

## **SOUTH CENTRAL AREA COMMITTEE**

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

**JANUARY 2024**

#### **1. Dublin City Sport & Wellbeing Partnership Highlights January 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, gender or ability. DCSWP continues to align the planning and delivery of programmes with national and international sporting 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.

##### **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 kicked off for 2024 in the Phoenix Park on 1<sup>st</sup> January with the Tom Brennan memorial 5k race. The challenge is to complete the three remaining races below and a park run (within the time period 1st January 2024 and 6th April 2024). Participants have received 5 A T-Shirts and a medal will be presented by the Lord Mayor after the end of the last race - DCC / BHAA 4 Mile Road Race – 6<sup>th</sup> April 2024 @ 11.00 (TBC).

- **Raheny 5 Mile** - Raheny Village/St. Anne's Park – 28th January 2024 @ 3pm
- **Sandymount Night Run 10k or 5k** - Sandymount – 12th 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)**

##### **Change For Life 2024**

Change For Life (CFL) is Dublin City Sport and Wellbeing Partnership's eight-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 adults but broadened in recent years to include young people and a Dublin City employee programme focused on supporting staff to develop health habits for life.

CFL programmes in the SCA are outlined in the core programme section below.

### **Change For Life – DCC Staff Programme 2024**

In partnership with DCC’s Health and Wellbeing Unit, DCSWP is delighted to resume the Change for Life programme for staff in 2024. Due to the temporary closure of the Wood Quay Venue, the classes will take place in St Catherine’s Community Sport Centre. A shuttle bus will be available to staff leaving Cook Street at 12:30 pm and departing St Catherine’s at 1:20 pm.

Fitness classes commenced on Thursday 11<sup>th</sup> January 2024 for four weeks. Programmes have been advertised to staff and places are number dependant:

#### **Pre-Assessment**

**Date:** 9th January 2024

**Time:** 12-2 p.m.

**Location:** Room 132

*Block1, Floor 3*

#### **Fitness Classes\***

**Date:** Every Tuesday and Thursday

**Time:** 12:45-1:15pm

**Location:** St Catherine’s  
Community Sport Centre

#### **Post-Assessment**

**Date:** 8<sup>th</sup> February 2024

**Time:** 12 - 2 p.m.

**Location:** Room 132

*Block1, Floor 3*

### **Dublin City Council Sports Plan 2024 – 2028**

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

**Teneo will present the draft strategy to the South Central Area Committee on Wednesday 20th March at 3pm in City Hall**

### DCSWP Staffing Update:

➤ **Sport Inclusion and Integration Officer (3 year temporary)**

Two DCSWP Sport Inclusion and Integration Officers have been appointed and will commence duties on 22nd January 2024. Further information on 2024 initiatives will be outlined in the next report.

Inclusion in Sport is a priority for DCSWP's under our core target group requirements and the appointment of two dedicated officers will expand the reach of these targeted initiatives.

➤ **Sport Officer (permanent)**

Interviews for the position of Sport Officer took place in December 2023. Start dates TBC.

The appointment of two new Sport Officers will address the current vacancies in the North West Area (NWA) and North Central Area (NCA).

### 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.dcwsphub.ie](http://www.dcwsphub.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)

## South Central Area Core/Ongoing Programme Highlights January 2024

### Change For Life

<b>Name of core programme:</b>	<b>Change For Life Hillwalking Programme</b>
<b>Description of programme activity:</b>	Delivered in partnership with Ballyfermot Youth Service (BYS), Kylemore Community Training Centre (CTC) and Ballyfermot Adults Learning Together (MALT). Eight 5k morning Hill Walks have been planned in various location in the Dublin/Wicklow area. Commencing Tuesday 23 <sup>rd</sup> January
<b>Age group:</b>	15-21 (BYS/Kylemore CTC) and 50+ years (BALT)
<b>Gender:</b>	Mixed

<b>Name of core programme:</b>	<b>Change For Life Cherry Orchard</b>
<b>Description of programme activity:</b>	Two open Bowls taster sessions for new or active participants
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Morning programme. Commencing 16 <sup>th</sup> January. Cherry Orchard Centre

<b>Name of core programme:</b>	<b>Change For Life Cherry Orchard Running Club</b>
<b>Description of programme activity:</b>	New Couch to 5k running programme to coincide with Change For Life 2024
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Commenced Tuesday 2 <sup>nd</sup> January. Tuesday and Thursday evenings.

