

## CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

DECEMBER 2023

#### 2024 – 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 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

## DCSWP Staffing Update

The interview process for two citywide Sport Inclusion & Integration Officers three (year temporary) and two Sport Officers (permanent) concluded at the end of November/early December.

## 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 01 January 2024 & 06 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 - 06 April 2024 @ 11.00 (TBC). The Lord Mayor is planning on taking part in the races.

- **Tom Brennan Memorial 5K** - Phoenix Park – 01 January 2024 @ 09.30am
- **Raheny 5 Mile** - Raheny Village/St. Anne's Park - 28 January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount - 12 March 2024 @ 7.30pm
- **DCC / BHAA 4 Mile Road Race** - BHAA / Dublin City Council - 4 Mile Road Race - St. Anne's Park - 06 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 Dublin City Sport and Wellbeing Partnership's 8-week core programme aimed at transforming the long-term health and wellbeing of communities across Dublin City. Change For Life 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 a Dublin City staff focused programme.

- Details of CFL Central Area programmes will be included in the end of year report in December

## 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 to engage with local walking groups and underactive communities, targeting all ages in the Central area. Details to be included in January reports. The DCSWP Coach 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 Central Area 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. 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.

## **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)

## **Central Area Programmes Highlights December 2023**

The following programmes continue in the Central Area until year end. Updates on new programmes and events will be provided in the January 2024 report.

### 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 local Youth Services and An Garda Síochána.

<b>Name of core programme:</b>	<b>Just Ask Drop-In Football</b>
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:	Ongoing. Mondays and Thursdays from 3pm. Greek St MUGA multi-sports pitch

<b>Name of core programme:</b>	<b>Football Drop In / Recovery through Sport</b>
Description of programme activity:	Football Drop In
Partners (If any):	Chrysalis Drug Task Force/FAI
Age group:	15 – 18
Gender:	Male
Date/time and location:	Ongoing. Fridays in Grangegorman College

<b>Name of core programme:</b>	<b>HSE Rehabilitation Programme</b>
Description of programme activity:	Football Evening Leagues Programme
Partners (If any):	An Garda Síochána
Age group:	15 – 18
Gender:	Male

Date/time and location:	Ongoing. Friday at Greek Street MUGA multi-sport pitches
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<b>Name of core programme:</b>	<b>After-School Programme</b>
Description of programme activity:	Multi-Sport Youth Fit Programme aimed at students from Stanhope ST. Secondary School
Partners (If any):	HSE/Trinity College
Age group:	14-16
Gender:	Female
Date/time and location:	Ongoing.

<b>Name of core programme:</b>	<b>Youth Fit Christmas Ice Skating Programme</b>
Description of programme activity:	Seasonal programme reinforcing the social, physical and mental health benefits of sport.
Partners (If any):	Blanchardstown On Ice/Local Youth groups/projects
Age group:	10-21 years
Gender:	Female
Date/time and location:	Ongoing (until early January 2024)

### Underactive Communities

<b>Name of programme:</b>	<b>Change 4 Life</b>
Description of programme activity	Getting people actively involved socially, mentally, emotionally via exercise. Pilates/Yoga and HITT Circuit Programme
Age group:	Adults (age 18+years)
Gender:	Mixed
Date/time and location:	Ongoing. Mondays 10am and 6pm Thursdays 10am (Pilates/Yoga) Tuesdays

	6pm and Fridays 10am (HITT) in Aughrim St. Centre
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<b>Name of programme:</b>	<b>Pickle Ball</b> (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.
Age group:	Adults (age 18+years)
Gender:	Mixed
Date/time and location:	Ongoing. Monday & Wednesdays 5-6pm in Cabra Parkside Community & Sport Centre. Ongoing. Wednesdays 10am in Aughrim St. Centre

<b>Name of programme:</b>	<b>Men's Health Swim and Yoga Programme</b>
Age group:	18+ years
Gender:	Male
Date/time and location:	Ongoing. Thursdays in Seán McDermott Pool

### Older Adults – Age 55+ years

<b>Name of core programme:</b>	<b>Forever Fit Golden Wonders</b>
Description of programme activity:	1 hour weekly multi-sport games and activities
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Ongoing in Cabra Parkside.

