

SOUTH 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

South Central Area Staffing News

Graham Reynolds has officially commenced his role as Rugby Development Officer for DCC South Central Area. Graham replaces Gareth Murray in the role. Contact details are listed at the end of the report. There will be a transition period after which a full activity report will be provided for the SCA committee.

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, including schools from the South Central area, have been invited to partake in this following events:

- John Paul Park, Cabra - (rescheduled to 16th April due to adverse weather conditions)
- Fairview Park, Thursday 7th March – (to be rescheduled due to adverse weather conditions)
- 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 South 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 South Central Area in a safe and supportive environment as the event approaches.

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 April 2024

Change For Life – Underactive Communities

Name of core programme:	Drop-In Programmes Cherry Orchard
Description of programme activity:	Open/Drop-In Bowls and Racquet taster sessions for new or active participants
Age group:	18+ years
Gender:	Mixed
Date/time and location:	Tuesdays and Thursdays from 9am. Orchard Centre, Cherry Orchard

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

Name of programme:	parkHITT
Description of programme activity:	parkHIIT is a free weekly workout based on bodyweight only resistance exercises.
Age group:	Adults (age 18 + years)
Gender:	Mixed
Date/time and location:	Saturdays from 9.30am. Ballyfermot Civic Centre (meeting point)

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

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

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:	Female

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

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

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

Name of core programme:	Fatima/Dolphin Creche Early Years Programme
Description of programme activity:	Weekly multi-sport classes
Age group:	2-5 years
Gender:	Mixed
Date/time and location:	Ongoing every Monday

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.

Name of programme:	Hell & Back 2024
Description of programme activity:	DCSWP supporting local youth groups/services in South central Area in the lead up and during Hell & Back 2024
Age group:	16-26
Gender:	Mixed

Date/time and location:	Kilruddery. Saturday 8 th June
--------------------------------	---

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.

Name of programme:	Teen Gym Programme
Description of programme activity:	Multi-sport initiative
Age group:	12-15 years
Gender:	Mixed
Date/time and location:	Thursdays from 3pm. St. Catherine's Sports & Fitness Centre, D8

Name of programme:	Foróige Multi-Sport Programme
Description of programme activity:	Multi-sport initiative – delivered in partnership with Foróige Youth Services
Age group:	12-15 years
Gender:	Mixed
Date/time and location:	Mondays from 4pm. St. Catherine's Sports & Fitness Centre, D8

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
Date/time and location:	Tuesdays from 5-7pm. Ballyfermot Centre and Ballyfermot Skate Park

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

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 6pm-9.30pm. Sandycove 40ft

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

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. Multiple times/days

Older Adults (Age 55+ years)

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. Every Thursday.

Name of core programme:	Weekly Exercise Older Adults Programme
--------------------------------	---

Description of programme activity:	Light Fitness sessions supporting older adults in the Inchicore/Bluebell/Dolphin/Fatima areas
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Inchicore Sports Complex – Tuesdays from 10am-11am Dolphin House Community Centre – Thursdays from 12pm-1pm Bluebell Community Centre – Wednesdays from 11am – 12pm F2 Centre, Fatima – Days TBC. Classes to run throughout the day from 10am – 5pm

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.

Name of core programme:	Go For Life Older Adults Programme
Description of programme activity:	Weekly multi-sport programme leading up to the Older Adult Go For Life Games on 8 th June
Age group:	55+ years
Gender:	Mixed
Date/time and location:	Days TBC. Inchicore Sports Centre, Dolphin's Barn Community Centre and F2 Centre, Fatima

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

Women In Sport

Name of core programme:	Women's Mini Marathon Training
Description of programme activity:	Lead-in programme for Women's Mini Marathon 2024
Age group:	18+ years
Gender:	Female
Date/time and location:	Tuesdays and Thursdays from 7pm. Cherry Orchard Running Club

Thrive – Individuals with Mental Health Difficulties

Name of core programme:	Casadh Rehabilitation Programme
Description of programme activity:	Multi-sport programme delivered in partnership with Casadh Community Employment/Recovery Service
Age group:	25-45 years
Gender:	Mixed
Date/time and location:	Thursdays from 12pm. St. Catherine's Sports & Fitness Centre, D8

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.

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.

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. Continues in St. Catherine's Sport & Fitness Centre every Wednesday.

