

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2023

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 Central 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 Central 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 Central 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 Central area in the lead up to the event.

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.dcwspclub.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 February 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

Name of programme:	Change For Life
Description of programme activity	Multi-sport programme
Age group:	18 – 60years
Gender:	Mixed
Date/time and location:	Every Tuesday from 6pm and Friday from 10am in Aughrim St. Centre

Name of programme:	Change For Life
Description of programme activity	Pilates/Yoga programme
Age group:	18 – 60years
Gender:	Mixed
Date/time and location:	Every Monday from 10am/6pm and Thursday from 10am in Aughrim St. Centre

Name of programme:	Change For Life
Description of programme activity	Walking programme
Age group:	18 – 60years
Gender:	Mixed
Date/time and location:	Every Wednesday from 11am in the Phoenix Park.

Name of programme:	Change For Life
Description of programme activity	Couch to Parkrun programme in partnership with DCSWP's Co-funded Athletics Ireland Officer
Age group:	18 +years
Gender:	Mixed
Date/time and location:	Every Wednesday in Albert College Park

Name of programme:	Change For Life
Description of programme activity	Yoga Programme
Age group:	18 +years
Gender:	Mixed
Date/time and location:	Every Friday from 11am in Na Fianna GAA Club

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

Thrive – People with Mental, Physical and Sensory Disabilities

Name of programme:	Thrive – Eve Goirtín Mental Health multi-activity programme
Age group:	Adults age 18-50 years
Gender:	Mixed
Date/time and location:	Wednesday from 11am in Aughrim St. Centre

Name of programme:	Thrive – Headways Mental Health multi-activity programme
Age group:	Adults age 18-50 years
Gender:	Mixed
Date/time and location:	Mondays from 3pm in Aughrim St. Centre

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:	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 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

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

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.

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

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

The following programmes are referral only programmes delivered in communities in the Central area in partnership with HSE.

- 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.
- The Pulmonary Rehab programme is delivered in partnership with HSE physiotherapists in Cabra Parkside every Wednesday from 12. The programme is aimed at adults (age 18 + years).

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

- In the Central area the Moyle Rd. Chair Aerobics Sportsability Programme continues 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 has resumed and includes young people with additional needs from the Central Area.
- The Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities continues in partnership with St. Vincent's Centre, Navan Rd.
- **Citywide Sport Inclusion Initiatives** – Inclusive Football (mixed age 16-40 years), Sport For All in partnership with St. Michael's House (mixed age 16- 40 years), Cycling For All in partnership with Cycle Right (mixed age 18+ years, Inclusive Women In Sport football blitz in partnership with Shelbourne/FAI (all ages), Winter Wellness programme in partnership with DCC Rowing Centre Islandbridge (mixed age 18+), Tai Chi open air sessions on the river (mixed age 18+ years) in partnership with DCC Rowing centre, Islandbridge.

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

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

Boxing in the Community

The following Central area schools are currently participating in the Startbox programme:

- 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 coming weeks. Details TBC.
- Schoolyard session continue in St. John Bosco NS every Wednesday from 11am – 12pm (males 8-13 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 and club programmes, women in football initiatives and club engagement continues.

Rugby in the Community

2023 Tag rugby in-school sessions have commenced in Central area primary and secondary schools. 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.

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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