

To the Chairperson and Members of the
South East Area Committee

Report of the Executive Manager, Central and South East Areas

City Quay

Intend to use the new framework to invite tenders for this work.

Baggot Street Upper

Currently liaising with businesses on Street regarding the location of 11 new public benches.

Bridge Project

Discussions to take place with *frontline* regarding further collaboration with them.

Cabbage Patch

To liaise with local school regarding Community Garden.

Sandymount Green

The plan will be to engage with local stakeholders in April to discuss pedestrianisation beside Sandymount Green for the summer of 2024.

Grand Canal

A meeting was held in January 2020 with Waterways Ireland representatives and Councillors to discuss ongoing management and maintenance of the canals in the city and to agree a new structure for interaction between Waterways Ireland and DCC. The latest meeting was held on 26th July 2023. A Bye Law consultation meeting was held with Councillors on 18th October 2023 and work continues on framing the new Bye Laws. Proposed works to the canal bank along Wilton Terrace will be presented to Councillors when finalised.

Portobello Harbour Square

Ait Urbanism + Landscape were appointed as consultant for the project and two initial public consultation workshops were held on 1st and 8th June 2022 at St. Kevin's Community Centre. Concept designs were prepared by consultants based on the outcome of these workshops and these were put on public display at St. Kevin's Community Centre between 3pm and 8pm on Thursday 21st July 2022. Online consultation was open until 19th August 2022 and a large number of submissions were received. Preliminary Appraisal form has been lodged with the Capital Project Support Office (CPSO). Provision has been included in the Parks 2023/24/25 draft Capital Programme. Parks Department presented the latest design to Councillors on 18th May 2023. A further public consultation took place at St. Kevin's Community Centre on 31st May 2023 and subsequently online. The pre-part 8 process which involves agreeing the proposal with internal departments has over run due to some issues that arose late in the design process. The plans are now being finalised with the consultants. Parks Department will bring an update to Councillors when the proposal is finalised.

Rathgar Village Improvement Plan (VIP)

Herzog Park, Rathgar – Final Phase

The final phase of the project includes the re-alignment of the front boundary of the park and the revised car park layout, as set out in the Part 8 permission. A preliminary site meeting was held with Road Construction engineers in April 2022. Surveys of the area were carried out including a drone survey and GPR Survey to assist in the design process. Roads engineering resource is now in place and a meeting was held on site on 5th May 2023 with Roads Engineer, Parks Dept. and Area Office. Japanese Knotweed has been identified in the boundary which has an impact on timeline and costs. Outline costings have now been compiled and funding options are currently being assessed, including possible funding from Irish Water for SUDS works. We are awaiting a response from Irish Water regarding funding. Timeline for works will then be prepared and tender prepared in early 2024.

Ringsend Irishtown Local Environment Improvement Plan (LEIP)

Library Square

(Mitchell & Associates) Meetings with internal stakeholders were held during April/May 2022 and work was carried out on finalising the design. A meeting was held with local businesses to agree servicing arrangements for traders on Fitzwilliam Street in November 2022. A public information meeting to present the design to the community was held in December 2022 in Ringsend Irishtown Community Centre which was well received. A Road Safety Audit was carried out in early 2023. Pre-Part 8 drawings were circulated to Technical Departments in April 2023 and all issues have been resolved. Planning Dept. had no objection to proceeding to Part 8 and presentation was made to the November SEAC meeting giving notice of lodgement of Part 8 planning application in November 2023. Part 8 planning application was lodged on Thursday 30th November and was open for submissions/observations until close of business on Thursday 18th January 2024. 22 submissions were received and the Planning Department has drafted its recommendation. It is proposed to present a report to the March SEAC meeting informing members of our intention to present the proposal to the April 2024 meeting of the City Council for approval.

Choice Based Lettings / Allocations

Units in Maxwell Court and Stannaway Court are currently being advertised under this scheme. The closing date for application is March 21st.

