

## **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 May 2023. New initiatives/programmes will be reported on in the June area report.

#### **National Bike Week 2023**

In partnership with the National Transport Authority DCSWP will deliver a series of cycling programmes and initiatives to promote the benefits of cycling to everyone in the community. The programmes will be aimed at all ages and abilities.

#### **Active Cities Bike Week**

Active Cities & Dublin City Sport & Wellbeing Partnership have organised a community cycle for Bike Week. Cyclists of all ages and abilities are invited to join the Pedalpalooza cycle parade for a fun, colourful, community cycle taking place as part of Bike Week activities in Dublin city.

This 5km cycle will be family-friendly and travel at a gentle pace, with music to sing along to en route. Starting in Capel Street the cycle parade will travel along the Liffey, through the Docklands, ending at Ringsend Park, where activities celebrating cycling will be taking place throughout the day for Pedalpalooza. Please see link to register below;

[\*\*Pedalpalooza Cycle Parade Tickets, Sun 21 May 2023 at 11:30 | Eventbrite\*\*](#)

#### **Sport for Young people Small Grant Scheme**

The grant is provided to clubs affiliated to a National Governing Body of Sport with members between the ages of 4 to 21, with the aim of increasing participation in sport by young people throughout Dublin City. The Grant will be advertised in May.

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](http://www.dcwspub.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)

### SCA Highlight Programmes May/June 2023

#### Champions – People with physical, intellectual and sensory disabilities

Name of core programme:	Champions
<b>Description of programme activity:</b>	Multi-Fitness Exercise Classes
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Wednesday from 11am in St. John of God's, Islandbridge

Name of core programme:	Champions
<b>Description of programme activity:</b>	Multi-Fitness Exercise Classes
<b>Age group:</b>	Age 7-18 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Every Tuesday from 3.30pm in the F2 Centre, Rialto and every Thursday from 4pm in Bluebell Community Centre

### Change For Life 2023 – Underactive Communities (January to end of May 2023)

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

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

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

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

<b>Name of core programme:</b>	<b>Change For Life</b>
<b>Description of programme activity:</b>	Multi-fitness activities aimed at communities in Inchicore.
<b>Partners:</b>	Inchicore Family Resource Centre
<b>Age group:</b>	Young people
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing classes in Inchicore FRC every Tuesday from 10am and every Thursday from 11am.

### Older Adults – Age 55+ years

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

<b>Name of core programme:</b>	<b>Boules Sessions</b>
<b>Description of programme activity:</b>	Older Adult Bowling programme
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Cherry Orchard Community Centre. Every Tuesday from 11am - 1

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

<b>Name of core programme:</b>	<b>Fighting Fit Multi-Fitness Programme</b>
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	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.

<b>Name of core programme:</b>	<b>Youth At Risk Gaisce</b>
<b>Description of programme activity:</b>	Ballyfermot BMX Club
<b>Age group:</b>	15 - 22 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Le Fanu Park, Ballyfermot supporting the club with 2 sessions weekly weather dependent

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

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

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

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

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

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

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

### Health Improvement in the Community

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

### Underactive Communities

<b>Name of core programme:</b>	<b>Fatima Holistic Health</b>
<b>Description of programme activity:</b>	Pilates exercise class aimed at underactive adults as part of a holistic health programme
<b>Age Group:</b>	18+
<b>Gender:</b>	Mixed
<b>Date/Time and location</b>	Wednesday 10.30am - F2 Centre, Rialto 19/04/2023

### 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 24<sup>th</sup> 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 May (age 10-18 years, commencing 31<sup>st</sup> January).
- Inclusive Volleyball programme in partnership with Bravo Volleyball Club (LGBTQ+) every Tuesday from in Inchicore Sports & Fitness Centre from January to May (18+ years, ongoing December 2022 – May 2023) End of season and will recommence in September.
- 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 13<sup>th</sup> 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.

### **Boxing in the Community**

The Startbox Showcase finals will take place in the National Stadium on the 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup> of May. The Showcase Finals are the culmination of 12 weeks of training featuring over 2000 pupils from 30 schools across Dublin

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)
  - 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 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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