

## **SOUTH CENTRAL AREA COMMITTEE**

### **DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT**

**JULY 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 July 2023. New initiatives/programmes will be reported on in the August area report.

#### **FUNTROPOLIS**

Dublin City Council's Funtropolis will return to Merrion Square Park on Saturday and Sunday, July 8th & 9th, from 12 pm-6 pm and Mountjoy Square Park on Saturday and Sunday, August 19th & 20th, from 12 pm-6 pm. Learn something new in the Science Zone, or take some time to get Zen in the DCC Sports and Wellbeing Zone, complete with various sports demos

DCSWP are delighted to be involved in this free Family Fun day in the heart of the City for more information see link below;

[Funtropolis - Dublin.ie](https://www.dublincity.ie/funtropolis)

#### **HELL & BACK 2023**

Ireland's largest and toughest obstacle course challenge is back this year. DCSWP will have local youth services to support its youngest and most daring participants Training programmes are being provided across the city and South Central Area during the summer for young people in the lead up to the 7km adventure challenge in Kilruddery, Wicklow in August.

#### **Active Cities Box Up Stations**

As part of the Active Cities Dublin initiative (funded through Dormant Accounts and Sport Ireland), the Sports Partnership have purchased two Boxup storage stations to be used for storing sports equipment in outdoor parks.

These unique stations are designed to store a variety of sports and exercise equipment that can be accessed by the public free of charge for up to 3 hours. The user just downloads the Boxup app on their phone which then enables them to choose the sporting equipment they would like to borrow. The locker is then opened and the equipment made available to them. The App, which is registered to the user using a document of identification, will also provide user data and feedback.

The Boxups will provide more opportunities for people of all abilities to get active and will encourage increased use of parks sporting facilities and open spaces.

The boxes are solar powered providing an economical and environmentally friendly way of providing better access to new and existing activities. DCSWP have ordered two units one to be placed in Mt Bernard Park, Cabra and the second in Sundrive Park, Kimmage.

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 July/August 2023

<b>Name of core programme:</b>	<b>Bluebell Summer Camp</b>
<b>Description of programme activity:</b>	Multi Sports Camp
<b>Age group:</b>	U14
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	5 <sup>th</sup> -12 <sup>th</sup> July ,Bluebell Community Sports Centre

<b>Name of core programme:</b>	<b>Inchicore Family Fun Day</b>
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<b>Description of programme activity:</b>	Family Day with mixed sports
<b>Age group:</b>	All ages
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	13 <sup>th</sup> July, St. Michaels field

<b>Name of core programme:</b>	<b>D8 Adventure Sports</b>
<b>Description of programme activity:</b>	Groups from all over the canals area taking part in adventure sports in Ballyfermot adventure centre
<b>Age group:</b>	U18s
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	18 <sup>th</sup> July, Ballyfermot Adventure centre

<b>Name of core programme:</b>	<b>Bluebell Swimming</b>
<b>Description of programme activity:</b>	Young people from bluebell to take part in open swim sessions
<b>Age group:</b>	U14
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	7 <sup>th</sup> -14 <sup>th</sup> July Ballyfermot LC

<b>Name of core programme:</b>	<b>Footee golf</b>
<b>Description of programme activity:</b>	Young people from the D8 area to take part in FOOTEE golf sessions
<b>Age group:</b>	U18
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	14 <sup>th</sup> July, Footee Golf Tallaght

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

<b>Name of core programme:</b>	<b>Champions</b>
<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

<b>Name of core programme:</b>	<b>Champions</b>
<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

<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>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
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<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>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>	Support 3 groups with young people on GAISCE programme BYS - Equine Centre - Kylemore CTC
<b>Age group:</b>	14 to 26 Years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	1 <sup>st</sup> -9 <sup>th</sup> July Ballyfermot / Cherry Orchard

<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.

<b>Name of core programme:</b>	<b>Fundamental Fitness Tusla After-School Referrral 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

<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 ongoing

### 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. 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 July (age 10-18 years, Ongoing).
- 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 (age 4 – 18 years, ongoing).
- 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 Start Box Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits will take place from 5<sup>th</sup> June to 26 July from 12pm-2pm. The following schools will take part this year;

- St Audeon's First Class
- St Francis CBS
- St Francis
- South West Inner City Network (SWICN)
- Drimnagh BC

### **Cricket in the Community**

Cricket Officer to support inclusive programmes (see above re Table Cricket) and engage with the following SCA schools 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.

### **Rowing in the Community**

There will be a Get Rowing programme on the **4<sup>th</sup> July** in Dublin City Councils Rowing centre groups from all over the canals area will take part.

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

- First Aid training for Dolphin Staff and participants to be trained up in Basic 1st aid 3 hour course
- Safeguarding 1,2 & 3 (on-demand basis)
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

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