	Ballyfermot Sports & Fitness/Cherry Orchard Running Club
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<b>Name of core programme:</b>	<b>Change For Life Bluebell/Fatima/Dolphin's Barn/Inchicore</b>
<b>Description of programme activity:</b>	Weekly multi-sport classes from January to March as part of CFL 2024
<b>Age group:</b>	U10 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Bluebell Community Centre/Fatima F2 Centre/Dolphin House Community Centre. Commences 15 <sup>th</sup> January. Times TBC

<b>Name of core programme:</b>	<b>Change For Life Fatima/Dolphin Creche Programme</b>
<b>Description of programme activity:</b>	Weekly multi-sport classes from January to March as part of CFL 2024
<b>Age group:</b>	2-5 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Commences 15 <sup>th</sup> January. Times TBC

<b>Name of core programme:</b>	<b>Change For Life Bluebell/Fatima/Dolphin's Barn/Inchicore</b>
<b>Description of programme activity:</b>	Weekly multi-sport classes from January to March as part of CFL 2024
<b>Age group:</b>	18+years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	<b>Bluebell Community Centre:</b> Wednesdays 11am-12/12-1pm. Thursdays 11am-12noon/7pm-8pm <b>Fatima F2 Centre:</b> Thursdays from 10am – 5.30pm <b>Dolphin House Community Centre:</b> Tuesdays from 12 noon

	<b>Inchicore Sports Complex:</b> Tuesday 10am-11am/Thursday 11am – 12 noon/7pm-8pm
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<b>Name of core programme:</b>	<b>Change For Life Inclusive Programmes</b>
<b>Description of programme activity:</b>	Inclusive Weekly Glow Exercise Programme (St. John of God's) and Multi-Sport/Boccia (Fatima) aimed at people with physical, intellectual and sensory disabilities.
<b>Age group:</b>	18+ years (SJG) 4-18 years (Multi-Sport, Fatima) 18+years (Boccia, Fatima)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	St. John of God's Islandbridge. Wednesdays from 11am. Fatima F2 Centre. Tuesdays from 2pm and Wednesdays from 4.15pm (Multi-Sport) Mondays from 11am (Boccia)

<b>Name of core programme:</b>	<b>Change For Life Walking Programme</b>
<b>Description of programme activity:</b>	Partnership programme with HSE Occupational Therapy, D8
<b>Age group:</b>	18+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	TBC

**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 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 programme:</b>	<b>Skateboard Introductory Programme</b>
<b>Description of programme activity:</b>	New course for 2024 – the Cruiser Award programme teaches first-time skaters how to master the skills to enjoy the sport on a regular basis
<b>Age group:</b>	10-16
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ballyfermot Sports & Fitness. Ballyfermot Skate Park

<b>Name of programme:</b>	<b>Underwater Hockey Programmes</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 Programme:</b>	<b>GAISCE President Award Leader (PAL)</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. Activities include Community

	Projects, Life Guard Training, BMX Activities, Friday Walks
<b>Age group:</b>	15-26
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Various Times and Locations

<b>Name of core programme:</b>	<b>Youth Fit Swimming programme</b>
<b>Description of programme activity:</b>	Swimming sessions delivered in partnership with Fóroige youth services
<b>Age group:</b>	12-15 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Times/Dates TBC. Trinity Swimming Pool

<b>Name of core programme:</b>	<b>Youth Fit Multi-Sport programme</b>
<b>Description of programme activity:</b>	Delivered in partnership with Rialto Youth Project
<b>Age group:</b>	12-15 years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Times/Dates TBC. St. Catherine's Sports & Fitness Centre

### 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 Inclusive Exercise Classes in partnership with National Learning Centre
<b>Age group:</b>	18 + years
<b>Gender:</b>	Mixed



<b>Date/time and location:</b>	Wednesdays. Fatima Community Centre. Times TBC
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### Older Adults (Age 55+ years)

<b>Name of programme:</b>	<b>Multi-Sport Older Adult Programmes</b>
<b>Description of programme activity:</b>	2024 Older Adult Programmes will run throughout the year in Ballyfermot Civic Centre and Drimnagh area. Programmes include Trishaw Activities, Yoga/Mindfulness/ Activator Pole classes etc.
<b>Age group:</b>	Age 55+ years
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Ongoing. Thursday mornings.

