

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

Meeting: 17th October 2017

Item No: 14

Dublin City Sport and Wellbeing Partnership Report

Physical Activity Leader (PALS) Workshops

An 8-week programme of workshops running in conjunction with Age & Opportunity to provide training, ideas and skills to people involved in older adult groups. The participants become Physical Activity Leaders (PALs) who can lead members of their own groups in fun games, dances and sports. Started 5th October and running every Thursday up to and including 23rd November.

Go for Life Games

Activities/games and social tea & chat for older adults takes place every Monday from 1pm - 2pm in Cabra Parkside Community Sports Complex. All welcome to join in during these free sessions

Aquafit

Weekly sessions of water aerobics for older adults in Inspire Sports Complex, Cabra, in partnership with the Participation Officer from Swim Ireland. Sessions take place on Wednesdays at 12pm (€3.50pp). Due to the popularity of these sessions we are currently working to deliver a second weekly class.

Bowling

Weekly bowling for older adults takes place on Thursdays from 3pm - 5pm at Cabra Parkside Community Sports Complex. All welcome (€2pp).

Senior Sports Halloween Event

A one day FREE event for older adults is taking place on Thursday 23rd October from 2pm - 5pm in Cabra Parkside Community Sports Complex. All welcome. Participants can take part in a wide range of activities.

Swim Lessons

The local DCSWP Sports Officer is partnering with Cabra for Youth and the Swim Ireland Participation Officer to deliver swim lessons every Tuesdays from 8pm - 9pm in Sean McDermott Street Pool.

There are also swim lessons for 4th & 5th Classes from St. Peter's National School, Phibsborough, on Thursdays & Fridays in Sean McDermott Street Pool.

The **'Forever Fit'** Programme in Finglas commenced on September 18th and will continue through until December 2017. In conjunction with St. Helena's Resource Centre and Tír na nÓg group, a varied programme of activities will be delivered every

Monday & Wednesday between 2pm and 4pm. The 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.

Whitehall Pétanque Group

The group meets every Wednesday morning in Ellenfield Park at the Pétanque court (near the astro pitches) from 10am - 11am. This is an older adult group who are always looking for new members to join them for a game and a chat in an informal and friendly atmosphere. Beginners welcome!

Men on the Move'

This programme will be delivered throughout October and November 2017. Aimed at increasing adult men's health, wellbeing and participation in physical activity, the programme will incorporate a variety of activities including functional movement circuits, walking football and tai chi. The programme is delivered in conjunction with the **Finglas Men's Shed**. Activities take place every Wednesday afternoon 3pm - 5pm in the Abigail Centre, Finglas.

GAGA programme (Getting All Girls Active)

This programme will begin in October and run through November 2017. The programme is aimed at teenage girls and will be run in conjunction with local youth services and schools. A wide variety of activities will be delivered as part of the programme including dancing, fencing, boxing, boot camp & adventure activities. Activities will take place at various venues (including Finglas Youth Resource Centre) and at different times including Tuesdays 7.30pm - 9.30pm, Wednesdays 2.30pm - 4.30pm.

A variety of midterm activities will take place throughout the Halloween break. This programme will be delivered in conjunction with local youth services in Finglas. Activities to include adventure activities, kayaking, rafting, rock climbing & boot camp.

Both **Ballymun and Finglas Sports & Fitness Centres** have commenced a full programme of swimming lessons this month.

Cabra Parkside Community Sports Complex will host a **Halloween Athletics Camp** for kids aged 4 years plus, from Tuesday 31st October to Friday 3rd November (9am – 1pm daily).

FAI/DCSWP Football Development Officers – Update

Late Night Leagues have recommenced for youths in the North West Area. The 7-week initiative commenced on Friday, October 13th and will run till late November in Trinity Comprehensive School, Ballymun, D9. A further Late Night League will run simultaneously in Rivermount Hall, Finglas.

A Post Primary Futsal Competition for first years will take place in Trinity Comprehensive School, Ballymun (boys) & Our Lady of Mercy School, Beaumont (girls) on Tuesday 17th October and Thursday 19th October respectively.

A Primary School Futsal Tournament will take place on Tuesday 21st November in Trinity Comprehensive (for schools in the Finglas/Ballymun area).

Boxing

The AIBA/DCSWP Boxing Development Officer for the area has now commenced the rollout of the '**Startbox Silver**' programme in both Primary and Secondary (TY level) schools in the Finglas, Ballymun and Whitehall areas. More intense than the non-contact

'bronze' programme, young people will experience wearing a gum shield and headgear for the first time, while practicing giving and taking modified punches to the body only.

In November we will commence our Gold Sessions for some of the more talented students, who will train at the High Performance Gym at the National Stadium, with a view to an exhibition bout against a well-matched opponent, in the Showcase Finals in December.

Rowing

Get Going ... Get Rowing

This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag & Trinity College, has been successfully rolled out for a number of years by Rowing Ireland's Leinster Women's Development Officer, Michelle Carpenter. This is a 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A Transition Year Programme gives students the opportunity to get on the first step of the coaching ladder and enables them to be involved in a youth leadership role, working in a fun and interactive environment with younger students and hence, bringing value to the school.

Olympic Values Education Programme (accompanies above programme)

Students will be taught values such as fair play, respect, dignity etc... through rowing. Get Going ... Get Rowing will be the first programme in Ireland to roll this out.

Phoenix Rowing Club: A recreational rowing club for adults is based in Dublin Municipal Rowing Centre. The club is purely aimed at getting people on the water to enjoy the activity and surrounding environs of the Memorial Gardens, Phoenix Park and River Liffey. No previous experience required and members can progress at their leisure to a level of their comfort and choosing.

Active Age Rowing - Tuesdays and Fridays from 12.20pm - 1.30pm in Dublin City Municipal Rowing Centre, for new and on-going participants aged 55 and over. No previous experience required.

Cricket Development Officer update

Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the coming months.

School coaching visits have re-commenced in the following schools

St. John Bosco Boys Junior School
St. Declan's College, Cabra West

We are providing coaching sessions to the newly **established Poppintree Cricket Club on Saturdays from 2pm - 4pm in Poppintree Community Sports Centre**. We will also be running a mid-term cricket camp on the 31st of October from 11am - 12.30pm in Poppintree Community Sports Centre.

Provincial cricket sessions are back on Friday nights from 5pm - 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 and 18 years of age.

Our **annual Dublin City U12 and U14 Cricket Camp** will be taking place on the 1st and 2nd of November in North County Cricket Club from 10am - 4.30pm where we will have participants from all Dublin City areas combined.

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