

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

APRIL 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. During 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 April 2023. New initiatives/programmes will be reported on in the May area report.

Change For Life 2023

DCSWP (in conjunction with many partners in the health and community sectors) has enabled people across the city to improve their health and wellbeing through our Change for Life programme. Change for Life adopts a holistic approach to improving health and wellbeing. While getting physically fit is important, the programme also encourages participants to look after their mental health and provides important social outlets for many people in our communities.

Change for life continues in the South Central area until the end of April in some venues (see programme report below)

Active Cities/Health Improvement

Active Cities & Dublin City Sport & Wellbeing Partnership are working with local schools to provide more opportunities for physical activity for schoolkids. This is done through the instillation of playground games and markings.

If any schools or community groups are interested in having the stencils installed in their play areas, please encourage them to contact us on email at sports@dublincity.ie

School's Cross-Country

The school's cross country citywide programme (age 8-12 years) has commenced for and DCSWP is working closely with Parks & Landscape Service to facilitate events. Track and field training sessions continue in schools in the area in the lead up to the event. Race details below and link to register:

- Wed 15th March - Cabra.

- Tue 19th April - Albert College
- Thur 20th April - St Anne's.
- Sundrive Wed - 3rd May
- Ringsend Thur - 4th May

<https://www.dcswphub.ie/programmes/dublin-city-cross-country-race-series>

Champions

This multi-sports programme is aimed and adults with intellectual disabilities and is run in partnership with St. John of God Adult health mental Services. The course will begin on the 19th of April and will be held in St. John of Gods, Islandbridge.

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.dcswphub.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 April/May2023

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 St. John of God's, Islandbridge

Name of core programme:	Champions
Description of programme activity:	Multi-Fitness Exercise Classes
Age group:	Age 7-18 years
Gender:	Mixed

Date/time and location:	Every Tuesday from 3.30pm in the F2 Centre, Rialto and every Thursday from 4pm in Bluebell Community Centre
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Change For Life 2023 – Underactive Communities (January to end of April 2023)

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:	Mini Marathon
Description of programme activity:	Follow on from c4L Cherry Orchard Running club bringing group to 10 k level
Partners:	Cherry Orchard Running Club
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	28 th Feb -4 th June Every Tues & Thursday

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:	Ongoing classes F2 Centre every Monday from 5.30pm and every Thursday from 5.30pm

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:	Ongoing classes in Bluebell CC every Wednesday from 12 noon and every Thursday from 7pm

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:	Ongoing classes in Inchicore FRC every Tuesday from 10am and every Thursday from 11am.

Older Adults – Age 55+ years

Name of core programme:	Walking Football Taster Sessions
Partners :	FAI Co-Funded Officers
Gender:	Mixed
Date/Time and location:	Orchards Centre every Thursday from 11.30am

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 - 1

Name of core programme:	Schools Cross Country
Gender:	Mixed
Date/time and location:	May 3 rd Eamon Ceannt Park, Sundrive Road

Name of core programme:	Fighting Fit Multi-Fitness Programme
Gender:	Mixed
Date/time and location:	Cherry Orchard Boxing Club every Wednesday from 4pm

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:	GAISCE President Awards Programme – Presentation of 2 Silver and 7 Bronze Awards
Partners (If any):	Ballyfermot Youth Service
Age group:	15 - 22 Years
Gender:	Mixed
Date/time and location:	Evening Presentation on the 17th April(Location to be confirmed)

Name of core programme:	Youth At Risk High Board Diving Programme
Partners:	Ballyfermot Youth Services/Familiabase
Age group:	10 – 26 years
Gender:	Mixed
Date/time and location:	National Aquatic Centre every Wednesday from 5.30pm

Name of core programme:	Afterschool Boxing Introduction Programme
Partners:	Kylemore College/Co-funded Boxing Officer
Age group:	12-15 years
Gender:	Mixed
Date/time and location:	Cherry Orchard Boxing Club every Thursday from 3pm

Name of core programme:	Ian Daly 'Swim A Mile With A Smile' Charity Swim Training 2023
Partners:	Ballyfermot Youth Services/Familiabase
Age group:	10-25 years
Gender:	Mixed
Date/time and location:	Ballyfermot Youth & Fitness Pool. Time TBC

Name of core programme:	Fundamental Fitness Tusla After-School Referral Programme
Partners:	Familiabase
Age group:	4- 12 years
Gender:	Mixed
Date/time and location:	Ballyfermot Youth & Fitness Centre every Thursday from 3pm. G

Name of core programme:	Swim For Mile Youth Reach Programme
Partners:	Local Youth Services
Age group:	17-21 years
Gender:	Mixed
Date/time and location:	Trinity College Pool every Thursday from 2pm

Name of core programme:	Football Youth Programme
Partners:	Foróige Youth Club/FAI Co-funded
Age group:	10-12 years
Gender:	Male
Date/time and location:	St. Catherine's Sports & Fitness Centre every Monday from 4pm

Name of core programme:	Teenage Boot Camp Lifestyle Change Programme
Partners:	IABA Co-funded
Age group:	8-11 years
Gender:	Mixed
Date/time and location:	St. Catherine's Boxing Club every Wednesday from 5pm

Health Improvement in the Community

Name of core programme:	Men On The Move
Description of programme activity:	Exercise, Health & Nutrition programme
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/Time and location:	Wednesdays from 10am in the F2 Centre, Rialto and in Lionsville Hostel, Chapelizod every Monday from 11am

Underactive Communities

Name of core programme:	Cherry Orchard Blossom Festival 2023
Gender/Age:	All
Partners:	Local Clubs
Date/time and location:	As part of the Cherry Orchard Blossom Festival DCSWP Sport Officers will host a multi-sport day-long event on Saturday 22 nd April (9-3pm) to support local communities. Location TBC.

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

- Boccia with Enable Ireland will take place on Mondays from 11 to 12 in f2 centre and will start on the 24th April for 5 weeks. Boccia is a precision ball sport requiring accuracy and strategy.
- 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 April (age 10-18 years, commencing 31st January).
- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to April (18+ years, ongoing December 2022 – April 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 April (age 4 – 18 years, commencing 13th January).
- 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.

DCSW South Central Area Co-Funded Programmes

Athletics in the Community

Couch to 3/5k and walking programmes continue in the SCA in partnership with co-funded Athletics Officers. Officers continue to engage with local schools re Daily Mile programme and the schools cross country event.

Boxing in the Community

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

Cricket in the Community

- Cricket Officer to support inclusive programmes (see above re Table Cricket) and engage with the following SCA schools in February 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 continue - 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 continue in SCA primary and secondary schools continue Secondary schools are also participating 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.

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 in 2023. Indoor and open water facilities are currently being identified to maximise participation (including existing facilities) along with plans to increase lifeguarding training.

Training for 2023

- Safeguarding 3 Open Course will be held in Ballyfermot Leisure Centre 10 Blackditch Road Dublin 10 at 6-9 on April the 18th
- Link to register; <https://www.eventbrite.ie/e/safeguarding-3-designated-liaison-person-workshop-tickets-608407913447?aff=ebdsoporgprofile>
- Safeguarding 1,2 & 3 (on-demand basis)
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training (Inchicore RC, Fatima, Bluebell age 16+ years) in partnership with Dolphin Health Team
- First Aid ‘Hands For Life’ CPR Training – introductory programme aimed at adults in the SCA. Full details TBC
- Youth Leadership First Aid Easter Holidays Training in partnership with Ballyfermot Youth Services (age 15-20 years).
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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