Name of core programme:	Physical and Intellectual Disability 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)
--	---

Health Improvement Programmes in the SCA

- Men on The Move – Male 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 Monday from 11.30am In Ballyfermot Civic Community Centre
 - Fatima – every Tuesday from 10.15am in the F2 Centre, Rialto
 - Chapelizod – every Monday from 11am in Lionsville Hostel, Chapelizod (referral only programme)
- Fatima Holistic Health – pilates exercise classes aimed at underactive adults as part of an overall/holistic health programme. Every Thursday from 11.15am in the F2 Centre, Rialto
- Fatima Fit – chair aerobics classes aimed at older adults. Every Thursday from 12 noon in the F2 Centre, Rialto.
- HITT exercise class aimed at young people who are at risk of or who have dropped out of school. The programme will commence in late April (TBC) in Ballyfermot Civic Centre.

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, school track and field programmes such as School's Cross Country 2024 and lead-in training programmes for the VHI Women's mini marathon.

Dates have been set for April/May for the citywide school cross country race series which will include schools from the South Central Area (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 continues in the following SCA schools in April:

- 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 from 11am (Male. Age 8-13 years)
- Scoil Úna Naofa, Kimmage. Mondays from 1pm (Mixed. Age 8-13 years)

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 will commence St. Seton's Ballyfermot on Monday 8th April and St. Michael's Holy Angels, Chapelizod in May (times, dates TBC).
- Secondary schools from across the city will participate in the Islandbridge on the water rowing programme including participants from Drimnagh Castle SS.
- Students from the SCA will also participate in the inter-school rowing blitz in Grand Canal Dock on Thursday 2nd May.

Rugby in the Community

As noted at the start of the report a new Rugby Development Officer has recently commenced duty in the SCA. A full activity report will be provided in the May area committee report.

Swimming in the Community

DCC/DCSWP appointed a Co-funded Swimming Ireland Development Officer in 2022 to increase opportunities for everyone in our communities to get involved with swimming and enjoy the benefits of water based physical activities

- Men's sheds, Men's wellness, Female Wellness, Foróige and Foundations youth project, Vision Sports, Aqua Aerobics, Swim for a Mile, Learn To Swim, and Artistic swimming programmes continue in Coolock, Seán McDermott, Markievicz and Trinity College swimming pools 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.
- Staff First Aid Responder Training – three day course aimed at DCSWP/DCC staff

CONTACT DETAILS:

Aideen O'Connor	Programmes & Services Manager, DCSW, Palace St. Office	aideen.oconnor@dublincity.e
Colin Sharkey	Office Manager, DCSWP, Palace St. Office	colin.sharkey@dublincity.ie
Darren Taaffe/Robert Abbey	Citywide Sport Officers, DCSWP, Palace St. Office	darren.taaffe@dublincity.ie / robert.abbey@dublincity.ie
Catherine Flood	Sport Officer, DCSWP, Canal Communities	Catherine.flood@dublincity.ie
Sharon Kelly	Sport Officer, DCSWP,	Sharon.kelly@dublincity.ie

	Ballyfermot/Cherry Orchard	
Igor Khmil	Sport Officer, DCSWP, D8, Liberties	Igor.khmil@dublincity.ie
Will Morris	Sport Officer, DCSWP, Drimnagh, Walkinstown	william.morris@dublincity.ie
Gareth Herbert	Sport Officer, DCSWP, Palace Street Office	Gareth.herbert@dublincity.ie
David Phelan	Health Promotion & Improvement Officer	david.phelan@dublincity.ie
Colette Quinn	Development Officer, Athletics	colettequinn@athleticsireland.ie
Marc Kenny	Development Officer, F.A.I.	Marc.kenny@fai.ie
David Rake	Development Officer	David.rake@fai.ie
Glen Kelly	Development Officer,	glen.kelly@fai.ie
Graham Reynolds	Development Officer, Rugby	graham.reynolds@leinsterrugby.ie
Fintan Mc Allister	Development Officer, Cricket	Fintan.mcallister@cricketleinster.ie
Ed Griffin	Development Officer, Boxing	shandygriffin@hotmail.com
Aoife Byrne	Development Officer, Rowing	dublincoordinator@rowingireland.ie

REPORT BY:

Dee O'Boyle

Dublin City Sport & Wellbeing

dee.oboyle@dublincity.ie