

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

MAY 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

Upcoming Events May/June:

- Tuesday 21st – Thursday 23rd May UEFA Europa League Final/Dublin Fan Festival (RDS, Shelbourne Park, Dublin Castle)
- Wednesday 22nd May – DCSWP Citywide Go For Life Games Selection - Ballyfermot Sports & Fitness (Includes groups/participants from South Central Area. Final to be held in June in DCU)
- Saturday 25th May - Africa Day
- DCC Road to Paris Olympic showcase – June. In planning stages
- Sunday 2nd June Women's Mini Marathon 2024 (As previously reported DCSWP delivering 12 week lead-in programmes to support participants)

Dublin Marathon 2024 Community Programme

DCSWP and Irish Life Dublin Marathon have come together to work in partnership to establish and deliver the Dublin Marathon Community Programme 2024.

30 Irish Life Dublin Marathon places have been offered to the community via DCSWP Sport Officers. Officers can nominate the person they wish to receive the free marathon place. The aim is to nominate a person from the community who truly deserves an opportunity to take part for personal reasons, because of their commitment to a DCSWP running or walking programme or a person who volunteers at events /races for the club but never gets the opportunity to take part. The programme aims to be as inclusive as possible. Online training and physical sessions will be provided as well as other coaching supports in the lead up to the marathon. Participants to be confirmed by early May.

Dublin City Council Sports Plan 2024 – 2029

The Sports Plan was formally adopted by Council at the monthly meeting held on 8th April. Plans are now being put in place to formally launch the document in May

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 May 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
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Name of programme:	parkHITT
Description of programme activity:	parkHITT is a free weekly workout based on bodyweight only resistance exercises. parkHITT was officially launched by the Lord Mayor in People's Park, Ballyfermot on 13th April
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. Weekly programme – various dates
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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:	Female
Date/time and location:	Ongoing programme. Various days and times. Sport Officer contact: Will Morris. Contact details at end of report.

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:	Commenced. Times and dates 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 Fóróige 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.

Women In Sport

Name of core programme:	Women's Mini Marathon Training
Description of programme activity:	Lead-in programme for Women's Mini Marathon June Bank Holiday 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.

Two DCSWP Sport Inclusion and Integration Officers (SIIO's) have been appointed (see start of report) Inclusion in Sport is a priority for DCSWP's and the appointment of two dedicated officers has expanded the reach of these targeted programme.

The following citywide programmes continue or are due to commence over the coming weeks on a citywide basis and include partners and participants from the South Central Area:

Ukrainian Crisis Centre Programme

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 St. Catherine's Sport & Fitness Centre, Marrowbone Lane in partnership with emergency and housing services etc.

St. John of Gods, Islandbridge - people with intellectual disabilities

- Boccia Programme
- Boxing Inclusion
- Football for All

Central Remedial Clinic Clontarf - people with intellectual disabilities

- Aqua Aerobics
- Chair Aerobics
- Rugby Programme

Goirtín Centre, Grangegorman, HSE Group - people with mental health difficulties.

SIIO's are currently engaging with the Goirtín Centre with a view to commencing a 6 week Chair Aerobics programme the following week.

Vision Sports, Drumcondra

Visually Impaired Boxing Programme.

Irish Wheelchair Association - amputees and paraplegic participants.

The IWA are running a summer camp in mid-June and have requested support from DCSWP SIIO's as part as the road to Paris Olympic programme.

Avista Group, Navan Road - people with profound intellectual disabilities.

Plans are currently being put in place for a water sports power boat event on Wednesday, 5th June in East Wall Water Sports Centre.

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 commenced in late April in Ballyfermot Civic Centre.

SCA and Citywide 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.
- Chronic Obstructive Pulmonary Disease (COPD) Gym and Class sessions – every Tuesday and Thursday from 10am in Glin Road, Community Centre, NCA (mixed, all ages)

Active Cities (Citywide)

Active Cities initiatives in the planning/delivery stages include:

- Orienteering programmes in local parks including rollout of signage
- The expansion of Sim 4 Stem Female Motorsport programme.
- Further delivery of the ‘Learn to Cycle’ programme
- The Active Cities BoxUp facility continues to support multi-sport activities in Mount Bernard Park, Cabra and Eamonn Ceannt Park, Sundrive.
- The Active Cities St. Michael’s House Golf Programme continues. This is a partnership initiative between St Michael’s House and Clontarf Golf Club. The group were presented with their new jackets which were funded through the DCSWP & Active Cities. Funding was also given towards new sets of golf clubs for the group to use the DCSWP Active Cities will continue to work and collaborate with St Michael’s House on citywide activities.
- Active Cities programmes in the planning stages include Youth At Risk programmes in collaboration with local youth services, programmes targeting the Roma Community and the Travelling Community.

DCSWP SCA Co-Funded Programmes

Co-funded Officers will deliver summer camps and events during the school summer break. Details will be included in the June area report.

Athletics in the Community

- Couch to 3/5k and walking community programmes will continue in the SCA in partnership with the Co-funded Athletic Officers.
- Officers will continue to engage with SCA schools regarding Marathon Kids registration.
- The Citywide Women's Mini-Marathon lead-in programme continues.
- A new Athletics Officer Gary Crossan has been appointed from May 2024. The two Officers will work across the city in tandem with each other.

] A full activity report will be provided in the summer 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 May:

- 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 continues in May in St. Seton's Ballyfermot and St. Michael's Holy Angels, Chapelizod.
- Secondary schools from across the city continue to participate in the Islandbridge on the water rowing programme including participants from Drimnagh Castle SS.

Rugby in the Community

A full activity report will be provided in the next area committee report following the appointment of a new SCA Rugby Development Officer. New programmes /initiatives are currently at the commencement stage. Any queries on rugby development programmes can be directed to the DCSWP admin team (contact details below).

Swimming in the Community

- Ongoing programmes include Foróige and Foundations youth project, Vision Sports, Aqua Aerobics, Swim for a Mile, Learn To Swim, and Artistic swimming programmes in Coolock, Seán McDermott, Markievicz and Trinity College swimming pools targeting schools and groups from across all five electoral areas.
- Plans are in place for outdoor water events and programmes for the summer months. Details will be included in the June report.

Training for 2023 (Citywide)

- Safeguarding 1,2 & 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.

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