CCTV

A further meeting took place with An Garda Síochána on 15 February. They have revised their previous advice and are now recommending applications to the Garda Commissioner for authorisation for CCTV schemes in Public Places should be made under the existing Section 38 of the Garda Síochána Act, 2005 as it is unclear as to when the Garda Síochána (Recording Devices) Act will commence. They are still of the opinion that DCC can apply for authorisation without the necessity to set up a Project Team, which would have required the inclusion of local stakeholders, potentially endangering their safety. They have now also advised that there should be separate applications for smaller geographical areas rather one application for the entire area. We have agreed that a CCTV Scheme for the Benbulbin Road Area will be the first priority and, as a first step, the Chair of the D12 Community Safety Forum has written to both the South East and South Central Joint Policing Committees proposing the scheme.

Former Fr. Lar Redmond Hall, Keeper Road, Drimnagh

This community hall has been vacant for many years and Housing Development are proposing to redevelop the site for Housing. The site will be developed by Respond Housing and the proposal is to build Older Persons Units on the site. Information days took place in Dolphin's Barn Library on Wednesday 25th and Thursday 26th January. The main comments related to

the proposed height of the developments and this was repeated at the presentation that was made to the Area Committee on 13th March. Following a redesign in response to points raised at the Area Committee Meeting and at the Community Consultation event Responds Architects have completed a further redesign. The main changes are as follows:

- A reduction of the overall building height from 7 to 6 storeys.
- Increase in height to the rear block from 4 to 5 storeys with the top floor set back.
- Reduction in car parking spaces provided from 5 to 3.
- Relocation of the communal room from third floor to upper ground floor, with dedicated entry from Keeper Road.
- Unit numbers have reduced from 22 to 20, due to the reduction in height, with unit areas remaining at approximately just over 50m².

A planning application was lodged on 16th June with the last day for observations being 20th July. This application was deemed invalid. A new application was submitted on 14th July with the last day for observations being 17th August. This application was also deemed invalid as one of the three required Public Notices on the site was missing when the planning inspector visited the site. A third application was submitted on 25th August and the final date for observations to be submitted is 28th September. A decision was returned by the Planning Department on 18th October. They are seeking further information in relation to 7 issues of concern. Among these issues are the height, density and scale of the project, location of the community room and drainage for the site. Respond have 6 months from the date of decision to provide the further information.

Ravensdale Close/Clonmacnoise Grove

Following a meeting in January 2023 with Housing Development and FOLD AHB to review feasibility studies for the redevelopment of Ravensdale Close and Clonmacnoise Grove Senior Citizens complexes it was agreed that both projects were viable. Outline designs were presented to Area Councillors on 16th November 2023. There was a generally positive response with some concerns raised re overlooking due to the proposed height of the Clonmacnoise design. FOLD's Architects completed a revision of Clonmacnoise design in January and a presentation was made to Area staff on 29th February. A meeting will now be arranged to show the revised plans to Area Councillors. An Open day will also be held for residents of both complexes after Easter.

Mill Pond

The 4 two bed units have now been allocated in the complex. We are carrying out Estate Management checks on applicants for the remaining studio unit.

Rosary Hall

Works commenced on the refurbishment of the Hall on Jan 29th and fortnightly meetings take place with Contractor, Consultants, Area Manager & City Architects.

Large Skip were provided to assist with disposal of items the Community Groups no longer require and a Container provided for storage during the refurbishment phase.

Portable Toilets have been provided on site as the building will not be accessible to the Football teams during construction which is due to take 4 months.

The Area Committee agreed to extend the Lease at the February Area meeting and this will go before the March City Council meeting.

A supervisory committee comprising of two members of the football club and two members of the Harold's Cross Village Community Council (HXVCC) and the Area Manager will be

established to optimise the use of the facility for the benefit of the Community. It is hoped to have the first meeting in early April.

