

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

Meeting: 20th December 2016

Item No: 15

Sport and Wellbeing Partnership Report

- The 2017 Dublin City **Operation Transformation Walk** will take place on the morning of Saturday January 7th. The 5k route will comprise of sections of the DCU Campus in Glasnevin/Whitehall and Albert College Park. Refreshments will be served in The Helix immediately following the walk. This event is organised in its entirety by the DCSWP and will feature on the hugely popular RTE programme.
- The 2017 **Lord Mayor's 5 Alive Challenge** kicks off on New Year's Day in the Phoenix Park with the Liffey Valley Tom Brennan Memorial 5K. The five race series is proving as popular as ever with the maximum 450 entrants signing up within an hour of registration opening. The challenge runs from January to April and more details can be found at: www.dublincity.ie/lord-mayor-5-alive-challenge-2017
- **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.
- **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)
- The local **Boxing Development Officer** will commence a new '**Startbox**' season in January with schools throughout the North West Area. Students will start off at 'Bronze' level before graduating to the 'Silver' sessions after 4 weeks.

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

- **Boccia with Whitehall Stroke Support Group:** The DCSWP Sports Officer has been delivering some Boccia sessions over the last 6 weeks and the programme finale will involve a tournament on December 22nd.

- **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.

Cricket

- The Cricket Development Officer (CDO) will liaise with DCSWP Sports Officers in the area to organise the running of cricket programs for the New Year.
- Table Cricket (cricket designed for physically challenged participants) will be running with a group on Mondays from 9.30am-10.30am in **Eve Airdnua**, North Road, Finglas. We also have another group from Santry who are availing of table cricket sessions. This takes place on Thursdays from 2.00pm-3.30pm in Northwood Training Centre on Santry Avenue.
- Provincial cricket sessions will continue to be held on Friday nights from 5.00pm-9.30pm right up until late December in North County Cricket Club where we have a number of players from the North West Area involved in these sessions. Players are between 10-18 years of age.
- The CDO is currently organising days and times with schools in the area for 'schoolyard cricket sessions' that will commence in January. In particular, we will focus on schools that are entered in the Leprechaun Cup (Primary School's cricket competition) and the Secondary School's competition.

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Report by

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