



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

Meeting: 21st November 2017

Item No: 12

Dublin City Sport and Wellbeing Partnership Report

- GAGA programme (Getting All Girls Active) began in October and will run until December 2017. The programme is aimed at teen girls and is run in conjunction with local youth services and schools. A wide variety of activities are delivered as part of the programme including dance-fit, fencing, yoga, boot-camp and adventure activities. Activities take place at various venues (including Finglas Youth Resource Centre) and at different times including Tuesdays 7.30pm - 9.30pm and Wednesdays 2.30pm - 4.30pm.

December 13th is citywide GAGA Day when all of our Sports Officers will be promoting the initiative in their respective areas. Finglas will 'go GAGA' via a series of co-ordinated activities on the day.

- Couch to Park Run
Couch to Park Run is an eight week programme for running beginners/improvers with the goal that they will progress to a level that they can partake in their local weekly Park Run on an ongoing basis. No previous running experience is required. Couch to Park Run sessions take place on Thursday mornings at 9.30am in Mellows Park, Finglas, and on Monday and Friday mornings at 9.30am in Ellenfield Park, Whitehall.
- A **Thrive** programme will be delivered throughout November and December 2017. The programme is aimed at engaging with people experiencing mental health difficulties. The programme will include a variety of activities including walking football, circuit classes and adventure activities. Partners for delivery of the programme include the FAI and local organisations. For more information please contact DCSWP Sports Officer Eileen Gleeson.
- Physical Activity Leader (PALS) Workshops
An eight week programme of workshops is being run 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. This programme started on 5th October and is running every Thursday up to and including 23rd November.
- Go for Life Games
Activities/games and social tea and chat for older adults takes place every Monday from 1pm - 2pm in Cabra Parkside Community Sports Complex. All are welcome to join in during these free sessions.

- Bowling
Weekly bowling for older adults takes place on Thursdays from 3pm - 5pm at Cabra Parkside Community Sports Complex. All welcome (€2pp).
- Aquafit
Weekly sessions of water aerobics for older adults takes place 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.
- 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 and 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. The initiative will culminate with a Christmas Dance event.
- Whitehall Petanque Group
The group meets every Wednesday morning in Ellenfield Park at the petanque 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!
- A **'Men on the Move'** programme continues 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 from 3pm - 5pm in the Abigail Centre, Finglas.
- An **Adventure Activities Programme** is ongoing until the end of the month. Activities include mountain biking, rafting and kayaking. The programme is aimed at early school leavers/youth at risk and is run in partnership with Finglas Training Centre & Finglas Youth Resource Centre. Sessions take place every Thursday morning/afternoon in the Outward Bounds Adventure Centre, Ballyfermot.
- 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.

FAI/DCSWP Football Development Officers – Update

- **Late Night Leagues** continue for youths in the North West Area. This hugely successful diversion initiative runs on Friday nights until till late November in Trinity Comprehensive School, Ballymun, Dublin 9. A further Late Night League runs simultaneously in Rivermount Hall, Finglas. The Citywide Finals will take place on

Friday, December 8th in Irishtown Stadium. The initiative is a partnership between the FAI, An Garda Síochána and DCSWP.

- **After school drop-in sessions** are ongoing every Wednesday in Poppintree Community Sports Centre from 3pm - 4pm for 12-15 year olds.
- A **Primary School Futsal Tournament** for schools in Finglas will take place on Wednesday 22nd November in Finglas Sports & Fitness Centre (9am – 1pm).

Boxing

- The DCSWP/IABA Boxing Development Officer for the area has now commenced the rollout of the 'Startbox Gold' programme in schools throughout the North West Area. Schools include North Dublin National School Project, Ballymun Road; St. Canice's B.N.S., Finglas East; Holy Spirit B.N.S., Ballymun; Beneavin De La Salle College, Finglas; St. Aidan's CBS, Whitehall and St. Kevin's B.N.S., Finglas West.

The Gold Sessions are exclusively for students who have shown a talent and enthusiasm for the sport throughout the Bronze and Silver phases. They will have the chance to train at the High Performance Gym in the National Stadium and then take part in the Showcase Finals in early December.

Rowing

- **Get Going ... Get Rowing**
This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag and 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 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** continue in the following schools:
 - St. Fergal's BNS, Finglas West (Tuesdays 11.00am-12.30pm)
 - St Brigid's GNS, Dublin 11 (Tuesdays 1.00pm- 2.30pm)
 - Scoil Mobhí, Drumcondra (Thursdays 11.00am-12.30pm)
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- **Provincial cricket sessions** are ongoing 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.

Contact details

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Alan Morrin, Acting Senior Staff Officer, DCSWP: alan.morrin@dublincity.ie

Paul Donnelly, Sports Officer: paul.donnelly@dublincity.ie

Michelle Waters, Sports Officer: michelle.waters@dublincity.ie

John McDonald, Sports Officer: john.mcdonald@dublincity.ie

Eileen Gleeson, Sports Officer: eileenb.gleeson@dublincity.ie

Jamie Wilson, FAI Football Development Officer: jamie.wilson@fai.ie

Paul Whelan, FAI Football Development Officer: paul.whelan@fai.ie

Oisín Fagan, Boxing Development Officer: oisinfagan@gmail.com

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

Stephen Maher, Rugby Development Officer: stephen.maher@leinsterrugby.ie

Alan Morrin
Staff Officer