Age Friendly Initiative Harold's Cross

The final AF meeting of the year took place on Dec 5th and the Harold's Cross 'Ageing Well' Christmas Party took place on 12th December with 112 attending.

A small delegation from the AF Committee met with senior Parks staff to explore the possibility of a Digital Notice Board in Harold's Cross Park and provisional agreement has been reached subject to conditions

Further monies have been set aside in the Discretionary Fund this year for the HX Aging Initiative.

The first Aging Well event of 2024 will take place in McGowan's of Harold's Cross at 11am on Tuesday March 19th which will be a Coffee Morning. A staff member from Rathmines Library and members of the Southside Partnership will attend to give talks.

It is proposed to hold the next main Committee AF meeting in late March

Rutland Grove / Eamonn Ceannt Park

The awarding of the 'Green Flag' to Eamonn Ceannt Park was marked with a small ceremony with invites to the 'Friends of Eamonn Ceannt Park' on December 14th,

Works on the Depot Upgrade are continuing and discussions are ongoing with the Residents Association in relation to the placement of an ESB substation.

Parks & Area Management met with the Rutland Residents Association on 15th February regarding the redevelopment of the Depot and a visual representation of the exterior finish was delivered to all households in the Rutland Grove area.

Swan Leisure

Works to enhance the Plaza at Swan Leisure Rathmines are due to commence in early April. Works will comprise of new enhanced Seating, Planters, Repaving works, Cladding of existing benches etc. Works will cost in the region of €80k and will be co funded by the Swan Leisure.

Christy Brown Memorial

Feasibility Study has commenced in relation to this which will be co funded with the Arts Office and Area Office.

Some public consultation has already taken place. Freelance Arts Curator/Project Manager Rayne Booth who will undertake the Feasibility Study.

Pembroke & South East Inner City February 2024

Dominic Hession, Public Domain Officer

Railings at "The Drain" in Ringsend completed end Feb 2024



Weed Control

Extension of Kms available for 2024. 118kms for South East Area (from a total of 274 kms impact 1, 2, 3) List to go to Greentown by end of February to allow for scheduling. Hope to start early April.

Lamppost painting

Ongoing

Abandoned Bicycles

77 Removed Y.T.D.

52 Identified and tagged as abandoned.

Discretionary fund 2024

Projects under consideration.

Graffiti Removal

619 Square Metres removed for Feb 2024

Joint Policing Committee (JPC)

Next Meeting 21st March

Community Clean-ups

Bag/Equipment Deliveries for February: 16 deliveries

Community Clean up bag collections: 28 (S.E.A.)

Fiona O'Shea South East Area Public Domain

Weed Control

List for SEA for Greentown has been completed and sent to Greentown.

Upgrades / Enhancements of the Public Realm

Crumlin Village Laneway

Resurfacing of the laneway to complete the upgrade to commence soon.

Orwell/Zion Road Junction

Recently welcomed a new 4 seater bench and 3 large planters making a huge difference to the once drab looking corner. Request from the Rathgar Residents Association for either a second bench or another planter to be considered at a later date.



Rathmines Road Upper

Enhancement works underway for deep cleaning of pavements, cleaning of park wall, reports of graffiti in park and from lamp posts, utility boxes and so forth logged for removal. Consideration to source and provide new planters at park entrance and around shop area underway. Other work relating to fixing pathways, repainting road markings to be discussed with RM and Traffic.



Community Clean-ups / Leaf Collections

Requests and deliveries for cleaning equipment and bags starting to come in. Team Dublin Clean-Up date is April 27th from 11 am to 1 pm.

Graffiti Removal Jan/Feb '24

All reports of graffiti in the area have been photographed and logged for removal

Pembroke & South East Inner City Wards Community Development
March 2024

St. Mary's Residence, Pembroke

The Community Team have linked the residents of St Mary's Pembroke up with DCC Community Library Team who have visited them and signed 67 residents up with library cards. Guided walks to the library and tours of the library have been organised with local residents and staff.

