

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

**Meeting: 15<sup>th</sup> November 2016**

**Item No: 15**

## **Sports and Wellbeing Partnership Report**

- **Marathon Kids** is a citywide running programme developed to encourage 6<sup>th</sup> class pupils to embrace healthy, active lifestyles. The aim of the programme is to inspire children to run; and over eight weeks accumulate the equivalent distance of a Marathon – 26.2 miles! Resource booklets have been given to all pupils to assist with motivation and learning.

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 22 primary schools and over 600 kids take part in this unique event. The 2016 programme commenced in September (with many schools from the NWA taking part) and will climax in a 'final mile' event and celebration to be held in the National Sports Campus, Abbotstown, on Sunday November 20<sup>th</sup>.

- **After-School Fencing Programme (Primary)**  
This is a 3-week programme involving pupils aged 8-10 years from a local DEIS School. Young people participating on the programme have been referred by the Home School Liaison Officer as requiring additional supports. The programme commenced on Thursday 10<sup>th</sup> November and will involve participants taking part in a fencing programme. As part of this programme they will learn the basic skills and etiquette of fencing. The programme is delivered in partnership between the primary school, parents, Home School Liaison, DCSWP Sports Officer and fencing coach.
- **Late Night League**  
The Late Night League is a very successful citywide initiative that is delivered in partnership between the FAI, DCSWP and An Garda Síochána. This is a 4-week programme involving young males from the local area. The programme will begin on Friday 18<sup>th</sup> November in Aughrim Street Sports Complex from 7-10pm. The aim is to give participants the chance to socialise with their peers on a Friday night in a safe and fun environment. The programme will culminate with a citywide final in Irishtown stadium on Friday 9<sup>th</sup> December.
- **Christmas Activities (Cabra)**  
A programme of Christmas activities will be organised in conjunction with the Local Youth Service & Community Development Project. Activities will take place in the local GAA club, the youth service and also off-site such as trips to Kiltiernan Ski Club, Ice Skating and Stadium Tours etc.

- **Older Adult Programmes**

**Go for Life** – This programme takes place every Monday from 1-2pm 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. 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.

- **Access Programmes (Boys & Girls)**

Badminton Monday 4-5pm Cabra Parkside Community & Sports Complex - 8yrs+

Soccer Tuesday 3-4pm Cabra Parkside Community & Sports Complex - 8yrs+

Basketball Tuesday 4-5pm 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*

- **Couch to Park Run:** Meet and train running programme every Tuesday morning in Poppintree Park from 10am to 11am. All levels welcome; leading to 5k Ballymun Parkrun on Saturday December 24th.
- **Ballymun Older Adults Sports Day:** Poppintree Sports & Community Centre, Friday December 9<sup>th</sup>, 11am -3pm (includes a variety of sports)
- **Outdoor Activities Programme:** Weekly outdoor pursuits programme throughout November for young people in the Poppintree/Ballymun area. Activities include mountain biking, kayaking and rafting.
- **Boccia with Whitehall Stroke Support Group:** DCSWP Sports Officer will be delivering some Boccia sessions over the course of 6 weeks beginning on November 17<sup>th</sup>. It is hoped to have a tournament on the final day.
- **Multi-Sport After School Programme with St. Helena Resource Centre:**
  - Activities include games which incorporate movement, balance, co-ordination and agility skills
  - This programme is for boys and girls in the 10-12 age category
  - The pupils are part of the St. Helena Resource Centre After School Programme
  - 10 children participate in each session
  - The session takes place each Tuesday and Thursday at St Malachys B.N.S. from 3-4pm
  - The remaining sessions for November/December are November 22<sup>nd</sup>, November 24<sup>th</sup>, December 6<sup>th</sup> and December 8<sup>th</sup>.
- **Mini Games Programme with Finglas Youth Resource Centre After-School Project:**
  - Activities include uni-hockey, volleyball, olympic handball and soccer.

