

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

Meeting: 16th May 2017

Item No: 14

Dublin City Sport and Wellbeing Partnership Report

- **Go For Life** – The Citywide Finals of the Go for Life Games takes place on Tuesday, May 16th in Ballyfermot Sports & Fitness. DCSWP Sports Officers will bring teams of older adults from their respective areas to compete in the event and try to qualify for the National Finals on June 10th in DCU. 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.
- **Activities with Finglas CTC:**
A 6-week drop in soccer programme commenced with trainees from the Finglas Community Training Centre on Wednesday May 10th on the astro pitches at Finglas Sports & Fitness.

A 6-week multi sports and games session is commencing with trainees from the Finglas Community Training Centre on Tuesday May 16th in the sportshall at the Finglas Youth Resource Centre. Activities will include volleyball, uni-hockey, basketball and tug of war.
- **Afterschool Fun & Games with St. Helena Resource Centre:**
Afterschool fun & games is currently ongoing with 5th and 6th class pupils from the St. Helena Resource Centre every Tuesday and Thursday throughout May. Games will incorporate physical literacy skills including movement, agility, balance and co-ordination.
- **Scoil Chiaráin Special School:**
A six week introduction to tennis and cycling safety initiative is taking place with special needs pupils from Scoil Chiaráin during May and June. Both of these programmes are excellent for increasing pupil's co-ordination, balance and self confidence.
- **Youth Programmes - Poppintree**
A multi-sports programme will take place in a variety of venues including Poppintree Sports & Community Centre and Poppintree Park throughout May and June. These sessions are aimed at engaging youth at risk. The programme is run in partnership with local youth groups.
- **Active Flag**
A wide variety of activities is planned for local schools completing their Active Flag Award including fencing and 5-a-side soccer. Partners include local primary schools & NGB's.

- **Active School Week**
Support will be given by the DCSWP Sports Officer to local schools in Cabra to assist with Active School Week. Active school Week consists of schools becoming more active in terms of its engagement in daily physical activities. The whole school community is encouraged to get involved through walking and cycling to school, skipathons, penalty shootouts, trying new activities and physical activity homework to get the family involved!
- **National Learning Network – Soccer Sessions**
A Soccer programme for the National Learning Network is ongoing during May, aimed at engaging people experiencing mental health problems. Sessions will take place every Friday from 2pm - 3pm in Cabra Parkside Community Sports Complex.
- **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.
- **Aqua Aerobics**
An Aqua Aerobics programme takes place in Inspire Gym, Cabra, every Wednesday from 12pm - 1pm. The programme is aimed at older adults with the aim of improving water confidence, fitness and social connections. The programme is delivered in partnership with Swim Ireland and Dublin City Council and will run until June 28th.
- **Swimming Programme**
A swimming programme has been developed in partnership with Dublin City Council, Swim Ireland and the Cabra Youth Service. The programme is ongoing and will finish in early June. Young people that were previously engaged in activities organised by the DCSWP Sports Officer and the youth service were identified as requiring additional support in relation to swimming.

This need was apparent as there had been a number of incidents involving young people swimming in the local canal and jumping into the Liffey etc. Community members, agencies and young people all highlighted the need for this and as such, the programme, providing a life-long and life saving skill, was developed. It runs in Sean McDermott Street Pool on Tuesday nights from 8pm - 9pm.

- **Access Programmes (Boys & Girls)**
Badminton: Monday 4-5pm, Cabra Parkside Community Sports Complex - 10yrs+
Basketball: Tuesday 4-5pm, Cabra Parkside Community Sports Complex - 13yrs+
All sessions delivered by DCSWP Sports Officer Maz Reilly
- **Balance Matters/Falls Prevention:** Weekly functional movement classes in Poppintree Community Sports Centre with referrals from local HSE physiotherapist. These classes will run throughout the year each Wednesday from 12-1pm and 1-2pm at a cost of €3 per class.
- **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

Coach Education:

Safeguarding 1 / Child Welfare Workshop – Monday May 29th, 6.30pm – 9.30pm @ Ballymun Utd Clubhouse
 Kickstart 1 (PDP1) – Saturday 3rd June, 9.30am – 5.30pm @ Ballymun Utd Clubhouse

- Schools Sessions:

Tuesday mornings

9am to 11am @ Virgin Mary Girls Primary School, Ballymun (60 Girls)
 10am to 12noon @ St. Joseph's Girls Primary School, Finglas. (50 Girls)

Thursday mornings

9am to 12noon @ NDSP Primary School, Ballymun (110 Boys/Girls)
 10am to 12noon @ St. Malachy's Primary School, Finglas (20 Boys)

- **Social inclusion:** Late Night Leagues will take place in Trinity Comprehensive School, Ballymun on Fridays from 9.00pm – 11.30pm on 19th and 26th May and 2nd and 9th June.
 They will also take place in Rivermount Hall, Finglas on Fridays until the end of May.

Boxing

- Aviva sessions will run throughout May, where Community Boxing Officers take primary school students from across the city on a tour of the Aviva Stadium (with a boxing twist!). Tours will include Irish, International and Olympic boxing memorabilia coupled with interesting and informative stories/anecdotes to inspire and educate the students.

Cricket

- The Cricket Development Officer (CDO) is liaising with DCSWP Sport Officers in the area to organise the running of cricket programmes for the coming months.
- **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

All schools mentioned above are still involved in the latter stages of the Leprechaun Cup (primary schools competition) and secondary schools cup where they compete on a weekly basis. Dates and times TBC depending on schools availability.

- A 6 week programme commenced this month in Finglas Parochial School and St. Brigid's National School. This is a joint initiative between DCSWP Sport Officer and Cricket Leinster.

- Rugby

The Metro Council Cup is an initiative set up by Leinster Rugby Development Officers to bring rugby to groups of players who have had little or no experience of playing the game. The aim is to give those players a positive experience of rugby and to further promote links to clubs in their local areas.

Now in its third year of the current format where the DCC U15 team takes part in the Metro Cup and plays the other council areas in Dublin. The team will comprise non-club players who have been introduced to the game over the past two years through participation on secondary school programmes that we have conducted in the various areas. This year the action takes place on Wednesday May 17th in Donnybrook Stadium.

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