

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

Meeting: 18th October 2016

Item No: 14

Sports and Wellbeing Partnership Report

- **Marathon Kids** is a citywide running programme developed to encourage 6th class pupils to embrace healthy, active lifestyles. The aim of the programme is to inspire children to run over eight weeks to accumulate the equivalent distance of a Marathon – 26.2 miles!

DCC Sport & Wellbeing Partnership have teamed up with Fingal County Council to build on the very successful programme rolled out by Fingal in 2015, which saw twenty two primary schools and over six hundred kids take part in this unique event. The 2016 programme commenced in September and will carry through until mid November.

Pupils perform four running sessions each week, inching them closer to completing their first marathon. There are four schools from Ballymun and one from Glasnevin taking part.

Resource booklets have been distributed to all pupils to assist with motivation and learning. All participants will be invited to a 'final mile' event and celebration to be held in the National Sports Campus, Blanchardstown.

- **Fun and Games Programme with Mellowes Springs Childcare Centre:** A six week Fun and Games Programme commenced with children in the 4-10 age group from Mellowes Springs Childcare Centre on Wednesdays in October. The programme is aiming to improve the children's movement, balance and co-ordination skills through participation in fun and games activities.
- **Multi Sports Mini Games Programme with Finglas Youth Resource Centre** A six week mini games multi sports programme commenced for children in the 10-13 age groups from the Finglas Youth Resource Centre on Friday October 7th. Activities include uni hockey, spike ball, olympic handball, tug of war and indoor soccer. Children from the after school programme are also undertaking introduction Kayaking sessions at the Ballyfermot Outward Bounds centre on Thursday October 6th, 13th and 20th.
- **Outdoor Programme - Secondary School** This is a 6 week programme involving young males referred by the youth service. The programme involves outdoor activities based in various locations throughout the city for example hill walking, swimming, etc. The aim of the programme is to give participants the chance to learn

new skills and work in a team whilst in a fun, physically active and challenging environment. This programme is run in partnership with the local youth service.

- **Ballymun Active Retirement Walking group** The walking group meet every Tuesday morning at 10.20am in Ballymun Axis. Each week they go for approximately 5k walk in different parks; Albert College Park, Poppintree Park, and Santry Park. Followed by a meet up in the Axis Centre. Cost is free. All abilities welcome!
- **Go for Life – Older Adults Programme** - This programme runs every Monday from 1-2pm in Cabra Parkside Community and Sports Complex. The aim of the programme is to promote physical activity and encourage social support within 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 and challenge matches against other groups across the city are planned.
- **Boxing Silver Sessions Programmes** – The Silver Programme is a little more intense than the Bronze and involves Body Sparring, in contrast, to the 'target practice' on knees and elbows of the Bronze. Participants will start to use head gear and gum shields in case of accidents, but will be watched with a view to being chosen for the Gold Programmes and hopefully, Showcase Finals, as we progress further. Currently, there are Transition Year students participating from Finglas, Whitehall, Ballymun and Glasnevin; while, younger students attending 5th and 6th classes, are taking part, from Finglas and Ballymun.
- **Boxing Primary School Programme** - This is a six week programme involving 6th class pupils from a local Cabra School. The programme is delivered by Dublin City Council Boxing Officer Paul Quinn in partnership with the DCC Sports Officer Maz Reilly and begins on 9th November. Young people take part in six boxing sessions conducted in the High Performance Unit beside the National Boxing Stadium with the final showcase taking place inside the stadium. During the programme participants learn about technique, commitment and sportsmanship.
- **Kickstart 1** - The FAI Community Development Officers will provide all the coach education from Kickstart 1 up to Youth Cert Level/National 'C' Licence (which will also see the students do coaching experience in schools and with local community groups and clubs).
- **Walking Football** – This programme is delivered every Tuesday from 11-1pm in Cabra Parkside Community and Sports Complex. The session is delivered in partnership with Cabra Development Programme and the FAI. The programme is 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.
- **The Ballymun/Finglas Football Foundation Course (Project FUTSAL)** commenced on September 12th and will run until June 2017. Project FUTSAL stands for '*Football Used Towards Social Advancement and Learning*'. There are approx twenty participants on the course, both male and female. In conjunction with Whitehall College they will be studying for the FETAC Level 4/5 Sport and Recreation, while also working with Waverley Academy to do the ITEC Fitness Instructors Award (commencing January 2017).

- **Ballymun Bulldogs** - Mini rugby pop up club run in partnership with Leinster Rugby officer Stephen Maher every Monday 4-5pm in Poppintree community sports centre. Girls and boys aged 9-12 welcome, no experience necessary. Cost €1.
- **Cabra Crusaders** - Mini rugby pop up club run in partnership with Leinster Rugby officer Stephen Maher every Thursday, Cabra Parkside Community Centre.
- **Table Cricket** (cricket designed for physically challenged participants) will be starting with a group in Poppintree Sports Centre (dates in October and November to be confirmed).

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Report by

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