

To the Chairperson and Members of the
South East Area Committee

Report of the Director of Services, Central and South East

Grand Canal

A meeting was held in January 2020 with Waterways Ireland representatives and Councillors to discuss ongoing management and maintenance of the canals in the city and to agree a new structure for interaction between Waterways Ireland and DCC. The latest meeting was held on 20th October 2022 via Microsoft Teams and the next meeting will be held on 2nd February 2023.

Portobello Harbour Square

Ait Urbanism + Landscape were appointed as consultant for the project and two initial public consultation workshops were held on 1st and 8th June 2022 at St. Kevin's Community Centre. Concept designs were prepared by consultants based on the outcome of these workshops and these were put on public display at St. Kevin's Community Centre between 3pm and 8pm on Thursday 21st July 2022. Online consultation was open until 19th August 2022 and a large number of submissions were received. Preliminary Appraisal form has been lodged with the Capital Project Support Office (CPSO). Provision has been included in the Parks 2023/24/25 draft Capital Programme for the re-design and development of Portobello Harbour Square. Parks Department made a presentation to the December 2022 South East Area Committee. Next stages: continue non statutory consultation with local stakeholders with emphasis on Children, Youth / Young People; engage in Pre Part 8 consultation with internal departments; develop the Part 8 planning package based on this feedback and continue survey work.

Rathgar Village Improvement Plan (VIP)

Herzog Park, Rathgar – Final Phase

The final phase of the project includes the re-alignment of the front boundary of the park and the revised car park layout, as set out in the Part 8 permission. A preliminary site meeting was held with Road Construction engineers on 14th April 2022. Surveys of the area are being carried out including a drone survey and GPR Survey to assist in the design process. Once the design process has been completed it is proposed to prepare a tender for works to car park area in 2023. When these works are carried out, further landscaping inside the park will be required as part of the works to complete the project.

Ringsend Irishtown Local Environment Improvement Plan (LEIP)

The Ringsend Irishtown Local Environment Improvement Plan (LEIP) was adopted at the June 2017 South East Area Committee meeting. Following that it was proposed to prepare planning applications under Part 8 of the Planning and Development Regulations, 2001, for the redesign of (1) Library Square and (2) Cambridge Road.

**Both of these projects are now listed on the Capital Programme 2021 – 2023 and have been awarded funding from the Urban Regeneration and Development Fund (URDF).*

Library Square: (Mitchell & Associates) Meetings with internal stakeholders were held during September and October 2018. A meeting was held with local businesses to discuss parking / loading arrangements on 5th December 2018. A presentation was made to area councillors on 13th February 2019 and a preliminary draft design was brought to a public meeting for all

stakeholders on Thursday 21st March 2019 in the Ringsend Irishtown Community Centre (RICC). Following a period of consultation up to 19th April 2019, submissions were received and were reviewed by the project team. A revised design was brought before the Public Realm Working Group on 22nd October 2019. A meeting of all internal stakeholders was held on 28th November 2019 and further required detail was identified by key departments. An invitation to tender for additional services to bring the project to Part 8 was issued to consultants and Mitchell & Associates were formally appointed on 17th November 2021. Preliminary meeting of design team took place on 15th December 2021 and detailed meetings with internal departments were held in January and February 2022. GPR Survey was carried out in January 2022.

A second round of meetings with internal departments was held during April/May 2022 and work on finalising the design has commenced. A meeting was held with local businesses to finalise servicing arrangements for traders on Fitzwilliam Street in November. A public information meeting to present the designs to the community was held on Wednesday 7th December 2022 in Ringsend Irishtown Community Centre which was well received. Some areas to be reviewed before commencement of Pre-Part 8. A Road Safety Audit will be carried out. As part of the Part 8 process design boards will be put on display in Ringsend Library to keep the community informed. Pre-Part 8 drawings will be circulated in February 2023. Councillors will be briefed before we commence the formal Part 8 process.

