30am

Name of core programme:	Change For Life
Description of programme activity:	Cherry Orchard Multi-sport programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing every Sunday from 9:30am

Name of core programme:	Change For Life
Description of programme activity:	Cherry Orchard Multi-sport programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Ongoing every Sunday from 9:30am

Name of core programme:	Change For Life
Description of programme activity:	Change For Life Couch to 5k programme. Three sessions per week throughout January and March
Partners:	Cherry Orchard Running Club
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	TBC

Name of core programme:	Change For Life
Description of programme activity:	Multi-fitness activities aimed at communities in Fatima.
Partners:	Fatima Groups United
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	F2 Centre every Monday from 5.30pm and every Thursday from 5.30pm (from week commencing 9th January)

Name of core programme:	Change For Life
Description of programme activity:	Multi-fitness activities aimed at communities in Bluebell.
Partners:	Bluebell Community Centre
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Bluebell CC every Wednesday from 12 noon and every Thursday from 7pm (from week commencing 9 th January)

Name of core programme:	Change For Life
Description of programme activity:	Multi-fitness activities aimed at communities in Inchicore.
Partners:	Inchicore Family Resource Centre
Age group:	Young people (age TBC)
Gender:	Mixed
Date/time and location:	Inchicore FRC every Tuesday from 10am and every Thursday from 11am. (from week commencing 9 th January)

Youth At Risk (10-24 years) - Aimed at providing viable opportunities for young people in the SCA to stay active and thereby mitigate anti-social behaviour). All programmes are delivered in partnership with local SCA groups and Youth Services.

Name of core programme:	Youth At Risk Gaisce
Description of programme activity e.g.: Tag Rugby, Chair Aerobics etc.	GAISCE President Awards Programme – Kylemore CTC. Young people have signed up to the bronze Gaisce award challenge Local DCSWP Sport Officer will conduct monthly check ins with the group and offer any necessary support.
Partners (If any):	Kylemore CTC
Age group:	15 to 22 Years
Gender:	Mixed
Date/time and location:	Ongoing in various locations. To conclude in June 2023

Name of core programme:	Youth At Risk High Diving Programme
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Partners:	Ballyfermot Youth Services
Age group:	10 – 17 years
Gender:	Mixed
Date/time and location:	National Aquatic Centre. Dates TBC

Health Improvement in the Community

Name of core programme:	Health Improvement Community Walking Programme
Description of programme activity:	Ballyfermot/Chapelizod Groups
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/Time and location:	Wednesdays from 10am. Start date TBC

Older Adults – Age 55+ years

Name of core programme:	Walking Football Taster Sessions
Partners :	FAI Co-Funded Officers
Gender:	Mixed
Date/Time and location:	TBC – from January

Name of core programme:	Boules Sessions
Description of programme activity:	Older Adult Bowling programme
Gender:	Mixed
Date/time and location:	Cherry Orchard Community Centre. Every Tuesday from 11am

Thrive – Adults With Mental Health Difficulties

Name of core programme:	Thrive Multi-Activity Programme
Gender:	Mixed
Partners:	St. Michael's Estate/ Inchicore Family Resource Centre
Date/time and location:	Every Monday from 10am in Inchicore FRC Centre

Sport Inclusion & Integration (Citywide inclusion & integration programmes (programmes include participants from the SCA))

- 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's 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 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)

DCSW South Central Area Co-Funded Programmes

Athletics in the Community

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

Boxing in the Community

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

Cricket in the Community

- Cricket Officer to support inclusive programmes (see above re Table Cricket) and engage with the following SCA schools in January via introductory softball cricket sessions:
 - Drimnagh Castle Secondary School every Monday from 3 -4.30pm (mixed age 13-15 years)
 - Scoil Una Naofa every Monday from 3 -4.30pm (mixed age 13-15 years) TBC
 - Kylemore College, Ballyfermot every Tuesday from 2 – 3.30pm (mixed age 16 years)

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, coaching and leadership programmes, women in football and Youth Fit initiatives.

Rugby in the Community

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

Coaching programmes remain 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 February.

Note: Planning for mid-term break camps is ongoing and details will be included in the January report.

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 1,2 & 3
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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