

## **SOUTH 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. 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 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> class level. DCSWP Sport Officers and Athletics Ireland are currently engaging with local schools in the SCA around registration/participation process.

#### **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 23 – 30 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 SCA officers have engaged with schools, youth services and community groups. Various sport and physical activities have been organised across the week.

. Listed below are samples of some of the citywide events.

- ✓ Dublin City Liffey Odyssey 17 Sep
- ✓ Griffith Mile 17 Sep
- ✓ Marathonkids programme launching 23 Sep
- ✓ Dance/Dip, Clontary 23 September

- ✓ Be Active Night Active Cities 23 Sep – Ballymun Health & Fitness committee hosting
- ✓ Inclusive Football Blitz DCSWP & Shelbourne FC
- ✓ National Walking Day 24 September
- ✓ National Fitness Day 28 September
- ✓ Boxfest showcase Integration Event 27 Sep
- ✓ Multiple sport & physical activity programmes across the City
- ✓ Cycle With Confidence workshops

### **Staffing News**

Sport Officer (x2) and Sport Inclusion and Integration Officer roles (x 2. 3 year temporary) have been advertised. Closing date for application was 12 September.

### **DCSWP Sim For Schools Motor Sport Programme Highlight Programme**

DCSWP and Active Cities, in partnership with Nicci Daly and Formula Female will be launching the Dublin City Council Sim For Schools Program during European Week of Sport

This pilot program will be launched across five schools, one in each of the administrative areas of the city. The programme will engage transition year classes in girls' schools providing the opportunity to take part in this novel motorsport programme, utilising simulator rigs that DCSWP has purchased. Sim For Schools will be delivered in schools that Sport Officers have existing relationships with.

### **Sport for Young People Small Grant Scheme 2023**

170 applications have been received from clubs across the city including the NWA (closing date 2nd June 2023). Sport Ireland Contribution for 2023 is €80,000. The first phase of the assessment is nearing completion. Following this phase, a member of the DCSWP Advisory board will be nominated to assist in Phase two of the assessment of applications where a further in depth review will be required.

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.dcspsphub.ie](http://www.dcspsphub.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 September/October 2023

**Youth At Risk - 10-21 years.** Aimed at providing viable opportunities for young people in the NWA to stay active and thereby mitigate anti-social behaviour). All programmes are delivered in partnership with local SCA groups and Youth Services.

	<b>Youth Leadership Programme</b>
<b>Description of programme activity:</b>	Youth Leadership Programme – supporting young people in the community to achieve pool lifeguard qualification – this programme will run until April 2023
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ballyfermot and Cherry Orchard area.

	<b>National Powerboat Certification</b>
<b>Description of programme activity:</b>	National Powerboat Certification – partnership programme between DCC/DCSWP and Diving Ireland. Seven young people have been offered the opportunity to achieve Negative Pressure Breathing (NPB 2) qualification. This programme will run until April 2024
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ballyfermot And Cherry Orchard area.

	<b>Halloween 2023</b>
<b>Description of programme activity:</b>	Supporting young people in the area during the October mid-term break in partnership with local youth services – activities include footee, trips to aquazone/jumpzone etc

<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ballyfermot and Cherry Orchard area.

	<b>Kylemore Community &amp; Education Training Centre</b>
<b>Description of programme activity:</b>	Adventure day and walking programme in partnership with Kylemore CTC (early school leavers)
<b>Age group:</b>	16-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Fridays – weekly walking club. Tuesdays – Outdoor Adventure Centre

<b>Name of core programme:</b>	<b>Teenage Boot Camp Lifestyle Change Programme</b>
<b>Partners:</b>	IABA Co-funded
<b>Age group:</b>	4-16 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	F2 Centre Club every Wednesday

### 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

### Thrive – Adults with Mental Health Challenges

<b>Name of core programme:</b>	<b>Women’s Shed, Drimnagh</b>
<b>Description of programme activity:</b>	Spaces where women can come together learn, share skills and make long-lasting friendships together.
<b>Age group:</b>	Female adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Full details TBC

### Underactive Communities

<b>Name of core programme:</b>	<b>Couch to 5k</b>
<b>Description of programme activity:</b>	Couch to 5k Cherry Orchard. Supports adults to build fitness and stamina to complete a 5k run as part of the Remembrance Run in the Phoenix in November
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing every Tuesday and Thursday from 6.30pm in Cherry Orchard Running Club

	<b>Get Dublin Walking</b>
<b>Description of programme activity:</b>	Get Dublin Walking – local weekly walking sessions targeted at adults in the Ballyfermot and Cherry Orchard area
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	TBC

	<b>Change For Life Bluebell</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>Change For Life Inchicore</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>	Adults 18+
<b>Gender:</b>	Mixed

<b>Date/time and location:</b>	Ongoing classes in Inchicore FRC every Tuesday from 10am and every Thursday from 11am.
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<b>Name of core programme:</b>	<b>Change For Life Dolphin's Barn</b>
<b>Description of programme activity:</b>	Mixed exercise classes aimed at communities in Dolphin's Barn Area.
<b>Partners:</b>	Dolphin Community Centre
<b>Age group:</b>	Adults 18+
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing classes every Thursday. Time TBC

#### 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

#### Sport Inclusion & Integration

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

<b>Name of programme:</b>	<b>Bravo VolleyBall Programme, Inchicore</b>
<b>Description of programme activity :</b>	Aimed at members of the LGBTQ+ community This programme encourages participation in a safe open environment by providing viable pathways to local clubs.
<b>Name of programme:</b>	<b>Shelbourne Football For All Programme</b>
<b>Description of programme activity :</b>	Programme aimed at service users from multiple services age 16 years + experiencing mental health difficulties.

