

## **SOUTH CENTRAL AREA COMMITTEE**

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

**DECEMBER 2023**

#### **2024 – Linking in with National Events & Initiatives**

The primary goal of Dublin City Sport & Wellbeing Partnership (DCSWP) is to provide opportunities for everyone to get involved in sport & physical activity regardless of age, background, gender or ability. DCSWP will continue to align the planning and delivery of programmes with national and international events in 2024. 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.

#### ➤ **Dublin City Council Sports Plan**

New plan to align with the City Development Plan & National Sports Policy  
Final Draft to feature two separate but inter-related documents:

- Sports Infrastructure Strategy
- Sports Provision & Programming Strategy (including review of DCSWP)

#### **Purpose**

- A common vision for improving sport and recreation provision and participation across Dublin City
- The actions that must be taken to achieve this vision
- The role Dublin City Council and other organisations will play

#### **Timeframe Update**

- Tender for consultant via e-tenders was published at the end of 2022 and was awarded to Teneo Strategy Ireland Ltd
- Work commenced in March and began with an extensive stakeholder engagement phase.
- Teneo has also completed all of the research and data analysis elements of the Sports Plan development
- The first iteration of the Sports Plan is currently being drafted and Teneo is working closely with the City Council Project Team and Steering Group to ensure all expected outputs and items within scope have been addressed and covered off
- The finalised draft document is expected to be completed early 2024

## Lord Mayor's 5 Alive Road Race Challenge 2024

The Lord Mayor's 5 Alive is back for 2024 and is aimed at novice walkers/joggers/runners and people wanting to get back on track with their fitness goals.

The Challenge is to complete the four named races below and a park run (within the time period 1st January 2024 & 6th April 2024). Participants will receive a T-Shirt and a medal presented by the Lord Mayor after the end of the last race: DCC / BHAA 4 Mile Road Race – 6th April 2024 @ 11.00 (TBC). The Lord Mayor is planning on taking part in the races.

- **Tom Brennan Memorial 5K** - Phoenix Park – 1st January 2024 @ 09.30am
- **Raheny 5 Mile** - Raheny Village/St. Anne's Park – 28th January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount – 12<sup>th</sup> March 2024 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park – 6th April 2024 @ 11am (**DCC will register and pay entry fee**)

The 5 Alive 2024 challenge was advertised on 17<sup>th</sup> November:

<https://www.dcswhub.ie/programmes/lord-mayor-5-alive-challenge>

## Change For Life 2024

Change For Life (CFL) is DCSWP's eight-week core programme aimed at transforming the long-term health and wellbeing of communities across Dublin City. CFL runs in tandem with and emulates the formula of RTE's Operation Transformation from January to March every year. The programme initially targeted underactive adults but broadened in recent years to include young people and Dublin City Council employees through a CFL staff focussed programme.

- Full details of CFL South Central Area (SCA) programmes will be included in the January report. CFL programmes that have already commenced are listed below.

## Operation Transformation Walks/Couch to 3/5k 2024

OT walks and the Couch to 3k/5k programme will commence in January 2024. DCSWP Sport Officers are currently engaging with local walking groups and underactive communities, targeting all ages in the SCA. Details to be included in January reports.

The DCSWP Couch to 3/5k podcast also due to be launched to support participants.

## Sport For Young People Club Small Grant Scheme 2023

As previously reported the SYP Grant was advertised in early June 2023. Please see list attached of SCA clubs in receipt of the grant for 2023 and the amount awarded.

## Active Cities Update (Citywide)

### ➤ **BoxUp**

The Boxup initiative continues in city parks offering free sporting equipment for members of the public to enjoy sport in DCC green spaces. BoxUps were installed in Mount Bernard Park in Cabra and Eamonn Ceannt Park, Crumlin as part of the BoxUp pilot programme. Data recently collated on the Boxup facilities identifies Eamonn Ceannt Park as the second most used in European parks.

<https://www.dcswhub.ie/boxup-comes-to-ireland>

### ➤ **TravAct.**

In partnership with the HSE Health promotion teams, DCSWP is currently installing outdoor stencil play areas in locations identified by members of the TravAct community. Full details TBC.

## 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.dcswhub.ie](http://www.dcswhub.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 Core/Ongoing Programme Highlights December 2023

The following programmes continue until year end. The deadline for the submission of 2024 programme work plans from DCSWP Sport and Co-funded Officers is after the December area committee reporting deadline. Full details of programmes are not available at this stage but will be included in the January report.

**Youth Fit & Youth at Risk (10-21 years)** Youth At Risk programmes are 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 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>	Ongoing. Ballyfermot and Cherry Orchard area.

<b>Name of core programme:</b>	<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>	Ongoing Ballyfermot And Cherry Orchard area.

<b>Name of core programme:</b>	<b>Underwater Hockey Programmes:23Sports</b>
<b>Description of programme activity:</b>	Six-week Introductory Junior Underwater Hockey and weekend coaching course programme delivered in partnership with Dive Ireland

<b>Age group:</b>	14-18 (junior programme) 18+ (coaching course)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Junior programme TBC. Coaching course commences Saturday 3 <sup>rd</sup> December

<b>Name of core programme:</b>	<b>GAISCE President Award Leader (PAL) Education Training Centre</b>
<b>Description of programme activity:</b>	SCA Officers support young participants in the GAISCE Bronze and Gold programmes in partnership with Ballyfermot Youth Services and Kylemore Community Training Centre
<b>Age group:</b>	14-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing.

