



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

**Meeting: 17<sup>th</sup> January 2017**

**Item No:**

## **Sport and Wellbeing Partnership Report**

- The 2017 **Lord Mayor's 5 Alive Challenge** kicked 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 next race is the Raheny Shamrocks 5 mile on January 29<sup>th</sup>. The challenge runs from January to April and more details can be found at: [www.dublincity.ie/lord-mayor-5-alive-challenge-2017](http://www.dublincity.ie/lord-mayor-5-alive-challenge-2017)
- **Operation Transformation:** Multi-activity programme aimed at 'change for life' style activities. Sessions will include fitness classes, meet and train walk /run groups & nutritional workshops and will take place in a variety of venues including Poppintree Sports Centre & Poppintree Park. Activities are open to the general public.
- **Access Programmes (Boys & Girls)**  
Badminton; Monday 4-5pm, Cabra Parkside Community Sports Complex - 10yrs+  
Soccer; Tuesday 3-4pm, Cabra Parkside Community Sports Complex - 8yrs+  
Soccer; Wednesday 2-3pm, 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*
- **Marathon Kids:** The 'final mile' with Sacred Heart Boys National School takes place on Friday January 20<sup>th</sup> at 10am in Johnstown Park. 6<sup>th</sup> class pupils will be completing their final mile run as part of the Marathon Kids Training Programme. Medals and t-shirts will be awarded to the boys on completion of the run.
- **After-school Multi Sports Programme:** A 6-week After-school Multi Sports Programme will commence with 6<sup>th</sup> class pupils from St. Canice's Boys National School and St. Joseph's Girls National School on Friday January 27<sup>th</sup>. Activities will include volleyball, olympic handball, uni-hoc, athletics & soccer. This is run in partnership with Finglas Youth Resource Centre.
- **St. Helena Resource Centre After-school Fun & Games Programme:** A Fun & Games programme is commencing with 3<sup>rd</sup> & 4<sup>th</sup> class pupils from the St. Helena Resource Centre After-school programme on Tuesday January 24<sup>th</sup>. Sessions will also take place on January 25<sup>th</sup>, 26<sup>th</sup> & February 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>. Activities include games incorporating movement, agility and co-ordination i.e. dodgeball etc...

- **Self Defence Karate Programme:** A 5-week Self Defence Karate Programme is commencing with pupils from Scoil Chiaráin Special School on Monday January 23rd. A taster session prior to the Christmas break proved to be a very enjoyable experience for the pupils.
- **Balance Matters/Falls Prevention:** Weekly functional movement classes in Poppintree Community Sports Centre with referrals from local HSE physio. These classes will run throughout the year each Wednesday from 12-1pm & 1-2pm at a cost of €3 per class.
- **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** has now commenced a new '**Startbox**' season with schools throughout the North West Area. Transition Year & older Primary School students start off at 'Bronze' level before graduating to the 'Silver' sessions after 4 weeks.

Scoil Chiaráin Special School, Glasnevin, will partake in modified boxing sessions which focus mainly on fitness & fun.

- **Club Development:** The local FAI Community Development Officer will facilitate a PDP1/Kickstart1 Course for local clubs/coaches in the Oscar Traynor Centre on Saturday 21<sup>st</sup> January from 9.30am – 5pm.

### 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 and every Thursday from 12-1pm in Poppintree Community Sports Centre. The session is delivered in partnership with the FAI. 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.

- **Boccia with Whitehall Stroke Recovery Group:** 6 week programme begins on Thursday 19<sup>th</sup> January in Whitehall Scout Den (11.30am – 12.30pm). The programme will take place bi-weekly and is run in conjunction with the Irish Heart Foundation.

- **Tai Chi**

A new Tai Chi based activity aimed at older adults is scheduled to commence on Friday 20<sup>th</sup> January in Poppintree Community Sports Centre. For more details please contact the local DCSWP Sports Officer directly.

- **Ballymun Active Retirement Walking Group**

This group meet every Tuesday at 10.15am in Ballymun Axis Centre and generally go on a 5k walk in one of the local parks. New members of all abilities welcome.

### **Cricket**

- The Cricket Development Officer (CDO) is liaising with DCSWP Sports Officers in the area to organise the running of cricket programs for the coming months.
- A new cricket pitch is currently being developed which will be laid in Albert College Park. The facility will be used by the newly formed Poppintree CC in addition to local schools. It is hoped development work will commence in mid-February.
- