

## 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. 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 April 2023. New initiatives/programmes in May will be reported on in the next report.

#### 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](mailto:sports@dublincity.ie)

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.dcwsphub.ie](http://www.dcwsphub.ie)
- Email: [sports@dublincity.ie](mailto:sports@dublincity.ie)
- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

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### Central Area Programmes Highlights April 2023

#### 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

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

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

## 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 15<sup>th</sup> March - Cabra.
- Tue 19<sup>th</sup> April - Albert College
- Thur 20<sup>th</sup> April - St Anne's.
- Sundrive Wed - 3<sup>rd</sup> May
- Ringsend Thur - 4<sup>th</sup> May

## Underactive Communities

<b>Name of programme:</b>	<b>Pickle Ball</b> (Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
<b>Description of programme activity</b>	2 x 1hr sessions of Pickleball introducing the sport to the community
<b>Age group:</b>	Adults (age 18+years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre. Ongoing.

## Older Adults – Age 55+ years

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

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

### Underactive Adults

<b>Name of programme:</b>	Heels & Wheels Walking Programme
<b>Description of programme activity</b>	Adult Walking programme
<b>Partners:</b>	lerne
<b>Date/time and location:</b>	Every Tuesday at 10am

### Women in Sport – Get All Girls Active (GAGA)

<b>Name of programme:</b>	Beginners Strength Training for Women
<b>Age group:</b>	Older adults
<b>Gender:</b>	Female age 18+ years
<b>Date/time and location:</b>	Na Fianna GAA Club, Glasnevin. Time and Commences mid March

### Health Improvement in the Community

- 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 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))

- 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).

- 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 Activator Pole Walking programme aimed at older adults with physical and intellectual disabilities continues in partnership with St. Vincent's Centre, Navan Rd.

## DCSWP Central Area Co-Funded Programmes:

### Boxing in the Community

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approximately 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it to another level (combination of first two levels and progression to contact).

The programme has expanded over the years to include young participants from 7 – 10 years (second class +)

- 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 continue to participate 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

### **CONTACT DETAILS:**

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