<b>Name of core programme:</b>	<b>Junior Parkrun</b>
<b>Partners:</b>	Cherry Orchard Running Club
<b>Age group:</b>	U14
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Sundays 9am from Cherry Orchard Running Club

<b>Name of core programme:</b>	<b>Youth Fit Multi-Sport programme</b>
<b>Description of programme activity:</b>	Multi-sport Youth At Risk taster sessions delivered in partnership with Fóroige youth services
<b>Age group:</b>	10-25
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. St. Catherine's Sports & Fitness Centre

<b>Name of core programme:</b>	<b>Youth Fit Basketball programme</b>
<b>Description of programme activity:</b>	Youth At Risk initiative reinforcing the social and physical benefits of sport and physical

	activity. Delivered in partnership with Youth Reach
<b>Age group:</b>	10-25
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Wednesdays St. Catherine's Sports & Fitness Centre

<b>Name of core programme:</b>	<b>Youth Fit Football Referral Programme</b>
<b>Description of programme activity:</b>	Dublin 8 Youth At Risk football initiative delivered in partnership with Fóroige
<b>Age group:</b>	10-25
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Wednesdays. St. Catherine's Sports & Fitness Centre

<b>Name of core programme:</b>	<b>Youth Fit Schools Programme</b>
<b>Description of programme activity:</b>	Bike Safety, After-school activity and School's cross-country programmes continue in primary schools across the SCA
<b>Age group:</b>	Primary schools
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing programmes. Various times and locations

### 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>	Age 7-18 years

<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Tuesdays 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>	Providing spaces where women can come together – in a sociable environment - learn, share skills etc.
<b>Age group:</b>	Female adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing.

### 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.
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Tuesdays and Thursdays from 6.30pm in Cherry Orchard Running Club

<b>Name of core programme:</b>	<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>	Ongoing.

<b>Name of core programme:</b>	<b>Dance Fit</b>
<b>Description of programme activity:</b>	Female focussed programme aimed at women in the D8 area. Delivered in partnership with South Inner City Community Development Association (SICCCA)
<b>Age group:</b>	40+
<b>Gender:</b>	Females
<b>Date/time and location:</b>	Ongoing. Wednesdays in SICCCA, Meath St, D8

<b>Name of core programme:</b>	<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. Wednesdays in Bluebell CC Wednesdays from 12 noon and Thursdays from 7pm

<b>Name of core programme:</b>	<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. Tuesdays from 10am and Thursdays from 11am in Inchicore Family Resource Centre

<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 remains TBC

<b>Name of core programme:</b>	<b>Change For Life Fatima</b>
<b>Description of programme activity:</b>	Mixed exercise classes aimed at communities Fatima area.
<b>Partners:</b>	F2 Centre, Fatima
<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>Boules Sessions</b>
<b>Description of programme activity:</b>	Older Adult Bowling programme
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Tuesdays from 11am – 1pm in Cherry Orchard Community Centre.

<b>Name of core programme:</b>	<b>Forever Fit Inchicore/Fatima/Dolphin's Barn</b>
<b>Description of programme activity:</b>	Older Adult Mixed Exercise Programme (Inchicore Chair-Based)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Inchicore (Tuesdays), Fatima (Wednesdays), Dolphin's Barn (Thursdays)

### Sport Inclusion & Integration – Individuals with Physical, Intellectual and Sensory Disabilities/Ethnic & Minority Communities

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

<b>Name of programme:</b>	<b>Bravo Volleyball Club</b>
<b>Description of programme activity :</b>	Club development aimed at supporting members of the LGBTQ+ community in the SCA.
<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 Winter Programme</b>
<b>Description of programme activity :</b>	Multi-sport initiative aimed at all ages. Delivered in partnership with emergency/housing services etc. Takes place in St. Catherine's Sport & Fitness Centre every Wednesday in November/December

## 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 Lionsville Hostel, Chapelizod
- 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.

## DCSWP SCA Co-Funded Programmes

### Athletics in the Community

Couch to 3/5k and walking community programmes continue in the SCA in partnership with the Co-funded Athletics Officers. Officers continue to engage with schools in the Daily Mile and school track and field programmes such as training for schools cross country 2024 and the OT walks in January 2024 (see start of report).

### Boxing in the Community

The StartBox programme continues in the following SCA schools until year end:

- Drimnagh Castle (primary school – Silver and Gold programme)
- Our Lady of Good Counsel, Drimnagh (primary School - Silver and Gold programme)
- St. Francis St. CBS (primary School - Silver and Gold programme)
- Scoil Mhuire Gan Smal, Inchicore (primary school - Bronze and Silver programme)

- Presentation College, Warrenmount, Donore Ave (secondary school Silver & Gold)
- Scoil Mhuire, Lucan (primary school - Silver and Gold programme)

The programme concludes in December and will re-commence in schools in mid-January.

### **Cricket in the Community**

The DCSWP Cricket Officer continues to support inclusive programmes and engage with the following SCA 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

### **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 area.

- **Football For All (Disability programme – citywide, including participants from the 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 continues. In the SCA the programme continues until year end in Kylemore College, Ballyfermot every Monday aimed at second year and TY level.

### Rugby in the Community

In-school sessions continue in the following SCA primary and secondary schools:

- Our Lady of the Wayside, Bluebell (primary)
- St. Patrick's Cathedral, D8 (primary)
- St. Seton's, Ballyfermot (secondary)

### 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

- Men's sheds, men's wellness, female wellness, Foróige and Foundations youth project and Vision Sports swim programmes continue in Coolock and Seán McDermott swimming pool on a citywide basis.

### Training for 2023 (Citywide)

- Safeguarding 2 & 3 (Designated Liaison Persons) continues to be delivered on an on-demand basis for clubs, volunteers and coaches

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