Cambridge Road: An initial public workshop in relation to Cambridge Road was held on Thursday 30th August 2018 in the RICC. Meetings with Redscape Architects and internal stakeholders took place in September and October and designs were drafted based on consultations which were brought to a second public workshop/meeting on 28th November 2018. Further information was required in relation to road design and drainage requirements for the proposal in particular. In 2019 Road Design & Construction Section, E & T Department, agreed to take on the completion of the project to Part 8 stage. Detailed meetings took place between Roads Design & Construction and internal departments with a view to agreeing an overall design before commencing Part 8 planning process. Parks Services Department requested that a Ground Penetrating Radar (GPR) survey be carried out prior to Part 8 to identify location of underground services and any impact on tree planting. Drainage Department welcomed the provision of additional greening providing a SuDS benefit and a proposed new surface water main is being considered in conjunction with Irish Water. Agreement of the final design for the road has been delayed as we wait for the NTA to finalise the route for the East Coast Trail (ECT) which will either traverse Cambridge Road or run along part of Cambridge Road from Canon Mooney Gardens to Thorncastle Street. We are awaiting an update on the East Coast Trail before we can make further progress with this matter.

Cabbage Garden & Cathedral Lane

We held a stakeholder meeting in Liberties College on the 19th January when Parks outlined their plans for the year. I am awaiting further details on this from Parks before we arrange an information meeting for members of the public. We are liaising with the Sports Section to arrange a programme of activity for children in the area.

City Quay

We are in discussions with the Traffic Engineer regarding parking at City Quay. When we make progress with a parking scheme it will allow the public realm project at the front of City Quay to proceed. We also met Housing Maintenance on site and they are arranging for a number of locations at City Quay to be cleaned/tidied up. We are continuing to liaise with City Quay residents on a regular basis.

Rosary Hall

After receiving extra funding of €240k which was approved at the April City Council meeting (as well as €125k already allocated), it was decided to retender the entire proposed works. Meetings took place with both main community groups and consultant architects during the summer 2021 to outline and agree the proposed works which included mechanical & electrical works, fire safety works, remedial works and lift replacement.

The Area Manager also engaged in meetings with both community groups regarding governance of the facility and a management agreement was finalised in May 2022.

A supervisory committee comprising of two members of the football club and two members of the Harold's Cross Village Community Council (HXVCC) and the Area Manager will be established to optimise the use of the facility for the benefit of the Community.

Tender documentation was completed and advertised and tenders were received back on February 14th. When these tenders were assessed by Consultants it was apparent that construction inflation has led to a significant increase on the previously estimated cost.

A full Corporate Project Support Office (CPSO) appraisal form has been submitted in relation to the matter and it has been included in list of projects for capital funding

The disposal of the lease was agreed at the Area committee meeting in June and was brought to the July Council meeting and approved.

Final further work in relation to the agreed Protocol for Management of the Building was agreed late last year and the Lease signed

Although the requisite monies have now been sourced and the preferred bidder has been contacted it has not proved possible to proceed currently due to Procurement requirements.

It is now proposed to retender the works and meetings are ongoing with our City Architects to expedite matters

Age Friendly Initiative Harold's Cross

The Age Friendly Committee for Harold's Cross has been operational since early 2020. A draft report was submitted by the Harold's Cross Village Community Council (HCVCC) in conjunction with Rob Chester, Area Community Officer and it was agreed to progress a number of these proposals, funding permitting. In tandem with this it is proposed to hold a workshop to further engage with the residents and ensure particularly any elderly resident who was not consulted has an opportunity to contribute to the process and be included. It was agreed to defer the facilitation of a Workshop to get the views of the wider community till autumn 2022.

A subgroup under the Housing SPC has been convened to look at the City Wide Age Friendly Strategy. Under this structure, submissions for funding may be advanced, including the Harold's Cross project.

It has been agreed by the elected members that further monies (€8k) will be allocated to this age friendly initiative in the discretionary funding for 2022.

IT Age Friendly tablets have been distributed to residents and have been very well received. Cliff Run Media have supplied over 1,000 units to established age friendly projects across the country; the tablet comes with one year's free WIFI and are dignity proofed to make access as easy as possible.

It is anticipated that when the works are completed on Rosary that it can play a pivotal role in age friendly activities going forward.

Eir have completed the work involved in getting an additional line into Harold's Cross Park to enable Virgin Media to set up the Wi-Fi hot spot for the area around the café.

A series of Sub group meeting have taken place in 2022 including February 11th, 28th, March 16th and April 8th to progress matters and it is hoped to schedule a programme of events to encourage people to participate in.

The first Ageing Well Café meeting took place on March 8th and was attended by about 40 residents with great support from HXVCC. There was a good cross section of our older persons.

A trip to Russborough House took place on April 11th.

An Ageing Well Café meeting took place on 17th May in McGowan's and a full Age Friendly Committee meeting took place on May 5th.

The sub group met on July 15th and a main meeting took place on the 20th September.

A trip was organised to the National Stud on Tuesday 27th September and was attended by a large group.

An event took place in McGowan's on 7th December and was very well attended

It is proposed to set aside further funding in the Discretionary Fund this year to the HX Age Friendly Initiative.

Rutland Grove / Eamonn Ceannt Park

Meeting took place on 30th January 2020 with traffic engineers, Les Moore from Parks, Area Manager and staff and Cllr. Pat Dunne. It was agreed at the meeting that Traffic Section would look again at the feasibility of putting in dedicated parking as per Part 8. Should it be possible to implement, the design would need to be progressed and costed.

Leslie Moore has indicated with response to a July motion that he will engage a consultant to review this issue regarding the Part 8 parking. This has not happened to date

As an interim measure planters were installed at the entrance to Rutland Grove to enhance the environment and assist with ongoing illegal parking at the entrance. Regrettably a number of these have been vandalised and a solution is being sought in conjunction with the residents' association.

Work was completed on the footpaths across the open green space as agreed under the discretionary funding.

A detailed capital appraisal was prepared for tender stage and works on the Depot upgrade and was scheduled to start last year. However due to construction inflation the cost has exceeded the assigned budget. An update in relation to this is expected shortly

The Crumlin Kimmage Festival took place on July 10th in Eamonn Ceannt Park and it was deemed a great success by locals and all who attended.

A Crumlin Halloween Mini Festival took place in Eamonn Ceannt from 12pm to 4pm on Monday 31st October 2022 and received very good feedback from the community who attended.

A 'Friends of Eamonn Ceannt' meeting is took place on 15th December in the pavilion in Eamonn Ceannt Park.

Choice Based Lettings / Allocations

No units are currently being advertised under this scheme at the moment but we do expect to advertise further units shortly.

CCTV Benbulbin Road

Following on from the provision of Discretionary Funding for the installation of CCTV at Benbulbin Road, we have continued to try to progress the matter. Adhering to advice from DCC's Data Protection Office, a letter was sent to the Garda Commissioners Office on the 11th March 2021. This letter requested written authorisation from the Garda Commissioner for Dublin City Council to install CCTV at the location, which is a public area and not within the bounds of a Dublin City Council complex. The current DCC code of practice for installation of CCTV in public places requires such authorisation from the Garda Commissioner. The office of the Commissioner replied on the 11th May 2021 and submitted a number of documents, including An Garda Síochána's Code of Practice for Community Based CCTV Systems. The documents submitted are at variance with DCC's code of practice for CCTV in public places and do not seem to take into account that DCC are installing the CCTV rather than a Community based organisation. Discussions took place with local based senior Gardaí in order to try and reconcile the differing positions but following further advice from our Data Protection Office further clarity was required from An Garda Síochána. Further communication from An Garda Síochána outlining their position on this matter stated that their internal policy/procedures will only allow authorisation of this scheme if it is designated a Community CCTV Scheme. Designating this CCTV Project a Community Based CCTV Scheme would impose greater responsibility on the local community in relation to their role in consultation, installation, maintenance and management of the CCTV system. In addition, given the proposed location of the CCTV and the serious criminality which takes place there, there is a significant potential for health and safety issues to arise for community representatives involved in such a project. It would also have the potential to increase costs for the project.

We held further discussions with An Garda Síochána in April 2022 in relation to this CCTV scheme and while they have not changed their viewpoint they have raised issues in relation to all CCTV schemes which will require further clarification with our own Data Protection Office.

Additionally, the Office of the Data Protection Commissioner has recently issued a substantial fine against Limerick City and County Council in relation to the operation of CCTV in its area. This decision is likely to have knock on effects for other Local Authorities and our Law Department are reviewing the decision to assess its implications for existing and planned CCTV schemes.

The most recent update from DCC's Data Protection Office indicated that discussions are still ongoing between the Local Government Management Agency and An Garda Síochána and no clarification on the issues outlined above is forthcoming as of yet.

Former Fr. Lar Redmond Hall, Keeper Road, Drimnagh

This community hall has been vacant for many years and Housing Development are proposing to redevelop the site for Housing. The site will be developed by Respond Housing and the draft proposal is to build 20 Older Persons Units on the site. The proposal is at an early stage and information days were held in Dolphin's Barn Library on Wednesday 25th and Thursday 26th January.

Waste Management / Environmental Services

D'Olier Street / Westmoreland Street / Wellington Quay / Moss Street railings completed.

Discretionary fund projects under consideration / pricing.

Bags and equipment delivered to community groups - 22 deliveries & 35 collections by Waste Management.

St. Patrick's Close pillar repaired 23rd/24th January 2023.

Shutters on Camden Street / Wexford Street scheduled for cleansing.

Burgh Quay Shutters cleaned.

Public Domain community clean days suspended.

Cabbage Patch.

Locks welded & new signage provided. Repairs scheduled for 15th /16th February 2023.

Graffiti Removal January 2023

240 m² for January 2023.

Abandoned Bicycles

2023 removals yet to commence.

Joint Policing Committee

The last meeting of 2022 was held on 8th December. The dates for the 2023 SEA JPC meetings are:

30th March 2023

22nd June 2023

28th September 2023

7th December 2023

Community Development Report – South East Area

Allotments

At this time of year, plots are being busily prepared for the new season and year ahead. Annual licences for our allotments at Blarney Park, Herbert Park and Ringsend Park will be collected during February. The Kingfisher Project at Blarney Park will be offered a cost neutral licence for the nine zones (polytunnels, apiary, education space, dry composting etc.) over which they have oversight.

Charlemont Community Resource Centre

The Tom Kelly 2 (TK2) Centre continues to deliver top facilities and recreational space for the local community in the Charlemont Street area. The centre and local community are now in the process of creating a community roof garden and to support this, we have organised for RTE & Virgin TV wildlife expert, Eanna Ní Lamhna to visit, meet the community and give some expert advice there on Thursday, 9th February from 2 - 3pm.

Community Groups

Much of January was spent re-engaging with community groups / centres / organisations and working on our plan for 2023 to coordinate objectives and activities with those groups on the ground.

Crumlin Heritage Report

Following the launch of the report at St. Mary's Parish Church Hall on Thursday, 26th of January, a newly formed history and heritage group will work on the recommendations contained within

Donnybrook Active Retirement Association Events

Donnybrook ARA is continuing to organise wonderful events every second Tuesday at the new Donnybrook Parish Centre, located next to the Church of the Sacred Heart. We will continue to offer strong support to this group through the provision / booking of talks, musical acts and theatrical performances, starting with a **Going Wild in Your Garden Talk** from RTÉ & Virgin TV wildlife expert, Eanna Ní Lamhna on 24th January at 2.30pm.

We have also booked the following for the group for February:

Tuesday, 14th February at 2.30pm – **Valentine's Day Singalong** featuring live music from yesteryear with Pastimes

Tuesday, 28th February at 2.30pm - **The Importance of Being Oscar**. Devised by Micheál Mac Liammóir, this one hour show is based on the writings of Oscar Wilde and will be performed by actor, Michael Judd. It has previously enjoyed successful runs at Bewley's Theatre.

Evergreen Club

The Evergreen Club are commencing a series of upgrades of the club premises in Terenure during late January and early February, starting with overhaul of the electrics and installation of custom made entrance / lobby doors. The Centre is planned to be fully reopened by Monday the 6th of January. A member of the Evergreen Management Committee with project management experience is overseeing the renovations. A series of meetings with the Irish Red Cross is taking place with a view to solidifying the group's long term future usage of the premises.

Older Persons' Council

The South East Area's Older Persons' Council was relaunched in mid-January with a meeting of the group at the Alex Hotel on Fenian Street. Many new members were in attendance. The OPC is a recognised 'voice' for older people in the area and going forward, will be involved in local decision making and national consultation. Some core objectives for 2023 were set out by the group at this meeting.

Portobello St. Kevin's Heritage Talks

A series of monthly local history talks will be taking place at St. Kevin's Community Centre on Bloomfield Avenue in Portobello, starting in February. These talks, organised by Portobello Tidy Towns with support from our team, will be given by Arran Henderson, a graduate in Art History who has written extensively on art and visual culture for numerous publications as well as running the *Dublin Decoded* walking tour business. The first talk will take place on Tuesday, 7th February at 8pm and will explore Portobello as it became a haven for artists, actors and writers and for Jewish people fleeing persecution in the old Tsarist Russian Empire. The one hour talk will look at the growth of Dublin's "Little Jerusalem" and also touch on the area's extraordinary hidden links to American and entertainment history; including John Lennon and the Beatles, the California water wars in Los Angeles and famous Oscar-winning movies of the 1940s.

Ranelagh Arts

A large focus at the centre over the coming months will be on the development of six new plays. The centre will be helping with script development, in-house readings and support from theatre professionals with the aim of nurturing emerging directors and actors. The committee

is also planning to host their two week long Ranelagh Arts Festival earlier this year, in May rather than in September.

Ringsend & Irishtown Dementia Café, Sensory Garden and Tranquillity Space

The launch of the Ringsend & Irishtown Dementia Café, Sensory Garden and Tranquillity Space will take place on Wednesday, 15th February at 11am at **Ringsend & Irishtown Community Centre**. The Dementia Café and Sensory Gardens aim to provide a much needed social outlet, not only for local residents with dementia, but also for their relatives and carers whilst facilitating access to information and support. The Tranquillity Room will be located next to the garden and will offer a space for those wishing to “take a moment”.

A number of related events will also be taking place that week, from 13 - 17 February, to raise awareness of people living with dementia and to provide information on some of the supports available for families. **The Cloud Spotter** play will form part of the week's programme and be performed each day during the week (see listings below for times) upstairs at Ringsend & Irishtown Community Centre. This powerful community play is about the relationship between a grandmother with the onset of *dementia* and her grandson and touches on issues that can arise within families when a family member has dementia. A Q&A piece will take place after the play encouraging young people and older people to discuss some of the issues presented. There will be key stakeholders in attendance including MABS, Clanwilliam Counselling and Dementia Advisors from the Alzheimer's Society to provide information of services available.

Ringsend Junior Park Run

The Ringsend Junior Park Run takes place every Sunday morning at 9.30am at Ringsend Park; meeting inside the entrance at Cambridge Road. It is open those aged 4 - 14 years old and participants can walk, run or jog at their own pace around the 2k course.

Sandymount Community Centre / Lá Fhéile Bríde & the Importance of Being Oscar

Sandymount Community Centre will be celebrating **St. Bridget's Day** on Tuesday, 31st January from 7 - 9pm with an opportunity for those who come along to learn about St. Bridget and set some intentions for the year ahead. There will also be a cross-making workshop, some chat and cuppa on offer!

With support from our Community Team and Sandymount Tidy Towns Community Association, the centre will be presenting a Sandymount Culture Programme on a near monthly basis, offering theatre, poetry, music and more. It will be free admission to all events with a donation box left at the door for support to future events. This Friday Night Club will be launched with a performance of **The Importance of Being Oscar** (see details above) on Friday, 3rd February at 7.30pm.

Singalong Afternoons & Tea Dances

Two piece band, Pastimes and vocalist / guitarist, Mikey Smyth will be bringing some music from yesteryear to singalong events and tea dances for older residents, during February.

- Thursday, 2nd February at 4.30pm – Milltown Parish Centre for Milltown I.C.A.
- Tuesday, 14th February at 2.30pm – Donnybrook Parish Centre for Donnybrook Active Retirement Association (Valentine's Day).
- Tuesday, 14th February at 2.30pm – St. Andrews Resource Centre for St. Andrews Senior Care (Valentine's Day).
- Friday, 17th February at 2pm – Evergreen Club, Terenure (Valentines Tea Dance).

Valentine's Day Potted Roses Project

Distribution of 200 potted roses to older and vulnerable people in the community will take place during Valentine's week in partnership with local centres and groups in Ringsend, Irishtown,

Pearse Street and Donnybrook. The idea behind this initiative is to remind older and vulnerable people that there is care in the local community and that neighbours are on hand to help. A similar project with tri-colour roses for St. Patrick's week and Easter is in the planning for older residents in our flat and housing complexes.

Winter Music Programme

A series of community concerts are currently being arranged for our Older Persons within care facilities for the months of February and March. Locations include Merrick House Terenure, Mount Anthony Rathmines, Eastwell Ladies Home Rathgar, Mount Argus Community Centre Harold's Cross / Kimmage and with the Crumlin Senior Citizens Club. As these are private indoor events and with the rise of respiratory infections the groups have asked that they are not advertised.

Miscellaneous

Other ongoing projects / activities include Friends of Green Spaces Environmental Projects, Tidy Towns, New-born Knitting, Whitefriar Strings Project, Planter / Hanging Basket Projects and Vibrant Villages Walking Trail Map & Guides.

Pembroke & South East Inner City Wards Community Events – February 2023

2 February at 4.30pm – Singalong Afternoon with Pastimes for Milltown ICA at Milltown Parish Centre.

3 February at 7.30pm – **The Importance of Being Oscar** Performance at Sandymount Community Centre, Newbridge Avenue.

5 February at 9.30am – **Ringsend Junior Park Run** at Ringsend Park (weekly).

7 February at 8pm – **Portobello History Talk** at St. Kevin's Community Centre, Bloomfield Avenue.

9 February at 3pm - **Going Wild in the Garden** with Eanna Ní Lamhna at Charlemont Community Resource Centre.

13 February at 7pm – **CYWMS Valentines Bingo Bonanza**, CYWMS Hall, Ringsend.

13 - 14 February – **Valentines Potted Roses Project** for Pearse Street, Ringsend, Irishtown and Donnybrook areas.

13 & 14 February at 1pm – **The Cloud Spotter** Play at Ringsend & Irishtown Community Centre.

13 - 17 February – **Pearse Street Talk About Youth Project Valentines Week Programme**, Pearse Street.

14 February at 2.30pm – **Valentine's Day Singalong Afternoon with Pastimes** at Donnybrook Parish Centre.

14 February – **Valentine's Day Singalong Afternoon with Mikey Smyth** at St. Andrews Resource Centre for St. Andrew's Senior Care, Pearse Street.

15 February at 11am – **Launch of Dementia Café, Sensory Garden & Tranquillity Space** at Ringsend & Irishtown Community Centre.

15 & 16 February at 7pm – **The Cloud Spotter** Play at Ringsend & Irishtown Community Centre.

17 February at 1pm – **The Cloud Spotter** Play at Ringsend & Irishtown Community Centre.

17 February at 2pm – **Valentines Tea Dance** at the Evergreen Club, Terenure.

28 February at 2.30pm – **The Importance of Being Oscar** at Donnybrook Parish Centre for Donnybrook Active Retirement Association.

Dublin City Sport and Wellbeing Partnership Update

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 continues 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 February/March 2023:

Change for Life 2023

Continues in the South East area (see programme report below).

Get Dublin Walking / Couch to 3 & 5K

These core DCSWP programmes commenced in January in local communities. The Couch to 3 & 5k programmes link to parkrun and 5k programmes linked in with the Operation Transformation 5k run in early February. This year participants were be further supported by the launch of the DCSWP Couch to 5k podcast.

Lord Mayor's 5 Alive 2023

As reported on in the January update The Lord Mayor's 5 Alive continues in 2023. Details of race 3 remain TBC but will be communicated to participants on all DCC/DCSWP communication platforms.

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 have commenced planning – in the South East area Officers will be working closely with Youth Services to deliver programmes that promote women in sport throughout the week.

Active Cities / Health Improvement

Please see previous report. Schools across the city, including those in the South East area, continue to be supported through the DCSWP Active Cities/ HSE Playground Stencil Programme.

School Cross-Country

The school's cross country citywide programme (age 8-12 years) has commenced and DCSWP is working closely with Parks & Landscape Services to facilitate the citywide main event in John Paul Park, Cabra on Wednesday 1st March. Track and field training sessions to continue in schools in the South East area in the lead up to the event.

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

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dccwsphub.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)

South East Area February / March Highlights

The following programmes will take place throughout February/March 2023 in the South East Area. These are highlight programmes representing all target groups. Details of certain programmes remain in the tentative / TBC stage.

