



**The Chairman and Members of
North West Area Committee.**

Meeting: 18th April 2017

Item No: 12

Dublin City Sport and Wellbeing Partnership Report

- **School Completion Finglas Easter Camp** will take place at New Cross Secondary School from April 18th to April 21st, activities will include fun and games, karate, athletics and mini hockey.
- A varied **Easter Activity Programme** will be delivered by Sport Officers in the area throughout the month of April. This will include rock climbing, trampoline skills and swimming. The programme is aimed at young people 5yrs+ and will be delivered in conjunction with local Youth Groups.
- **Active School Week** will take place from 24th April to 28th April. Activities will include fencing, cricket, tag rugby and athletics. A soccer tournament is scheduled to take place this week. This programme is run in conjunction with local schools.
- **Under Active Adults Programme:** This 6 week programme begins in April in Poppintree Park and is aimed at engaging adults that have limited involvement in sport/activities or recreational activities. These activities will include beginners step aerobics and Boot Camp.
- **Access Programmes (Boys & Girls)**
Badminton: Monday 4-5pm, Cabra Parkside Community Sports Complex - 10yrs+
Soccer: Tuesday 3-4pm, Cabra Parkside Community Sports Complex - 8yrs+
Soccer: Wednesday 2-3pm, Cabra Parkside Community Sports Complex - 13yrs+
All sessions delivered by DCSWP Sports Officer Maz Reilly

Rugby: Thursday 3.30-4.30pm, Cabra Parkside Community Sports Complex -10yrs+
Delivered by DCSWP/Leinster Development Officer Stephen Maher.
- **After School Groups:** A 6 week small sided mini sports programme is continuing with 6th class pupils from the Finglas Youth Resource Afterschool Project. Activities include mini volleyball, hockey, olympic handball, athletics and basketball.
- **Adult Activities**
A 4-week lead in programme for the Go 4 Life Games commenced with older adult groups at the Finglas Youth Resource Centre on April 12th.

A couch to 5K programme for inactive adults commenced at Mellowes Park on April 12th.

- **Primary School Girls 'Introduction to Basketball' Programme:** This 6-week programme is ongoing with 5th and 6th class pupils from St. Joseph's G.N.S. and St. Brigid's G.N.S. The sessions will cover the rules and regulations of the game alongside the basic fundamentals including dribbling, passing and shooting.
- **Balance Matters/Falls Prevention:** Weekly functional movement classes in Poppintree Community Sports Centre with referrals from local HSE physiotherapy. These classes will run throughout the year each Wednesday from 12-1pm and 1-2pm at a cost of €3 per class.
- A 6-week **Badminton Programme** continues with EVE Airdnua in Finglas targeting people experiencing mental health difficulties. This takes place on Thursdays from 11am – 12pm in Finglas Youth Resource Centre.
- An **Easter Multi-Sports Camp** will take place during the school holidays in Poppintree Community Sports Centre for local young people classed as youth at risk.
- **Sports & Fitness Ballymun** are offering specific classes for people with back pain every Monday at 12pm (in partnership with the HSE)
- Both **Sports & Fitness Ballymun** and **Sports & Fitness Finglas** have introduced a scheme whereby homeless people currently residing in nearby hotels can access the facilities at a reduced rate to assist with their physical and mental wellbeing (in association with DePaul)

FAI/DCSWP Football Development Officers – Update

- The Ballymun/Finglas Project **Futsal** (Football Foundation Programme) is ongoing. Sixteen students are studying to complete a FETAC Level 4 Full Award in Sports & Recreation. They are also on track to complete the FAI National D Coaching Licence. Many of the students are simultaneously studying for the ITEC Level 4 Fitness Instructors Award. The final exams for ITEC Gym Instructors will take place on May 8th.
- **Coach Education:** Safeguarding 1 / Code of Ethics & Good Practice in Children's Sport will take place in Leisure Point, Finglas on Monday 24th April from 6.30pm – 9.30pm.
- **School Sessions:** School sessions continue weekly in the following schools: Virgin Mary Girls School, St. Josephs Girls Primary School, NDSP Primary School and St. Malachy's Primary School.
- **Social inclusion:** Late night leagues will take place in Trinity Comprehensive School, Ballymun on Friday 9.00pm – 11.30pm on 5th, 12th, 19th and 26th May. They will also take place in Rivermount Hall, Finglas on Friday 8.30pm – 10.30pm on 28th April, 5th, 12th and 19th May.

Older Adult Programmes

- **Go for Life** – This programme takes place every Monday from 1pm - 2.30pm in Cabra Parkside Community & Sports Complex. The aim is to promote physical activity and encourage social support among the participants. The programme involves three throwing games where participants throw, lob and bowl items towards a target. The sessions are guided by the participants in terms of competitiveness. Challenge matches against other groups across the city are planned.
- **Walking Football** – This programme is delivered every Tuesday from 11-1pm in Cabra Parkside Community & Sports Complex and every Thursday from 12-1pm in Poppintree Community Sports Centre. The session is delivered in partnership with the FAI. Open to men aged 55 years and older, it involves the same rules as ordinary soccer except players are not allowed to run. The aim of the programme is to provide an opportunity for men to take part in physical activity in a fun, friendly and social setting.
- **Boccia with Whitehall Stroke Recovery Group:** This programme continues every second Thursday in Whitehall Scout Den (11.30am – 12.30pm). The programme is run in conjunction with the Irish Heart Foundation.
- **Tai Chi**
Tai Chi activity is open to all but attracting mainly older adults and takes place every Tuesday lunchtime in Poppintree Community Sports Centre.

A 6 week Tai Chi programme will be delivered with the National Learning Network, Phibsborough.

- **Ballymun Active Retirement Walking Group**
This group meets every Tuesday at 10.15am in Ballymun Axis Centre and generally go on a 5k walk in one of the local parks. New members of all abilities are welcome.

Boxing

- Gold Sessions have commenced, these sessions are aimed at students who have shown potential in their former Bronze and Silver Sessions. They take place in the High Performance Gym, where they will partake in full-contact sparring. In these sessions, the Boxing Development Officers (BDO's) prepare them for the Showcase Finals, where they will get to display the skills they have learnt at the home of boxing in Ireland, The National Stadium. The following primary schools are participating:

St. Canice's, Finglas
St. Josephs Poppintree
Our Lady of Victory, Ballymun

Transition year students from the following secondary schools are also participating:

St. Kevin's School, Finglas
Scoil Eoin, Finglas
St. Aidan's School, Whitehall

- The BDO has also taken on a group of students from Scoil Chiaráin, Finglas. The sessions consist of a modified version of boxing that focuses on fun, games, footwork and accuracy. Some of the students are physically and mentally impaired while others have varying degrees of autism, ADHD etc.

Cricket

- The Cricket Development Officer (CDO) is liaising with DCSWP Sport Officers in the area to organise the running of cricket programs for the coming months.
- From the first week of April, the '**Leprechaun Cup**' competition will commence for Primary Schools right across the Dublin City area. This competition will run until June.
- **Provincial cricket sessions** continue on Friday nights from 5.00pm - 9.30pm in North County Cricket Club where we have a number of players from the North West Area involved in these sessions. Players are between 10-18 years of age.
- **School yard sessions** will continue to be delivered in the following schools:
 - St. John Bosco NS (Cabra) – Fridays 11am -12.30pm
 - St. Declan's College (Cabra) – Fridays 1pm - 2pm
 - Scoil Mobhi (Glasnevin) – Tuesdays 11am – 12.30pm
- **Cricket Taster Day** – will take place on the 24th April, this is a joint initiative with the North Dublin National Schools Project, the Cricket Development Officer and the DCSWP Sport Officer, locations to be confirmed.
- A 6 week programme will commence on 3rd May in Finglas Parochial School and St. Brigid's National School, this is a joint initiative between DCSWP Sport Officer and Cricket Leinster.

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