Our local Sports and Active Cities Officers are assisting residents with physical activity programmes.

Waystone, local business is running CV and interview training with residents.

Winter Warm Packs for Older People

1,300 winter packs for older people have been distributed.



All 50 allotment slots have been renewed over the past two weeks and waiting lists remain on all of these with an annual spring planting events planned.

Friends of Green Space – We have taken orders and planned delivery for May on summer bedding and perennials

Charleston Road residents assisting to deliver Winter Warmer Packs, volunteering to prepare and deliver Meals-on-Wheels across the South East Area and gardening in our Sheltered Housing complexes locally.



March 2024

Our team are busy assisting Tidy Towns groups and planning Easter events in many villages across the area.

Date	Day	Time	Event
every	Wed	11-12am	Chair Yoga for Older People, Beech Hill Court
01/03	Fri	7:30pm	Sandymount Community Centre, Newbridge Avenue, Dublin 4. D04 CP80
19/03	Tues	2:30 - 4:40	Donnybrook ARA Afternoon Tea Party : Donnybrook Parish Centre, Church of the Sacred Heart, Stillorgan Road, Dublin 4
23/03	Sat	3: 00 - 5.30pm	Pearse house Easter Party @ The Courtyard, Pearse House Flat Complex, off Pearse Street, Dublin 2
24/03	Sun	2pm	LADRA Easter Treasure Hunt @ Sandymount Hotel, Herbert Road, Dublin 4
27/03	Wed	TBC	Neurodiversity Irishtown, Ringsend & Pearse Street March Easter Camp
27/03	Wed	8pm	Sean Moore Community Awards 2024 @ Clanna Gael, Ringsend.
28/3	Thurs	2.30-4.30	Easter Party St Andrews, Pearse St
30/03	Sat	TBC	Neurodiversity Irishtown, Ringsend & Pearse Street World Autism Awareness Day

Community Development Report – Kimmage/Rathmines monthly Area Committee meeting March 2024

Winter Age Friendly Packs

The South East Area Community teams have provided 1250 age friendly packs to our Senior citizens complexes and vulnerable older people in our community. The local Garda and DCC liaison Officer have assisted in the delivery of the packs.



Try a Trishaw – Age Friendly Open Day

The Community Development Team are working together with the Bike Hub in promoting their service in Eamonn Ceannt Park. We have linked in with our older groups/ clubs and senior citizens complexes and invited them down to an open day at the Bike Hub on the 14th March, 11am – 1pm to show case the trishaw bikes allowing the opportunity to see our fabulous park on Sundrive road.

CYCLING WITHOUT AGE

TRY AN ACCESSIBLE BIKE!

Cathairín Cathrach
Dubha Átha Cliath
Dublin City Council

RIDE A BIKE WITHOUT DOING ANY PEDALLING!

WARM BLANKETS
COMFY SEATS

TRAINED
VOLUNTEER PILOTS CYCLE YOU!

ENJOY THE WIND IN YOUR HAIR,
NO MATTER YOUR ABILITY!

📍 THE BIKE HUB, Eamonn Ceannt Park

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contact@thebikehub.ie

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[@tbhdub](https://www.instagram.com/tbhdub)

CYCLING WITHOUT AGE

TRY AN ACCESSIBLE BIKE!

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Dublin City Council

HOW TO USE THE SERVICE

1. MAKE A BOOKING
CALL **01 264 1000**
OR GO TO
THEBIKEHUB.IE/BOOK-ONLINE

2. MEET YOUR PILOT
AT THE BIKE HUB, OR A PRE-ARRANGED PARK ENTRANCE

3. CYCLE TOGETHER!
AND COME BACK EVERY WEEK!

WHAT DOES IT FEEL LIKE?

"It is a fantastic sensory experience as you sit in the comfort of your cab and your competent pilot cycles you...taking in the sights and sounds. It is very convenient to book in advance online through The bike hub website, and the icing on the cake it's free!" - Megan

contact@thebikehub.ie

[@thebikehub_ie](https://twitter.com/thebikehub_ie)

[@tbhdub](https://www.instagram.com/tbhdub)

Young at Heart Dance

The community development team has organised a night of song and dance bringing together the older people of Dublin 12, The event will be held on 21st March at 7 - 11pm in the Transport Club, Crumlin. We are expecting 320 attendees on the night.

Evergreen Easter Tea Dance

The first of our tea dances this year will take place in the Evergreen Club Terenure on the 22nd of March at 2pm. around one hundred of our D6 residents will come together for an afternoon of song and dance. Refreshments and entertainment will be provided.

LAMA Awards

The All Ireland Community and Council Awards recognise and celebrate community and councils working together. They provide a great opportunity to highlight and celebrate the work done within our communities. At this year's event Kimmage/Rathmines Area Office had 3 groups shortlisted for awards.

1. Kingfisher Project for Best Environmental Initiative
2. Connections Art Centre for National Impact Award
3. Harold's Cross Educate Together Bike Library who proudly took first place in the Best Community Transport Initiative.



The Crumlin Community Music Academy

The CCMA are celebrating their 10 year anniversary by hosting a fantastic celebration concert on 11th March 2024 in TU Dublin Concert Hall, Grangegorman. During this concert celebration, they will also launch their Strategic Plan 2024 – 2029

New Residents/ IPAS Placement

From the 19th February 165 beds will be provided for people seeking refuge in Ireland who are International Protection Applicants in Wynnefield road Accommodation Centre, 10 – 12 Wynnefield Road, Rathmines. There is a welcome night organised for the new residents on the 12th March at 7 – 8:30pm in Rathmines Parish Hall.

Autism Festival

The City Council are supporting D12 Autism Group to plan a family Fun Day to celebrate World Autism Month. The event will consist of a magic show, music, face painting and lots more. It will be on the 6th of April between 12 – 3pm in the Ivy Grounds in Crumlin.



Easter eggs hunt

The community development team and the Rathmines community Garda are hosting an Easter egg hunt in Tranquilla Park for the local children. The event will take place on Wednesday the 27th of March at 12. Refreshments and entertainment will be provided on the day.

Crumlin Community defibrillator

The City Council has collaborated with the Crumlin/Walkinstown Forum and the local Garda station to install a defibrillator in Crumlin village. The device is installed at the front door of the Garda station.



Event Schedule		
Date	Time	Event
11 th Mar	6:30pm	CCMA 10 year Anniversary
12 th Mar	7pm	Rathmines IPAS Accommodation welcome night
14 th Mar	11am	Bike hub Try a Trishaw Eamonn Ceannt Park
14 th Mar	2pm	Merrick House Music presentation choir
19 th Mar	11 to 12:30pm	Age Well Coffee Morning, McGowan's, Harold's Cross
21 st Mar	7.30pm	Young at Heart Dance – Transport Club
22 nd Mar	2 to 4pm	Easter Tea Dance, Evergreen Club, Terenure
22 nd Mar	3pm	Orwell Nursing Home - Past Times
27 th Mar	11pm	Lorcan O'Toole's - Angel
27 th Mar	12 to 3pm	Easter Eggs for Rathmines Youth, Tranquilla
6 th Apr	12 to 3pm	Autism Day Festival – Ivy Grounds

SOUTH EAST AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MARCH 2024

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 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.

Primary School's Cross Country Race Series 2024

In partnership with Athletics Ireland the primary school cross country race series for 2024 will take place in local DCC parks across the city from March - May. The series is due to be advertised on DCSWP communication platforms. Schools across the city will be invited to partake in this following events:

- Wed 6th March – John Paul Park, Cabra
- Thursday 7th March – Fairview Park

- Wednesday 10th April – Albert College Park
- Thursday 11th April – At. Anne's Park
- Wednesday 1st May – Eamonn Ceannt Park
- Thursday 2nd May – Ringsend Park

Governance Code For Sport

Dublin City Sport & Wellbeing Partnership has submitted a public statement of compliance with the Governance Code for Sport for a **Type C** organisation and is now included on the register of organisations (back dated to October 2023).

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 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 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 – 6th April 2024 @ 11.00 (TBC).

- **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**)

Walking Programmes 2024

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

DCSWP Communications

All DCSWP highlight programmes continue to be supported by social media channels and the DCSWP Virtual Hub. See below:

- Dublin City Sport & Wellbeing Partnership Virtual Hub: www.dcswhub.ie
- Email: sports@dublincity.ie
- Twitter: Dublin City Sport & Wellbeing Partnership (@dcsportsrec) / Twitter
- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](https://www.facebook.com/DublinCitySportWellbeingPartnership/)
Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

South East Area Core Programme March Highlights

Change for Life (Underactive Communities)

Name of programme:	Change For Life
Description of programme activity :	Programme of activities over eight weeks to encourage healthy lifestyles including assessments, classes and nutritional talks
Age group:	18+ years
Gender:	Mixed
Date/time and location:	The Evergreen Club, Terenure. Weekly programme over multiple days. Ongoing

Name of programme:	Change For Life
Description of programme activity :	Programme of activities over 8 weeks to encourage healthy lifestyles including assessments, classes and nutritional talks
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Harold's Cross National School. Weekly programme over multiple days. Ongoing

Name of programme:	Change For Life
Description of programme activity :	Eight week walking programme
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ongoing in various locations

Name of programme:	Change For Life
Description of programme activity :	Programme of activities over eight weeks to encourage healthy lifestyles including assessments, classes and nutritional talks.
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Ongoing in Irishtown Stadium.

Name of programme:	Change For Life
Description of programme activity :	Eight week social hiking initiative.
Age group:	18+ years
Partners:	Ballyfermot Adventure Centre
Gender:	Mixed
Date/time and location:	Various times and locations including Phoenix Park/Dublin Mountain Trails etc.

Youth at Risk/Youth Fit (Young People at Risk Age 10-24 Years/Schools/Youth Groups)

Name of programme:	After-school Programme
Description of programme activity :	Multi-sport activity
Partners:	Harold's Cross National School

Age group:	4- 12 years
Gender:	Mixed
Date/time and location:	Every Thursday from 1pm

Name of programme:	Youth Fit Teen Rugby
Description of programme activity :	Tag Rugby School development programme aimed at teenage girls/youth at risk
Partners:	CBS Secondary School, Westland Row
Age group:	13-18 years
Gender:	Female
Date/time and location:	Pearse St. Recreation Centre. Every Wednesday from 3pm

Name of programme:	Youth Fit School Indoor Athletics
Description of programme activity :	Tag Rugby School development programme aimed at teenage girls/youth at risk
Partners:	Local SE area schools. Celtic Athletics Club
Age group:	10-12 years
Gender:	Mixed
Date/time and location:	National Indoor Track, Sport Ireland Campus, Santry. Ongoing every Thursday

Name of programme:	Youth At Risk Drop-In
Description of programme activity :	Drop-in multi-sport programmes
Partners:	Clay Youth Project
Age group:	13-19 years
Gender:	Mixed
Date/time and location:	On in Clogher Rd. Centre

Name of programme:	Youth Fit/Get all Girls Active – Learn To Skate
Description of programme activity :	Beginners programme aimed at young females
Age group:	13-17years
Gender:	Mixed
Date/time and location:	Bushy Park Skate Park. Details of 2024 programme TBC

Forever Fit (Older Adults age 55+ years)

Name of core programme:	Forever Fit – Lorcan O’Toole, Crumlin
Description of programme activity:	Light fitness sessions including chair aerobics and yoga
Partners:	Lorcan O’Toole centre Crumlin/Kimmage
Age group:	Age 55+ years
Gender:	Mixed

Date/time and location:	Ongoing in Lorcan O'Toole centre every Wednesday from 11am.
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Name of Programme:	Forever Fit Harold's Cross
Description of programme activity:	Chair Yoga aimed at improving flexibility, strength and balance for Older Adults
Age group:	Age 55 + years
Gender:	Mixed
Date/time and location:	Ongoing in Harold's Cross Parish Centre every Monday from 11am
Name of core programme:	Forever Fit Terenure
Description of programme activity:	Chair based multi-activity programme aimed at improving fitness and mobility
Age group:	Mixed. Age 55+ Years
Gender:	Mixed
Date/time and location:	Ongoing in the Evergreen Centre, Terenure. Every Friday from 10am and 11am

Name of core programme:	Forever Fit, Donnybrook
Description of programme activity:	Chair based yoga programme aimed at improving flexibility/mobility
Age group:	Mixed. Age 55+ Years
Date/time and location:	Ongoing in Beech Hill Community Centre, Donnybrook. Every Wednesday from 11am.

Name of core programme:	Forever Fit, Crumlin
Description of programme activity:	Light fitness sessions including chair aerobics and yoga
Age group:	Mixed. Age 55+ Years
Date/time and location:	Ongoing in St. Agnes Crumlin Rd. Centre and Raleigh Court Centre

Champions – People with physical, intellectual and sensory disabilities.

Name of programme:	Zumba
Description of programme activity :	St. Michael's House (SMH) partnership programme
Age group:	18-24 years
Gender:	Mixed
Date/time and location:	Ongoing in SMH, Rathmines. Every Wednesday from 12.30pm

Thrive – Adults with Mental Health Difficulties

Name of programme:	Thrive Mindfulness Programme
Description of programme activity :	Mindfulness and exercise
Age group:	18+ years
Partner	St. Michael's House (SMH)
Gender:	Mixed

Date/time and location:	Ongoing in SMH Rathmines. Every Wednesday from 12.30pm
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Name of programme:	Thrive Mindfulness Programme
Description of programme activity :	Six-week Rehabilitation Care Programme
Age group:	18+ years
Partner	Rehab Care
Gender:	Mixed
Date/time and location:	Ongoing In Rehab Care, Pearse St. Every Wednesday from 12pm

Health Improvement in the Community

Name of programme:	D6 Holistic Health
Description of programme activity :	Holistic Mental Health & Exercise programme for people experiencing mental health difficulties (referral only)
Partners:	HSE Occupational Therapists
Age group:	Adults
Gender:	Mixed
Date/time and location:	Ongoing in Swan Leisure Centre. Every Thursday from 12pm

Name of programme:	D4 Tai Chi
Description of programme activity :	Older Adult programme aimed at adults aged 55+ years experiencing mental health difficulties.
Partners:	HSE Occupational Therapists
Age group:	Adults
Gender:	Mixed
Date/time and location:	Ongoing in Irishtown & Ringsend Centre. Every Wednesday from 10.30am

Name of programme:	Men On The Move Terenure
Description of programme activity :	Holistic Mental Health & Exercise programme for people experiencing mental health difficulties (referral only)
Partners:	HSE Occupational Therapists
Age group:	Adults
Gender:	Mixed
Date/time and location:	Ongoing in St. Joseph's Hall, Terenure. Every Tuesday from 7pm and Evergreen Centre, Terenure. Every Thursday from 7pm

Community Wellness Programmes (Citywide)

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 Tuesday and Thursday from 10am in Glin Road Community Centre (mixed, all ages)
- 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.

Sport Inclusion & Integration (Citywide)

Two DCSWP Sport Inclusion and Integration Officers have been appointed (see start of report)

Inclusion in Sport is a priority for DCSWP’s and the appointment of two dedicated officers will expand the reach of these targeted programme.

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

Name of programme:	Bravo Volleyball Programme
Description of programme activity :	Inclusive programme aimed at supporting LGTBQ + participation in clubs in the SEA.

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.

Name of programme:	Ukrainian Crisis Centre Programme
Description of programme activity :	Multi-sport initiative aimed at all ages. This is an ongoing programme to support people displaced by the conflict in Ukraine. The initiative commenced in 2023 and will continue throughout 2024. Activities include yoga and cycling. The programme is delivered in partnership with emergency and housing services etc.

Active Cities

Active Cities initiatives in the planning stages include Cycle With Confidence, Orienteering programmes in local parks including rollout of signage and expansion of Sim 4 Stem Mororsport programme. The Active Cities BoxUp facility continues to support activities in Eamonn Ceannt Park, Crumlin.

DCSWP South East Area Co-Funded Programmes:

Athletics in the Community

Couch to 3/5k and walking community programmes will continue in the South East area in partnership with the Co-funded Athletic Officers. As outlined at the beginning of the report the Schools Cross-country Race Series kicks off in March and will continue until May 2024.

Boxing in the Community

The Startbox programme continues over the next period in the following SEA schools:

- Scoil Chaitriona NS, Baggot St.
- St. Colmcille's Secondary School, Terenure
- Harold's Cross Educate Together NS
- Catherine McCauley NS, Baggot St (children with dyslexia)
- City Quay NS

Cricket in the Community

- The DCSWP Cricket Development Officer continues to engage with local schools in softball cricket sessions (St. Matthews NS, Thursdays from 1pm, Star of the Sea, Ringsend Thursdays from 11am and ST. Joseph's, Terenure, Tuesdays from 12.50pm). Aimed at young people age 8-13 years.
- DCC Under 15 Boys and Girls Cricket training continues in Merrion Cricket Club every Friday from 3.30pm.
- Table Cricket Sessions (Disability Inclusion) continue every Monday in partnership with Enable, Sandymount.

Football in the Community

The following football programmes continue in the SEA over the next period:

- PDP 1 coach introductory sessions in partnership with St. Marian's College, Sandymount and Ringsend College (16-18 years)
- School Introductory sessions aimed at schools in the D2 and D4 area every Thursday.
- Club Development aimed at local clubs in the SEA. Delivered on an on-demand basis.
- Glow Football taster sessions aimed at teenage girls (14-16 years)
- Female Development afterschool session in Irishtown Stadium (6-10 years)
- 'Kickfit' Women in Football community programme in Ringsend

Rowing in the Community

The Get Going Get Rowing weekly indoor 2024 programme continues in the following SEA schools:

- Presentation CC, Terenure every Monday aimed at young people (12-18 years)
- Sandymount Park Community College every Monday (from 19th February) aimed at young people (12-18 years)

Rugby in the Community

Primary Tag Rugby sessions continue in the following SEA schools:

- St. Matthew's NS Sandymount,
- Ranelagh Multi-Denominational School
- Scoil Mhuire, Sandymount
- St. Louis Primary School, Rathmines

Secondary Contact Rugby sessions continue in the following SEA schools:

- Gonzaga College, Ranelagh
- The Teresian School, Stillorgan

Club Development will continue through the Active Coach Badge programme. Participating clubs for 2024 are Lansdowne FC and Old Belvedere RFC, Ballsbridge.

Swimming in the Community

- The Artistic Swimming programme aimed at females age 8+years continues in Markiewicz Swimming Pool.
- The Youth Fit 'Learn to Swim' programme will be delivered in Trinity College Pool and Markiewicz Swimming Pool in late February/March in partnership with Foroige Youth Services and local SEA schools.
- 2024 citywide programmes continue in DCC facilities in Sean McDermott St and Coolock Swimming Pool and in Trinity College Pool and will include participants from the SEA. Programmes include learn to swim and inclusive/accessible initiatives aimed at adults.

Training for 2023

- Safeguarding 1, 2 & 3 Training continues on an on-demand basis.

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Frank Lambe

**Acting Director of Services, Central and South East Area
2024**

Dated: 11th March