Change for Life - Underactive Communities

Name of programme:	Change For Life Couch to 5k Terenure
Description of programme activity:	8-week programme aimed at adults looking to take up running in a safe environment. Participants build strength and stamina over and 8 week period after which they complete a 5k run/jog/walk.
Age group:	Adults
Gender:	Mixed
Date/time and location:	Continues from Terenure Village car-park every Monday at 6.30pm.

Name of programme:	Change For Life Couch to 5k Harold's Cross
Description of programme activity:	8-week programme aimed at adults looking to take up running in a safe environment. Participants build strength and stamina over an 8 week period after which they complete a 5k run/jog/walk.
Age group:	Adults
Gender:	Mixed
Date/time and location:	Continues from Harold's Cross park every Wednesday at 6.30pm.

Name of programme:	Change For Life Ringsend/Irishtown
Description of programme activity:	8-week General Fitness & Wellbeing Programme
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Irishtown Stadium

Name of programme:	Change For Life Ringsend/Irishtown
Description of programme activity:	Guided Hillwalking Programme with local groups in the South East area in partnership with Ballyfermot Outward Bounds Adventure Centre

Age group:	18+ years
Gender:	Mixed
Date/time and location:	Various locations including Bull Island and designated routes in the Dublin Mountains.

Name of programme:	Change For Life Couch to 5k Brickfield/Crumlin
Description of programme activity:	Couch to 5k Walking/Jogging programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Brickfield Park. Times and dates TBC

Forever Fit – Older Adults age 55+ years

Name of core programme:	Forever Fit – St. Andrew's/Pearse Street
Description of programme activity:	Older Adults multi-sport programme
Partners:	St. Andrew's and Pearse St. Recreation Centre
Age group:	Age 60+ Years
Gender:	Mixed
Date/time and location:	Charles Centre, Sandymount every Wednesday from 2.30pm

Name of core programme:	Forever Fit – Lorcan O'Toole, Crumlin
Description of programme activity:	Chair Fit
Partners:	Lorcan O'Toole centre Crumlin/Kimmage
Age group:	Age 55+ years
Gender:	Mixed
Date/time and location:	Lorcan O'Toole centre every Wednesday from 11am.

Name of Programme:	Forever Fit Harold's Cross
Description of programme activity:	Chair Fit classes aimed improving mobility and balance for Older Adults
Age group:	Age 55 + years
Gender:	Mixed
Date/time and location:	Harold's Cross Parish Centre every Monday from 11am

Name of core programme:	Forever Fit Terenure
Description of programme activity:	Older Adult Dance & Fitness programme aimed at improving mobility and improving fitness levels.
Age group:	Age 55+ Years (Mixed)
Gender:	Mixed
Date/time and location:	Evergreen Centre, Terenure every Tuesday at 11am

Thrive – Adults with mental health difficulties

Name of programme:	Mindfulness Programme
Description of programme activity:	Yoga programme aimed at adults with mental health difficulties.
Partners:	Clonskeagh Day Care Centre
Age group:	18 +years
Gender:	Mixed
Date/Time and Location:	Clonskeagh Day Care Centre every Thursday at 12.30pm

Name of programme:	Mindfulness & Exercise Mental Health Programme
Description of programme activity:	Yoga programme aimed at adults with mental health difficulties.
Partners:	Pearse St. Rehab Centre
Age group:	18 +years
Gender:	Mixed
Date/Time and Location:	Pearse St. Rehab Centre every Monday from 2pm

Health Improvement in the Community

Name of programme:	D6 Holistic Health
Description of programme activity :	Holistic Mental Health & Exercise programme for people experiencing mental health difficulties (referral only)
Partners:	HSE Occupational Therapists
Age group:	Adults
Gender:	Mixed
Date/time and location:	Swan Leisure Centre every Thursday from 12 noon.

