

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JULY 2019

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES JULY - AUGUST 2019

DUBLIN SPORTSFEST 2019

Following on from last year's success DCSWP's flagship annual event, Dublin Sportsfest 2019 will take place during European Week of Sport (September 22 – 29). The focus will be on encouraging participation across all ages, backgrounds & abilities and, importantly, sustainability. There will also be the added bonus of the chance to showcase DCC's many sport & recreation facilities.

The festival will comprise of a week-long programme of events across many of DCC's facilities, parks and urban spaces.

The DCSWP project team is in place and is currently in the planning stage. A full list of highlight events and programmes will be communicated across all social media channels, websites etc once confirmed.

SMALL GRANTS 2019

Sports Clubs operating within the administrative area of Dublin City Council and affiliated to a National Governing Body were recently invited to apply for financial assistance from the Sport For Young People Small Grants Scheme (10-21 years of age). The Grant Scheme is funded and administered by Sport Ireland and the Dublin Sport & Wellbeing Partnership. The scheme supports clubs in some of the following;

- Purchase of Equipment
- Administrative costs
- Training and coaching courses

Applications for the small grants scheme closed on 28 June 2019. It is hoped decisions will be issued to clubs by mid-late July.

GREEN SCENE

Dublin City Sport & Wellbeing Partnership puts together a schedule of activities to take place on Green Spaces around the City during the summer months. These activities promote the city's open spaces in a positive manner and encourage our communities to get out and get active. Activities will comprise of multi-sport and physical activities and will target various demographics within the community. Below are details of Green Scene events taking place in the South Central Area during the next number of weeks;

- St. Ultan's After-Care Summer programme will run until 9 August in the area in various locations and will include swimming, hill walks and a trip to Tayto park. The programme is aimed at children age 7-14 years and is supported by DCSWP Sport Officerds.
- In partnership with Ballyfermot Youth Services Cricket, Frisbee, Hill-Walk, Zipit and football golf sessions will be delivered in the area throughout July and August. This Green Scene programme is aimed at 10-18 year olds.
- Watersport sessions and Bike trips along the canal will take place in the South Central area throughout July and August in partnership with Docas Youth Project. The programme is aimed at 10-18 year olds.
- Bluebell Rugby will take place on Thursday 18 July from 11am – 1pm at Bluebell Community Centre.
- A Rugby Fun Day is scheduled for Thursday 25 July as an introduction to the sport for mixed adults.
- A Fatima Family Fun Athletics Day will take place on Thursday 25 July from 10am – 12 noon on St. Michael's Green as part of the Obleates summer project.

2. DCSWP CORE PROGRAMMES JULY - AUGUST 2019

Below are highlights of ongoing core programmes and events ongoing in the area over the next period. For full details of programmes please contact the DCSWP Office or local Sport Officers. Contact details are listed at the end of the report.

BIKE FOR LIFE

Underactive Adults

This is a 'sofa to saddle' cycling programme that caters for all cyclists, from the person who has just rediscovered their bike, to the more accomplished rider who wants to take on greater challenges.

The skills and knowledge gained in this programme will make the world of cycling more accessible to everyone, with the main focus being on learning skills, enjoying the bike and meeting new like-minded people.

The programme brings the cyclist on a journey of learning, where they are educated on the various skills, aspects and components of cycling in a safe, welcoming and social environment;

- The following Bike For Life Star Project programmes are being delivered between July and August aimed at those recovering from addiction in the lead up to the Great Dublin Bike Ride;
- **Programme:** Star Project (Adults recovering from addiction)
Date/Times: July/August/September
Location: Various Locations
Participants: Mixed Adults
- **Programme:** Cherry Orchard Integrated Youth
Date/Times: July/August/September
Location: Various Locations
Participants: Mixed 12-24 years

CHANGE FOR LIFE

Underactive Adults

The Change For Life programme aims to improve the health of local communities by supporting people to become more physically active on a regular basis and adopt a healthier diet. The programme was rolled out from January to March in tandem with RTE's Operation Transformation in 15 locations across the city with over 1000 participants.

- Due to its success the following Change For Life programmes continue in the South Central Area over the next period;
- **Programme:** Change For Life
Date/Times: Mondays 6-7pm
Location: Bluebell Community Centre
Participants: Mixed 21+
- **Programme:** Change For Life

Date/Times: Mondays 9.45 – 10.45am/Wednesdays 6 – 7pm

Location: F2 Centre

Participants: Mixed 18+years

FOREVER FIT (CORE)

Older Adults

The Forever Fit programme is aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi and line dancing.

- The following Older Adults programme will be delivered in the South Central Area during the next period;
- **Programme:** Aqua Fit
Date/Times: Wednesday 11am – 12 noon
Location: TBC
Participants: Mixed Older Adults

GET DUBLIN WALKING (CORE)

Underactive Adults

Get Dublin Walking community walks continue over the summer period on Monday and Wednesday evenings. Larger group programmes and major events will be rolled out in following the holiday period in September.