### Underactive Communities

<b>Name of programme:</b>	<b>parkHIIT</b>
<b>Description of programme activity:</b>	<b>parkHIIT</b> is a free weekly workout based on bodyweight only resistance exercises. A pilot programme will commence in the SCA from Saturday 20 <sup>th</sup> January
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Saturdays from 9.30am. Ballyfermot Civic Centre (meeting point)

<b>Name of programme:</b>	<b>Swim Programme</b>
<b>Description of programme activity:</b>	'Never too Late' Swim Programme aimed at Adult beginners
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Tuesdays from 11am. Crumlin Swimming Pool

<b>Name of programme:</b>	<b>Couch to 5k Drimnagh</b>
<b>Description of programme activity:</b>	Lead in training sessions supporting participants to complete a 5k run. Delivered in partnership with parkrun
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Brickfield Park. Times and dates TBC

<b>Name of programme:</b>	<b>Women's Shed, Drimnagh</b>
<b>Description of programme activity:</b>	Fitness and general health sessions delivered in a sociable environment
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed

<b>Name of programme:</b>	<b>Aqua Aerobic Programme</b>
<b>Age group:</b>	Adults (age 18 + years)
<b>Gender:</b>	Mixed
<b>Date/time and location:</b>	Wednesdays from 11am. F2 Centre, Fatima

## 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 (Inchicore)
<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.

## Health Improvement Programmes in the SCA

- Move For Health, Liberties - Strength & balance programme for older adults in partnership with HSE physios – Start times and dates TBC. St. Catherine's Sports & Fitness Centre.
- 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 3pm 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 11am in the F2 Centre, Rialto
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Rialto.

### **SCA Community Wellness Programmes**

**The following programmes are delivered in partnership with the HSE and are referral only. Programmes focus on supporting individuals with underlying medical conditions.**

Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Monday from 9am in St. Catherine’s Sport & Fitness Centre in partnership with HSE (mixed, all ages)

Cardiac Gym and Class programme – every Monday (from 1pm) Wednesday and Friday (from 9am) in St. Catherine’s Sports & Fitness Centre.

### **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** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland’s most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx. 2,000 young people take part each year.

The programme is structured into Bronze (non-contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver programme consists of higher intensity sessions & limited contact and the Gold phase takes it to another level (combination of first two levels and progression to contact).

The programme has expanded over the years to include young participants from 7 – 10 years (second class +)

The 2024 StartBox programme will commence in the following SCA schools from February:

- St. Catherine's NS, Donore Avenue.
- Mary Queen of Angels, BNS, Ballyfermot
- St. Ultan's NS, Cherry Orchard
- St, Audeon's NS, Cook St, D8
- Our Lady of the Wayside NS, Bluebell
- Scoil Mhuire, Dodsboro
- Clogher Road Community College, Crumlin
- James Street CBS, D8
- Lucan Community College
- Goldenbridge NS, Inchicore
- Scoil Mhuire Gan Smal, Inchicore

### **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 (Male. Age 8-13 years)
- Scoil Una Naofa, Kimmage. Mondays 3.00pm-4.30pm (Mixed. Age 8-13 years)
- Kylemore College, Ballyfermot. Wednesdays. Time TBC (Mixed age 8-13 years)

Plans are currently being put in place for mid-term inter-school camps in the 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 the D8 area

➤ **FAI Coaching**

- Coaching courses continues in local clubs in the SCA.

**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 (Citywide)**

The Get Going Get Rowing indoor rowing schools programme continues. In the SCA the programme commences in February in Our Lady of Mercy, Drimnagh (12-18 years, Mixed)

**Rugby in the Community (Citywide)**

In-school/Aldi play rugby sessions continue in the following SCA primary and secondary schools:

- Our Lady of the Wayside, Bluebell (Mixed U 12's)
- Scoil Mhuire Gan Smal, Inchicore (Mixed U 10's)
- Drimnagh Castle (Mixed U 15's)

**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
- CPR Training for Junior Leaders in partnership with Ballyfermot Youth Service
- Staff First Aid Responder Training – three day course aimed at DCSWP/DCC staff

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