Name of programme:	D4 Tai Chi
Description of programme activity :	Older Adult programme aimed at adults aged 55+ years experiencing mental health difficulties.
Partners:	HSE Occupational Therapists
Age group:	Adults
Gender:	Mixed
Date/time and location:	Irishtown & Ringsend Centre every Wednesday from 10.30am

Name of programme:	Men On The Move Terenure
Description of programme activity :	Nutrition & Mental Health Workshops aimed at men age 55+ years
Partners:	HSE Occupational Therapists
Date/time and location:	St. Joseph's Parish Hall, Terenure every Tuesday from 7pm and the Evergreen Centre, Terenure every Thursday from 7pm

Youth Fit – Young People at Risk Age 10-24 Years

Name of programme:	Youth Fit Swimming
Description of programme activity :	Swimming Programme
Partners:	South East Area Youth Services and DCSWP's Get Dublin Swimming Co-funded officer
Age group:	10-17years
Gender:	Mixed
Date/time and location:	Markievicz Swimming Pool every Tuesday (commencing 21 st Feb) from 4pm

Name of programme:	Youth Fit Rugby
Description of programme activity :	Secondary School Female Rugby Programme.
Age group:	13-17years
Gender:	Female
Date/time and location:	CBS, Westland Row every Wednesday from 3pm.

Name of programme:	Youth Fit Mid-Term Programmes
Description of programme activity :	Mid-Term Outdoor Programmes
Age group:	10-17years
Gender:	Mixed
Date/time and location:	CBS, Westland Row every Wednesday from 3-4pm. Commencing 11 th January.

Name of programme:	Youth Fit Clay Youth
Description of programme activity :	Multi-sport drop-in programmes in partnership with Clay Youth Services
Age group:	13-18 years
Gender:	Mixed
Date/time and location:	February/March. Details TBC

Sport Inclusion & Integration (Citywide inclusion & integration programmes (citywide - programmes include participants from the South East 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).
- 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).
- 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 tide dependant).
- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to March
- 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).

DCSWP South East Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking programmes continue in the South East area in partnership with Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and Marathon Kids programmes.

Boxing in the Community

The South East area Boxing Development Officer continues to deliver the Startbox programme in local schools and engaging with local clubs and groups in coaching/leadership and education programmes.

Cricket in the Community

- The DCSWP Cricket Development Officer continues to deliver and support citywide inclusive programmes and engage with local schools (St. Matthews NS, Start of the Sea) in softball cricket sessions every Thursday from 11am.
- U 15 Team Training sessions continues every Friday from 3.30pm in Merrion Cricket Club (mixed).

Football in the Community

The Football Officer in the South East Area continues to deliver the following programmes;

- PDP1 UEFA Refugee Course every Wednesday and Saturday in Irishtown stadium (16+ years, mixed).
- PDP 1 Introductory Coaching Course every Wednesday and Saturday in Irishtown stadium (16 + years, mixed).
- PDP 1 Introductory Coaching Course every Thursday in CBS, Westland Row aimed at Transition year students (mixed).
- School sessions will take place in St. Christopher's National school every Friday and St. Matthew's NS every Tuesday over the next period.
- The Youth Mentoring project is aimed at teenagers age 15-18 years (mixed) and is a partnership project between DCC/DCSWP/Google and local South East area clubs/groups. The programme will be delivered on an ongoing basis in 2023. Full details TBC.
- The Kick Start to Recovery Football programme supports people age 16+ years in the local area who are recovering from addiction. The programme is delivered every Wednesday in Irishtown on an ongoing basis.

Rowing in the Community

The secondary school Get Going, Get Rowing indoor and on the water programmes continue in secondary schools including those in the South East area.

Rugby in the Community

Tag rugby in-school sessions continue in the following South East area primary and secondary schools:

- Sandford Park (Mixed)
- Scoil Chaitriona (Mixed)

- The Teresians (Female)
- St. Conleth's (Mixed)
- St. Matthew's NS (Mixed)
- Star of the Sea (Male)
- Rugby Development programme continues in Marion College from Wednesday 4th January (Male)
- Coaching programmes are currently in the planning stages for 2023.

Swimming in the Community

As previously reported, DCC / DCSWP appointed a co-funded Swimming Ireland Development Officer in 2022 to increase opportunities for everyone in our communities to get involved with swimming and enjoy the benefits of water based physical activities. Work around maximising the use of indoor and open water facilities continues along with plans to increase lifeguarding training.

Training for 2023

- 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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Karl Mitchell

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Dated: 4th January 2023