- This programme is boys and girls in the 10-12 age category
  - The children are part of the Finglas Youth Resource Centre After-School Project.
  - The children attend St. Canice's B.N.S. and St. Joseph's G.N.S.
  - 8-10 children participate at each session.
  - The venue is the hall in the Finglas Youth Resource Centre (Friday's 3pm – 4pm)
  - Remaining dates are November 18<sup>th</sup>, 25<sup>th</sup> and December 2<sup>nd</sup>.
- **Primary Schools Cross Country Athletics Event:**
    - This event for schools in the Finglas area is taking place at Mellows Park on Tuesday November 15<sup>th</sup> from 10am-12pm.
    - There are races for boys and girls in 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> classes.
    - Eight primary schools have registered for this event so overall 150 pupils should be participating in the races.
    - This is the fourth year of this event.
  - **Cabra Parkside Community Sports Complex** will host a **Christmas Market** on Sunday November 20<sup>th</sup>. There will be amazing stalls, vintage decorations, Christmas hampers, clothing, frames, candles, toys, gift sets and lots more.
  - The **Ballymun/Finglas Project Futsal Hub** will be rolling out the following in the upcoming weeks:
    - FAI PDP2 / Kickstart 2
    - FAI 4v4 SSG workshop
    - FAI 7v7 SSG workshop
    - FAI Strength and Conditioning workshop
    - Show Racism the Red Card; '*train the trainer*' workshop
    - Students will start doing school coaching sessions in Finglas and Ballymun

Outside the hub we have the following upcoming:

- PDP 1 / Kickstart 1 course at the Leisure Point on Saturday 19<sup>th</sup> November
- The Boxing Development Officer will commence **Start-Box Gold sessions** this month. The Gold Programmes consist of participants who showed promise through their Bronze and Silver Sessions and have consented to increased intensity, by partaking in schooled-spars etc.

There are a limited number of students involved (drawn from all DCC areas) who will commence training at the high performance gym. Depending on their response, they will be matched up accordingly with a view to partaking in the Showcase Finals, which take place in December.

### **Cricket Development Officer Update**

- School Visits - we will be visiting the following schools in this area during the November/December period:
  1. St Fergal's NS Finglas (Thursday's 11.00am-12.30pm)
  2. St Kevin's BNS Finglas (Thursday's 1.00pm -2.30pm)
- There will also be an inter-schools cricket blitz between the classes in St Fergal's NS on Tuesday the 22<sup>nd</sup> of November at 11.00am- 12.30pm in the schoolyard.
- Table Cricket (cricket designed for physically challenged participants) will be starting with a group on Mondays from 9.30am-10.30am in **Eve Airdnua** North Road,

Finglas. On the 12<sup>th</sup> of December we hope to have a competitive match between this group and the John of Gods Program. (Venue TBC)

### **Contact details**

Antonia Martin, Manager, Sports Officers: [antonia.martin@dublincity.ie](mailto:antonia.martin@dublincity.ie)

Maz Reilly, Sports Officer: [marielouise.reilly@dublincity.ie](mailto:marielouise.reilly@dublincity.ie)

Niall Mc Donald, Sports Officer: [niall.mcdonald@dublincity.ie](mailto:niall.mcdonald@dublincity.ie)

John McDonald, Sports Officer: [john.mcdonald@dublincity.ie](mailto:john.mcdonald@dublincity.ie)

Eileen Gleeson, Sports Officer: [eileenb.gleeson@dublincity.ie](mailto:eileenb.gleeson@dublincity.ie)

Jamie Wilson, FAI Soccer: [jamie.wilson@fai.ie](mailto:jamie.wilson@fai.ie)

Paul Whelan, FAI Soccer: [paul.whelan@fai.ie](mailto:paul.whelan@fai.ie)

Oisín Fagan, Boxing: [oisinfagan@gmail.com](mailto:oisinfagan@gmail.com)

Fintan McAllister, Cricket: [fintan.mcallister@cricketleinster.ie](mailto:fintan.mcallister@cricketleinster.ie)

Stephen Maher, Rugby: [stephen.maher@leinsterrugby.ie](mailto:stephen.maher@leinsterrugby.ie)

**Report by**  
**Alan Morrin**