

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2024

1. Dublin City Sport & Wellbeing Partnership Highlights February 2024:

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 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.

The calendar of events has been circulated to area managers in the South Central Area (SCA).

The planning process has commenced for International Women’s Day (8th March) and Women in Sport week 2024 (4th – 10th March). A timetable of events will be communicated in the lead up to the week. Planning has also commenced for the 2024 Schools Cross Country Race Series.

Training will commence for the Women’s Mini Marathon 2024 in June via local South Central Area Couch to 5k programmes (see below)

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 1st January with the Tom Brennan memorial 5k race. The second race took place in St. Anne’s Park on 28th January. The challenge is to complete the two remaining races below and a park run (within the remaining time period ending on 6th April 2024). Participants have received T-Shirts and a medal will be presented by the Lord Mayor after the end of the final race.

- **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.

Details of CFL SCA programmes are included in the core programme section.

Change For Life – Staff Programme 2024

In partnership with DCC's Health and Wellbeing Unit, Dublin City Sport & Wellbeing Partnership 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 Thursday 11th January 2024 and will conclude at the end of February. Programmes have been advertised to staff and places are number dependant:

Fitness Classes – Every Tuesday and Thursday from 12.45pm in St. Catherine's Community Sport Centre

Post Assessment – Thursday 8th from 12 noon in Room 132, Block 1, Floor 3, Civic Offices, Wood Quay.

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 commenced duties. Further information on 2024 initiatives will be outlined once rollout commences.

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)**

Start dates: early March. TBC

The appointment of two new Sport Officers will address the current vacancies in the North West Area (NWA) and the North Central Area (NCA). DCSWP will update area managers and committees once details are finalised.

Walking Programmes 2024

Walking programmes in late January and continue into February/March every Tuesday. DCSWP Sport Officers have engaged with local walking groups targeting all ages in the NCA. Locations include St. Anne's Park, Dollymount, Carrickgollogan Forest, Cruagh, Ticknock, Varty Reservoir, Djouce and Glendalough. Officers guide participants along the planned walks which range from easy to moderate and more challenging.

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
- Email: 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 February 2024

Change For Life – Underactive Communities

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

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| Name of core programme: | Change For Life Cherry Orchard |
| Description of programme activity: | Two open Bowls taster sessions for new or active participants |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 9am. Orchard Centre, Cherry Orchard |

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| Name of core programme: | Change For Life Cherry Orchard Running Club |
| Description of programme activity: | New Couch to 5k running programme to coincide with Change For Life 2024 |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays and Thursdays from 7pm. Ballyfermot Sports & Fitness/Cherry Orchard Running Club |

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| Name of core programme: | Change For Life Bluebell/Fatima/Dolphin's Barn/Inchicore |
| Description of programme activity: | Weekly multi-sport classes from January to March as part of CFL 2024 |
| Age group: | U10 years |
| Gender: | Mixed |
| Date/time and location: | Bluebell Community Centre/Fatima F2 Centre/Dolphin House Community Centre. Commences 15 th January. Times TBC |

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| Name of core programme: | Change For Life Fatima/Dolphin Creche Programme |
| Description of programme activity: | Weekly multi-sport classes from January to March as part of CFL 2024 |

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| Age group: | 2-5 years |
| Gender: | Mixed |
| Date/time and location: | Commences 15 th January. Times TBC |

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

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| Name of core programme: | Change For Life Inclusive Programmes |
| Description of programme activity: | Inclusive Weekly Glow Exercise Programme (St. John of God's) and Multi-Sport/Boccia (Fatima) aimed at people with physical, intellectual and sensory disabilities. |
| Age group: | 18+ years (SJG) 4-18 years (Multi-Sport, Fatima) 18+years (Boccia, Fatima) |
| Gender: | Mixed |
| Date/time and location: | 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) |

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

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

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| Name of programme: | Skateboard Introductory Programme |
| Description of programme activity: | 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 |
| Age group: | 10-16 |
| Gender: | Mixed |

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| Date/time and location: | Tuesdays from 5-7pm. Ballyfermot Centre and Ballyfermot Skate Park |
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| Name of programme: | Underwater Hockey Programmes |
| Description of programme activity: | Six-week Introductory Junior Underwater Hockey and weekend coaching course programme delivered in partnership with Dive Ireland |
| Age group: | 14-18 (junior programme) 18+ (coaching course) |
| Gender: | Mixed |
| Date/time and location: | Junior programme TBC. Coaching course commences Saturday 3 rd December |

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| Name of Programme: | GAISCE President Award Leader (PAL) |
| Description of programme activity: | 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 |
| Age group: | 15-26 |
| Gender: | Mixed |
| Date/time and location: | Ongoing. Various Times and Locations |

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| Name of core programme: | Youth Fit Wellness Evenings |
| Description of programme activity: | Dip and Swim 'Check-in and Chat' programme aimed at supporting young people in the SCA. Delivered in partnership with Ballyfermot Youth Services |
| Age group: | 14-18 years |
| Gender: | Mixed |
| Date/time and location: | Tuesdays from 6-9.30pm. Sandycove 40ft |

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

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

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| Name of core programme: | Marathon Kids |
| Description of programme activity: | Follow on MK programme delivered in partnership with Kylemore Secondary School |
| Age group: | 12-13 years |
| Gender: | Mixed |
| Date/time and location: | Ongoing/Daily |

Champions – People with physical, intellectual and sensory disabilities

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| Name of core programme: | Champions |
| Description of programme activity: | Multi-Fitness Inclusive Exercise Classes in partnership with National Learning Centre |
| Age group: | 18 + years |
| Gender: | Mixed |
| Date/time and location: | Wednesdays. Fatima Community Centre. Times TBC |

Older Adults (Age 55+ years)

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| Name of programme: | Multi-Sport Older Adult Programmes |
| Description of programme activity: | 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. |
| Age group: | Age 55+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing. Thursday mornings. |

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| Name of core programme: | Raleigh Court Older Adults Programme |
| Description of programme activity: | Light Fitness session supporting older adults in the Drimnagh area |
| Age group: | 55+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing on a weekly basis. Details TBC |

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| Name of core programme: | Walkinstown Court Older Adults Programme |
| Description of programme activity: | Light Fitness session supporting older adults in the Walkinstown area |
| Age group: | 55+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing on a weekly basis. Details TBC |

Underactive Communities

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

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

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

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

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

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| Name of core programme: | Ballyfermot Walkers and Talkers |
| Description of programme activity: | Programme aimed at boosting physical activity in a sociable and supportive environment. Delivered in partnership with St. Matthews Resource Centre |
| Age group: | 18+ years |

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| Gender: | Mixed |
| Date/time and location: | Start dates March. TBC |

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| Name of core programme: | Aqua Fitness Programme |
| Description of programme activity: | Adult Fitness programme supported by Ballyfermot Sports & Fitness |
| Age group: | 18+ years |
| Gender: | Mixed |
| Date/time and location: | Ongoing over three days on a weekly basis from 12pm and 3pm. Ballyfermot Sports & Fitness Centre. Days TBC |

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. As per the start of the report further details on Sport Inclusion programmes will follow in DCSWP report following the appointment of the SIIO's

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| Name of programme: | Bravo Volleyball Club |
| Description of programme activity : | Club development aimed at supporting members of the LGBTQ+ community in the SCA (Inchicore) |
| Name of programme: | Shelbourne Football For All Programme |
| Description of programme activity : | Programme aimed at service users from multiple services age 16+ years experiencing mental health difficulties. |

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| Name of programme: | Ukrainian Crisis Centre Winter Programme |
| Description of programme activity : | Multi-sport initiative aimed at all ages. Delivered in partnership with emergency/housing services etc. Takes |

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| | place in St. Catherine's Sport & Fitness Centre every Wednesday. |
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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. Preliminary dates have been set for March/April for the citywide school cross country race series which will include schools from the South Central Area.

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 continue in the following SCA schools in February/March:

- 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
- Kylemore College Secondary School

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. The aim is to encourage young females to participate and form pathways to local clubs in D8 area

➤ **Afterschool Programme**

Targeted at young females. The 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 commenced in February in Our Lady of Mercy, Drimnagh (12-18 years, Mixed) and will continue into March/April.

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 targeting schools and groups from across all five electoral areas.

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. Details TBC
- Staff First Aid Responder Training – three day course aimed at DCSWP/DCC staff

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