THRIVE (CORE)

Adults With Mental Health Difficulties

Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression or individuals who have suffered an acquired brain injury and require assistance in re-integrating back into their communities from a personal independence, social & general wellbeing viewpoint

- The following THRIVE programme will assist the Star Realta Community Training Centre with its summer outdoor pursuit events.
- **Programme:** Thrive
Dates/Times: Tuesdays 10am – 1pm/Wednesdays 12noon – 1pm
Location: F2 Centre

Participants: Males 30 – 60 years

Partners: FGU

YOUTH FIT (CORE)

Youth At Risk (10-21 years)

- The following Youth Fit ‘Saturday Night Sport Vouchers’ programme sees young people choose an activity through a voucher system. Ballyfermot Sports Complex is made available for the chosen activities. This programme is provided as an alternative to Late Night Soccer Leagues;
- **Programme:** Saturday Night Sport Vouchers Programme
Dates/Times: Saturday evenings. Time TBC
Location: Ballyfermot Sports Complex
Participants: Mixed 10-18 years
- The ongoing GAISCE Unaccompanied Minors Programme (15 – 18 years) is delivered in partnership with the HSE/TULSA. The programme introduces new participants to the initiative and encourages them to sign up to various challenges over a 6-9 month period.

3. DCSWP GENERAL PROGRAMMES JULY - AUGUST 2019.

- **Programme:** Watersport Summer Project
Dates/Times: TBC
Location: Ballyfermot Sports & Fitness
Participants: Mixed 8-14 years

Programme: Exchange Ireland (Access swimming programme aimed at the Travelling Community)

Dates/Times: July/August

Location: Various

Participants: Mixed 10 – 18 years

Partners: Exchange Ireland/BYSAC

- **Programme:** Safeguarding 1 For National Gallery Staff
Dates/Times: Monday 29 July
Location: Ballyfermot Sports & Fitness
Participants: Mixed 10 – 18 years
- **Programme:** Dolphin Health Fair
Dates/Times: Wednesday 24 July
Participants: Mixed 18 + years
Partners: Dolphin Community Workers
- **Programme:** St. Michael's Centre Health Fair
Dates/Times: Tuesday 23 July. 10am – 12 noon
Participants: Mixed 18 + years
Partners: Local Community Workers
- **Programme:** Triathlon Relay Event
Dates/Times: Sunday 27 July at 11am
Location: Spencer Dock
Participants: Mixed 18 + years
Partners: Triathlon Ireland and AMS Triathlon Club

4. DCSWP CO-FUNDED PROGRAMMES JULY - AUGUST 2019

ATHLETICS DEVELOPMENT OFFICER UPDATE

- The Athletics Ireland summer camp will take place from 8-19 July (10am – 2pm) in Morton Stadium, Santry. The camp is aimed at children age 6 – 12 years.

BOXING DEVELOPMENT OFFICER UPDATE

- The StartBox Aviva Stadium Experience provides an opportunity to primary schools, secondary schools and community groups to visit the National Soccer and Rugby Stadium and be inspired by stories of past sporting heroes. Groups visiting the stadium have full access to the stadium's facilities. This event is free of charge to all participants. Bookings for this event are ongoing. On - site visits take place from 13 May to 26 July from 12pm-2pm.

CRICKET DEVELOPMENT OFFICER UPDATE

- The Inchicore Cricket Family Fun Day will take place on Friday 19 July from 1 – 3.30pm.
- The Fatima Mansion Summer Camp takes place on Tuesday 6 August for month of August
- The Dublin City girls camp takes place from 30 July – 3 August from 10 am-4pm (Venue TBC)
- The U11 District Tournament takes place from Monday 22 –Thursday 25 July from 10am – 5pm in Pembroke Cricket Club.

FOOTBALL DEVELOPMENT OFFICER UPDATE

- School is out for summer but children are encouraged to stay active and learn new skills through the Sports Direct FAI Summer Soccer School programme. This programme will enter its 23rd year in 2019. Every year boys and girls of all abilities sign up for five days of fun and football. While participants will learn new skills and tricks from our FAI Officers, the most important element of the camp is for children to have fun and enjoy themselves. The camps are fully inclusive, so if your child has a disability he/she is more than welcome

For more information on the location of camps, testimonials from previous participants and guidelines on how to sign up please visit the FAI website: <https://summersoccerschools.ie/>

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer. Contact details are listed below.

Contact details

Shauna McIntyre, DCSWP Manager: shauna.mcintyre@dublin@dublincity.ie

Aideen O'Connor, DCSWP Programmes & Services Development Manager: aideen.oconnor@dublin@dublincity.ie

Colin Sharkey, Senior Staff Officer, DCSWP: colin.sharkey@dublincity.ie

Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre: martin.mcdonagh@dublincity.ie

Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre: cormac.healy@dublincity.ie

Igor Khmil, Sports Officer: igor.khmil@dublincity.ie

Catherine Flood, Sports Officer: catherine.flood@dublincity.ie

Will Morris, Sports Officer: william.morris@dublincity.ie

Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie

Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie

Michael Moore, Soccer: michael.moore@fai.ie

Marc Kenny, Soccer: marc.kenny@fai.ie

David Rake, Soccer: david.rake@fai.ie

Ed Griffin, Boxing: shandygriffin@hotmail.com

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Gareth Murray, Rugby: gareth.murray@leinsterrugby.ie

Report by

Dee O'Boyle

Dublin City Sport & Wellbeing Partnership: dee.oboyle@dublincity.ie