

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

SEPTEMBER 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 September/October 2023.

Marathon Kids 2023

Marathon Kids is a National eight week initiative aimed at primary school students at 4th, 5th and 6th class level. DCSWP Sport Officers and Athletics Ireland continue to engage with local schools around registration/participation process for the September start.

Liffey Odyssey 2023

The 2023 Liffey Odyssey will take place on Sunday 17th September. The citywide event has been promoted across all DCSWP's social media platforms

Dublin City Sportsfest 2023/European Week of Sport 2023

2023 marks the sixth year of DCSWP's citywide flagship event, Dublin Sportsfest. The overall aim of Sportsfest is to bring together the people, clubs, sports and spaces in a week-long celebration of sport and physical activity in the city. The event is planned to coincide with European Week of Sport from 23rd – 30th September.

In the lead up to Dublin Sportsfest, DCSWP invited clubs across the sporting spectrum to join the celebration by hosting sporting events and activities in communities across the city. Sportsfest will offer clubs the opportunity to showcase their facility, promote their sport and potentially increase membership. As part of the Dublin Sportsfest promotional campaign DCSWP is offering prizes to clubs for the best social media campaign and best initiative.

In the Central area officers have engaged with schools, youth services and community groups. Various sport and physical activities have been organised across the week.

Active Cities

➤ BoxUp

As part of the Active Cities Dublin initiative 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 units will be placed in Mt Bernard Park, Cabra and Sundrive Park, Kimmage. Official Launch Date remains TBC. The Boxup pilot programme was rolled out in Eamon Ceannt Park in August.

Social Media/Communication

All DCSWP highlighted programmes will continue to be supported by social media channels and the DCSWP Virtual Hub.

- 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 September/October 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.

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| Name of core programme: | Just Ask Drop-In Football |
| Description of programme activity: | Football drop-in programme aimed at young people in the D7 area |
| Partners (If any): | Just Ask D7 Youth Project |
| Age group: | U16 |
| Gender: | Male |
| Date/time and location: | Mondays and Thursdays from 3pm. Greek St MUGA multi-sports pitch |

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| 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 |

Underactive Communities

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| Name of programme: | Change 4 Life |
| Description of programme activity | Getting people actively involved socially, mentally, emotionally via exercise. Three Sessions per Week |
| Age group: | Adults (age 18+years) |
| Gender: | Mixed |
| Date/time and location: | Aughrim St. Mondays 10am and 6pm. Thursdays 10am |

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| 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. Mondays (beginners) & Fridays. Cabra Parkside. The Pickleball Festival takes place in Cabra on Sunday 24 th September aimed at players of all levels. |
| Age group: | Adults (age 18+years) |
| Gender: | Mixed |
| Date/time and location: | Monday & Wednesdays 5-6pm Cabra Parkside Community & Sport Centre. Ongoing. |

Older Adults – Age 55+ years

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| Name of core programme: | Forever Fit Golden Wonders |
| Description of programme activity: | 1 hour weekly multi-sport games and activities |
| Age group: | 55+ years |
| Gender: | Mixed |
| Date/time and location: | Cabra Parkside. Full details TBC. |

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| Name of programme: | Forever Fit ‘Heels’ Walking programme |
| Age group: | Older adults (age 55+ years) |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 10am. Ierne Sports Club, Drumcondra |

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| Name of programme: | Forever Fit ‘Wheels’ Cycling programme |
| Age group: | Older adults (age 55+ years) |
| Gender: | Mixed |
| Date/time and location: | Mondays from 10am. Ierne Sports Club, Drumcondra |

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| Name of programme: | Forever Fit Beginners Yoga programme |
| Age group: | Older adults (age 55+ years) |
| Gender: | Mixed |
| Date/time and location: | Fridays from 10am. Ballybough Youth & Fitness Centre |

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| Name of programme: | Forever Fit Go For Life Games |
| Age group: | Older adults (age 55+ years) |
| Gender: | Mixed |
| Date/time and location: | Mondays from 10am. Clonliffe/Croke Park Community Centre |

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| Name of programme: | Forever Fit Dunard Court Group |
| Description of programme activity: | Walking/Cycling/Other activities TBC |
| Age group: | Older adults |
| Gender: | Mixed |
| Date/time and location: | Thursdays. Full details TBC |

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| Name of programme: | Forever Fit Trampoline Programme |
| Description of programme activity: | Exercise programme |
| Age group: | Older adults (to include older adults with intellectual disabilities) |
| Gender: | Mixed |
| Date/time and location: | TBC |

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| Name of programme: | Forever Fit Activator Pole Programme |
| Age group: | Older adults |
| Gender: | Mixed |
| Date/time and location: | Tuesdays, Cabra Parkside |

Women in Sport – Get All Girls Active (GAGA)

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| Name of programme: | Beginners Strength Training for Women |
| Age group: | 18+ |

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| Gender: | Females |
| Date/time and location: | Na Fianna GAA Club, Glasnevin. Ongoing |

Health Improvement in the Community

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| Name of programme: | Move For Health NEIC |
| Description of programme activity : | Strength & Balance Programme |
| Gender: | Older Adults (age 55+) |
| Date/Time and Location: | Thursday at 12.15pm. Killarney Court, NEIC |

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| Name of programme: | Falls Management/OTAGO programme |
| Description of programme activity : | Strength & Balance Programme |
| Gender: | Older Adults (age 55+) |
| Date/Time and Location: | Wednesdays 12pm in Ballybough Community Centre (OTAGO) and Wednesdays 1pm in Ballybough CC (Falls Management) |

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| Name of programme: | Functional Fitness NCT Cabra |
| Description of programme activity : | A half day event with HSE staff; Slaintecare, etc. offering older adults an assessment on their functional health Information stands from National and local Agencies will also be present |
| Gender: | Older Adults (age 55+) |
| Date/Time and Location: | Thursday 5th October at 11am |

Sport Inclusion & Integration – Individuals With Physical, Intellectual and Sensory Disabilities

The following programmes are delivered on a citywide basis and include partners and participants from the Central Area:

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| Name of programme: | Shelbourne Football For All Programme |
| Description of programme activity : | Programme aimed at service users from multiple services age 16+ years years experiencing mental health difficulties. |

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| Name of programme: | Ukrainian Crisis Centre Programme |
| Description of programme activity : | Multi-sport initiative aimed at all ages. Existing programmes such as the Track Partnership in Sundrive Park to continue |

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| Name of programme: | Child Vision Ireland Tai Chi Programme |
| Description of programme activity : | Six-Eight week programme aimed at children. Delivered in partnership with Childvision, Drumcondra |

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| Name of programme: | Learn 2 Cycle/Cycle With Confidence Programme |
| Description of programme activity : | Targeted at persons with physical and cognitive needs. Citywide programme. Locations TBC |

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| Name of programme: | Sim For Schools/Formula Female |
| Description of programme activity : | Motorsports programme designed to integrate stem learnings with school curriculum. Targeted at teenage girls. Programme to focus on progressing to completion level and final event. |

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| Name of programme: | Sim For Schools Motor Sport |
| Description of programme activity : | Motorsports programme designed to integrate stem learnings with school curriculum. Targeted at teenage girls. Programme to focus on progressing to completion level and final event. |

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| Name of programme: | St. Michael's House, Glasnevin Autumn Programme |
| Description of programme activity : | 5+ participants of mixed gender, ranging from ages 16 upwards. Supporting individuals with a wide range of physical and cognitive needs. Coaches will come to facility to offer a mixed program for participants of service |

DCSWP Central Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking programmes continue in the Central area in partnership with Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes. Registration for the Marathon Kids programmes is open for all primary schools in the area.

Boxing in the Community

The Startbox programme will recommence in Central area schools in September in partnership with the DCSWP Boxing Development Officer.

Cricket in the Community

- The DCSWP Cricket Development Officer continues to deliver and support schoolyard sessions via local primary schools (Stanhope St and Gardiner street every Tuesday from 11am.
- The Sportfest Cricket Blitz will take place in Mountjoy SQ on Saturday 30th September 11.00am-2.00pm
- Tape Ball cricket sessions continue every Saturday in Mountjoy Square from 10am.

Football in the Community

- The FAI Development Officer currently engaging with schools and local clubs around introductory and coaching programmes, including inclusive programmes delivered by the North City Football For All Officer.
- Halloween 2023 camps are currently in the planning stages in the Central area.
- Late Night Leagues recommence in the NEIC in Sheriff St. Youth Club every Friday from 6-9pm. The leagues are aimed at young people age 12-16 years (mixed)
- Walking Football aimed at underactive adults age 50+ years (mixed) takes place in St. Laurence O'Toole Centre every Friday from 12-1pm.

Rowing in the Community

The Get Going Get Rowing indoor rowing schools programme will recommence in mid-September in schools across Dublin City, including secondary schools from the Central area.

Rugby in the Community

- Rugby in-school sessions will commence following the return to school in September. The Aldi Play Rugby Sessions will commence in Central area primary and secondary schools from Friday 1st September.
- Club Blitzes are in the planning stages for late September.

Swimming in the Community

DCC/DCSWP appointed a Co-funded Swimming Ireland Development Officer in 2022 to increase opportunities for everyone in our communities to get involved with swimming and enjoy the benefits of water based physical activities

A new DCSWP Swimming Development Officer was appointed over the summer 2023 period. Details of programmes and initiatives will be included in the next area report.

Training for 2023

- Safeguarding 1,2 & 3
- Health & Safety (administrative & DCC Sports & Fitness Centres)
- First Aid Training
- PHECC Training
- Disability & Inclusion in Sport training programmes delivered in partnership with CARA.

CONTACT DETAILS:

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| Aideen O'Connor | Programmes & Services Manager, DCSWP | aideen.oconnor@dublincity.ie |
| Colin Sharkey | DCSWP Office Manager | colin.sharkey@dublincity.ie |
| Derek Ahern | Sport Officer, DCSWP | derek.ahern@dublincity.ie |
| John McDonald | Sport Officer, DCSWP | john.mcdonald@dublincity.ie |
| Michelle Waters | Sport Officer, DCSWP | michelle.waters@dublincity.ie |
| Mitch Whitty | Sport Officer, DCSWP | Mitchell.whitty@dublincity.ie |
| David Phelan | HSE Health Promotion & Improvement Officer | Davidphelan6@mail.dcu.ie |
| Carmel O'Callaghan | Dublin Active City Officer | Carmel.ocallaghan@dublincity.ie |
| Christine Russell | Development Officer, Get Dublin Swimming | christinerussell@swimireland.ie |
| Colette Quinn | Development Officer, Athletics | colettequinn@athleticsireland.ie |
| Paul Quinn | Development Officer, Boxing | paulquinn999@gmail.com |
| Neil Keoghan | Development Officer, FAI | neil.keoghan@fai.ie |
| Heather Jameson | Football For All (Disability North City) | Heather.jameson@fai.ie |
| Chris McElligott | Football For All (Disability South City) | Chris.mcelligott@fai.ie |
| Stephen Maher | Rugby Development Officer | stephen.maher@leinsterrugby.ie |
| Fintan Mc Allister | Development Officer, Cricket | Fintan.mcallister@cricketleinster.ie |

REPORT BY:

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie