

CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

APRIL 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.

The DCSWP calendar of events has been circulated to all Area Managers

Central Area Staffing News

Jonathan Tormey has taken up duty as the Central Area DCSWP Sport Development Officer for the Drumcondra, NEIC, Dorset St, Hardwicke St, Summerhill and Sheriff St. areas. Derek Ahern has moved to the North West area. There will be a transition period during this role handover. Contact details for Jonathan are listed at the end of this report.

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:

- **John Paul Park, Cabra (Central Area schools event rescheduled to 16th April following adverse weather conditions)**
- Thursday 7th March – (to be rescheduled)
- Wednesday 10th April – Albert College Park
- Thursday 11th April – At. Anne's Park

- Wednesday 1st May – Eamonn Ceannt Park
- Thursday 2nd May – Ringsend Park

National Active Schools Week 2024

Active schools week takes place from 29th April - 3rd May. Local DCSWP Sport Officers support Central Area schools that have signed up to the week in the delivery of multi-sport initiatives.

National Bike Week 2024

Bike Week 2024 takes place from 11th - 19th May. DCSWP Sport Officers in the area deliver cycling programmes targeted at various age groups and abilities. Bike safety programmes are also rolled out in local schools. The Sundrive Velodrome in Eamonn Ceannt Park will host activities throughout the week. Details TBC.

Women's Mini Marathon 2024

12 week lead-in programmes have commenced to support participants in the lead-up to the Women's Mini Marathon 2024 which takes place on the June Bank Holiday. Local Sport Officers help train groups in the Central Area in a safe and supportive environment as the event approaches.

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.dcwsphub.ie
- Email: sports@dublincity.ie
- Twitter: Dublin City Sport & Wellbeing Partnership (@dccsportsrec) / Twitter
- Facebook: [Dublin City Sport & Wellbeing Partnership | Facebook](#)
Instagram: [@dublincitysportandwellbeing](#)

Central Area Core Programme April Highlights

Change for Life (Underactive Communities)

Name of programme:	Change For Life – Gym Programme
Description of programme activity :	Eight week programme in partnership with George’s Pocket, Hardwicke St. Women’s Group, D1
Age group:	16+ years
Gender:	Females
Date/time and location:	Aughrim St. Centre. Fridays from 10am and 6pm

Name of programme:	Change For Life – Pilates
Description of programme activity :	Eight week Change For Life yoga programme
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Centre. Mondays from 10am

Name of programme:	Change For Life – Walking Club
Description of programme activity :	Eight week Change For Life walking programme. Including hikes in partnership with Ballyfermot Youth Services
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Centre. Tuesdays from 10am.

Name of programme:	Pickleball Programme
Description of programme activity :	Pickleball is a racket/paddle sport that was created by combining elements of several other racket sports including Tennis and Badminton)
Age group:	16+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Centre. Wednesday from 10am. Cabra Parkside. Mondays from 5pm. Wednesdays from 5pm and Fridays from 7pm

Get Dublin Walking (Underactive Communities)

Name of programme:	Get Dublin Walking
Description of programme activity :	Central Area Walking and Cycling Programme
Age group:	40+ years
Gender:	Mixed
Date/time and location:	Every Tuesday from 10am. Ierne Sports & Social Club, Drumcondra.

Bike for Life (Underactive Adults)

Name of programme:	Bike For Life
Description of programme activity :	'Heels and Wheels' Local Cycling programme
Age group:	40+ years
Gender:	Mixed
Date/time and location:	Every Monday from 10am. Eastwall Watersports Centre. Mondays

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

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.

Name of core programme:	Football Drop In / Recovery through Sport
Description of programme activity:	Football Drop In
Partners (If any):	Chrysalis Drug Task Force/FAI
Age group:	16+ years
Gender:	Male
Date/time and location:	Aughrim St. Centre. Thursdays from 5pm

Name of core programme:	Cabra For Youth Fitness
Description of programme activity:	Multi-sport programme
Partners (If any):	Local Youth Services
Age group:	10-18 years
Gender:	Mixed
Date/time and location:	Cabra Parkside and John Paul Park. Times/Dates TBC

Name of core programme:	Sport 4 Life
Description of programme activity:	Multi-sport programme
Partners (If any):	TUD, Grangegorman
Age group:	12 + years
Gender:	Mixed
Date/time and location:	Monday 13 th May. Grangegorman TUD Campus

Forever Fit (Older Adults age 55+ years)

Name of programme:	Dunard Wheelers Spring Programme
Description of programme activity :	Cycling and Walking Outdoor Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Tuesdays. Various Locations. Times TBC

Name of programme:	Go For Life Games
Description of programme activity :	Golden Wonders Age and Opportunity Multi-Activity Programme
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Mondays from 1pm

Name of programme:	Forever Fit - Multi-Fitness Programme
Description of programme activity :	Multi-Activity Gym Programme in
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Aughrim St. Fridays from 11am

Thrive - Adults experiencing Mental Health Difficulties

Name of programme:	Eve Goirtín Mental Health programme
Description of programme activity :	Multi-Sports Programme
Partners:	Eve Goirtín Mental Health Support Service/HSE
Gender:	Adults age 18+ years
Date/Time and Location:	Aughrim St. Centre. Fridays from 12pm

Health Improvement in the Community

Name of programme:	Move For Health NEIC
Description of programme activity :	Strength & Balance Programme
Gender:	Older Adults (age 55+)
Date/Time and Location:	Thursdays from 12pm. Killarney Court, NEIC

Name of programme:	Falls Management/OTAGO programme
Description of programme activity :	Strength & Balance Programme
Partners:	HSE
Gender:	Older Adults (age 55+) Referral only programme
Date/Time and Location:	Wednesdays from 2pm in Ballybough Community Centre Wednesday from 12pm in Ballybough CC (referral only)

Sport Inclusion & Integration (Central Area & Citywide)

Name of programme:	Inclusive Community Activator Pole Programme
Description of programme activity :	Inclusive 4-week programme aimed at adults with physical and intellectual disabilities. Cabra Parkside. Delivered in partnership with Avista, Navan Rd. Start date TBC

Name of programme:	Inclusive Community Boccia Programme (Paralympic Bowls)
Description of programme activity :	Weekly programme aimed at adults with physical and intellectual disabilities. Thursdays from 11am. Avista Centre, Navan Rd.

Name of programme:	Inclusive Go For Life Games
Description of programme activity :	Weekly multi-sport programme aimed at adults with physical and intellectual disabilities. Tuesdays from 11.15am. Avista Centre, Navan Rd.

Name of programme:	Inclusive Gym Programme
Description of programme activity :	Weekly multi-sport programme aimed at adult service users with physical and intellectual disabilities. Tuesdays from 11.00am. Cabra Parkside. Delivered in partnership with Avista Centre, Navan Rd.

Name of programme:	Headway Mental Health programme
Description of programme activity :	Multi-Sports Programme
Partners:	Headway Ireland – supporting people with acquired brain injury/stroke
Gender:	Adults age 18+ years
Date/Time and Location:	Aughrim St. Centre. Mondays from 1pm

Name of programme:	Ukrainian Crisis Centre Programme (citywide)
Description of programme activity :	Multi-sport initiative aimed at all ages. This is an ongoing programme to support people who have been 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.

Name of programme:	Work Options Programme
Description of programme activity :	Multi-sport initiative supporting people to meaningfully engage. Delivered in partnership with St. Michael's House. Fridays from 12pm. Aughrim St. Centre.

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, Wednesdays and Fridays from 9am in St. Catherine's Sports & Fitness Centre.

Active Cities

Active Cities initiatives in the planning stages include the delivery of further Cycle with Confidence programmes, orienteering programmes in local parks including rollout of signage and expansion of Sim 4 Stem Motorsport programme. The Active Cities BoxUp facility continues to support activities in Eamonn Ceannt Park, Crumlin and **Mount Bernard Park, Cabra.**

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 Athletic Officers. Officers will continue to engage with schools re the schools cross country race series 2024 (in partnership with DCC's Park Department) as reported at the start of the report.

Boxing in the Community

The **Starbox** 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. In the Central Area the following schools (age 10-12 years) continue to participate in Gold and Bronze programmes over the next period:

Gold Programme:

- O'Connell's BNS, D1 (male)
- St Laurence O'Toole BNS. D1 (male)
- St. Finbarr's BNS, Cabra (male)
- Gael Scoil, Cabra, D7 (mixed)
- Christ The King BNS, Cabra (male)

Bronze Programme

- Gardiner St. NS, D1 (mixed)
- Rutland St. NS, D1 (mixed)

- Drumcondra NS, D9 (mixed)
- Georges Hill, D7 (female)

The Bronze Programme will commence in the Central Model Junior School, D1 in May aimed at students age 7-8 years

Cricket in the Community

- The DCSWP Cricket Development Officer continues to engage with local schools in softball cricket sessions. Programmes continue in St. John Bosco Junior School, D7 Street every Wednesday from 11am aimed at young people age 8-13 years.
- Table Ball Cricket sessions continues every Saturday in Mountjoy Square from 11am

Football in the Community

The following FAI programmes continue in the Central Area over the next period:

- Coach Education Grassroots Programme in partnership with Sheriff Street Youth Club, Stella Maris FC, Belvedere FC, East Wall FC, Bessborough FC and Hardwicke FC.
- North Wall CDP Life Course aimed at young coaches.
- The Central Area Walking Football programme aimed at Older Adults age 55+ years.
- The FAI Development Officer continues engaging with schools and local clubs around introductory and coaching programmes, including inclusive programmes delivered by the North City Football For All Development Officer

Rowing in the Community

The Get Going Get Rowing weekly indoor 2024 programme will commence in St. Vincent's special school in May. Details TBC. The Get Going Get Rowing inter-schools bliss will take place in Grand Canal Dock on Thursday 2nd May.

Rugby in the Community

- The pop-up rugby club sessions continue in St. Laurence O'Toole recreation centre every Friday from 3pm aimed at participants age 6-12 years (mixed).

- Rugby teacher training sessions aimed at Central Area schools are to commence in May. Details TBC.

Swimming in the Community

- The Swim Ireland ‘Swim for a Mile’ event will take place in Sean Mac Dermott swimming pool on Sunday 21st April. Participants will either swim a mile or half a mile. This challenge has been running since January - participants have been undergoing 10 weeks of training in the lead up to the final event Funds raised will go towards a children's health foundation.
- Aqua Aerobics programme takes place every Thursday from 5.45pm (females, all age groups) and Fridays from 1pm (females, age 40-70 years)

Training for 2024

Safeguarding 1, 2 & 3 Training continues on an on-demand basis. Safeguarding 1 and 2 workshops aimed at adults age 18+ will be delivered by DCSWP in late April/May in Cabra, Poppintree and Ballyfermot. Details TBC.

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