<b>Name of programme:</b>	<b>Forever Fit 'Heels' Walking programme</b>
Age group:	Older adults (age 55+ years)
Gender:	Mixed

Date/time and location:	Ongoing. Tuesdays from 10am. Ierne Sports Club, Drumcondra
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<b>Name of programme:</b>	<b>Forever Fit 'Wheels' Cycling programme</b>
Age group:	Older adults (age 55+ years)
Gender:	Mixed
Date/time and location:	Ongoing. Mondays from 10am. Ierne Sports Club, Drumcondra

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

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

<b>Name of programme:</b>	<b>Forever Fit Dunard Court Group</b>
Description of programme activity:	Walking/Cycling/Other activities TBC
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Ongoing. Thursdays. Time TBC

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

<b>Name of programme:</b>	<b>Forever Fit Activator Pole Programme</b>
Age group:	Older adults
Gender:	Mixed
Date/time and location:	Tuesdays in Cabra Parkside

### Thrive – Adults With Mental Health Difficulties

<b>Name of programme:</b>	<b>Eve Góirtín/HSE Programme</b>
Description of programme activity:	Delivered in partnership with the HSE and the EVE Góirtín Training Centre which focuses on delivering programmes aimed at engaging adults who have experienced a mental health difficulty.
Age group:	18+
Gender:	Mixed
Date/time and location:	Ongoing. Wednesdays from 2pm in Aughrim St. Centre

### Health Improvement in the Community

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

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

### **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:

<b>Name of programme:</b>	<b>Work Options Programme</b>
<b>Description of programme activity :</b>	Programme supporting adults with disabilities. Every Friday from 12pm in Aughrim st. Centre

<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

## **DCSWP Central Area Co-Funded Programmes:**

### **Athletics in the Community**

Couch to 3/5k and walking community programmes will continue in the Central area in partnership with the Co-funded Athletics Officers in January 2024. Officers will also continue to engage with schools in the Daily Mile and school track and field programmes such as training for schools cross country 2024.

### **Boxing in the Community**

The 13-week Startbox Bronze and Silver programmes will conclude for 2023 in December in Central area schools with the showcase finals.

### **Cricket in the Community**

- The DCSWP Cricket Development Officer continues to deliver and support schoolyard sessions via local primary schools (Stanhope St and Gardiner St. every Tuesday from 11am.
- Tape Ball cricket sessions continue every Saturday in Mountjoy Square from 10am.

### **Football in the Community**

- The FAI Development Officer continues to engage with schools and local clubs around introductory and coaching programmes, including inclusive programmes delivered by the North City Football For All Officer.
- Late Night Leagues will continue 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) and delivered in partnership with An Garda Síochána
- Walking Football aimed at underactive adults age 50+ years (mixed) continues in St. Laurence O'Toole Centre every Friday from 12-1pm.

### **Rowing in the Community**

The Get Going Get Rowing indoor rowing schools programme continues. In the Central Area the programme continues in St. Dominic's School, Cabra every Monday aimed at First and TY level.

## Rugby in the Community

- Tag Rugby in-school sessions continue in Central area in the following schools:
  - Central Model Junior and Senior School, Gardiner St
  - St. Mary's NS, Dorset St
  - St. Columba's NS, Ballybough/North Strand
  - Mount Carmel Secondary School
  - Ozanam House, Mouth Joy Square
  - St. Laurence O'Toole BNS, Sheriff St
  - Belvedere College, Distillery Road (TY Coaching Course)

## 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, Vision Sports and after-school swim programmes continue in Coolock and Seán McDermott swimming pool on a citywide basis. Included participants from the Central Area.

## Training for 2023

- Safeguarding 1,2 & 3 (Ongoing on an on-demand basis)

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