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

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

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

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

### Health Improvement Programmes in the SCA

- Men on The Move – Men only adult programme providing workshops on issues such as nutrition, exercise and mental health care. In the SCA the following Men on the Move programmes take place over the next few weeks:
  - Ballyfermot/Cherry Orchard – every Wednesday from 7pm In Ballyfermot Civic Community Centre
  - Fatima – every Wednesday from 10am in the F2 Centre, Rialto
  - Chapelizod – every Monday from 11am in Lionsvilla Hostel, Chapelizod
- Functional Fitness NCT Health Promotion Day South Central Area– Thursday 5 October 11am – 1pm in Ballyfermot Civic Community Centre. Supporting Older Adults. Delivered in partnership with HSE physio and Laterlife Training UK. Focussing on assessing strength, mobility and fitness
- Fatima Holistic Health – pilates exercise classes aimed at underactive adults. Every Wednesday from 10.30am in the F2 Centre, Rialto
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Rialto.

### Active Cities Update (Citywide)

#### ➤ Box Up Stations

As part of the Active Cities Dublin initiative (funded through Dormant Accounts and Sport Ireland), the Sports Partnership has 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 boxes are solar powered providing an economical and environmentally friendly way of providing better access to new and existing activities. As part of the pilot programme units have been placed in Mt Bernard Park, Cabra and Eamon Ceannt Park, Kimmage

The units have received a great deal of positive feedback on social media and from various other channels. Only recently the National Active Cities Officer, Mary Corry was interviewed on RTE 2FM. The project was in the planning stages for numerous of months and highlights the positive collaboration between different sections of Dublin City Council. DCC Parks department worked closely with the DCSWP Active Cities officer, from initial meetings to discuss potential locations to highlighting potential concerns /issues to overcoming these barriers and finally to the implementation phase of the units in the parks.

So far usage of the equipment and downloading of the app has been really popular. Active Cities has access to all data on usage, most popular equipment, user groups /profile data etc. to allow for monitoring of the BoxUp Units.

North East Inner City local area is considering installing a two locker BoxUp unit in one of its new parks on Sean McDermott Street.

So far this National driven initiative is proving that a collective approach to some projects can have a far more wider reach and impact, the Minister for Sport has expressed an interest in attending the Box Up local launches (**Launch Date TBC**)

### ➤ **Cycle School**

Active Cities Dublin continue to pursue a venue for a cycle school and is collaborating with the Road Safety Division, DCC Walking & Cycling Officer and the Micro Mobility Officer on this project. Various potential sites have been viewed and it is hoped to run a pilot training programme at some of these locations over the next few months.

## **DCSWP SCA Co-Funded Programmes**

### **Athletics in the Community**

Couch to 3/5k and walking programmes continue in the SCA area in partnership with the Co-funded Athletic 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 to all primary schools in the SCA area.

### **Boxing in the Community**

The StartBox Bronze programme is currently being rolled out in schools by the SCA Boxing Development Officer in the following schools (more schools to follow):

- Our Lady of Good Counsel, Drimnagh (Primary school - Bronze and Silver programme)
- Scoil Mhuire Gan Smal, Inchicore (Primary school - Bronze and Silver programme)
- Lucan Community College (Transition Year - Bronze and Silver programme)

### **Cricket in the Community**

- The DCSWP Cricket Officer continues to support inclusive programmes and engage with the following NWA primary schools/youth centres via softball cricket introductory sessions.
  - Drimnagh Castle BSC, Mondays 3.00pm-4.30pm
  - St Patrick's NS Choir School Thursdays 1.00am-2.30pm
- Mid Term Camps will take place on Tuesday 31<sup>st</sup> October in Phoenix Park Cricket Club.

### **Football in the Community**

#### ➤ **Girls In Green Programme**

Targeted at young female's age 8-12 years. Aim is to encourage young females to participate and form pathways to local clubs in D8 area

#### ➤ **Afterschool Programme**

Targeted at young females. Aim is to encourage young females to participate and form pathways to local clubs in D8 area

#### ➤ **School Coaching Sessions**

Primary School programme – aimed at various schools in D8 area

#### ➤ **FAI Coaching**

- PDP 1 aimed at local community coaches coaching continues in Inchicore/Bluebell

#### ➤ **Football For All (Disability – citywide including participants from SCA)**

The National Learning Network Blitz days continue once a month in Clontarf pitches. The programme is aimed at encouraging participation in the sport for adults with additional needs.

### **Rowing in the Community**

The Get Going Get Rowing indoor rowing schools programme will recommence in mid-September in schools across Dublin City. A full report on activities will be provided in the October report

### **Rugby in the Community**

Tag rugby/Aldi play in-school sessions have recommenced in SCA primary and secondary schools. A full report on activities will be provided in the October report. Any queries on programmes can be directed to the DCSWP office or the Rugby Development Officer (details below).

### **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 (Citywide)**

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

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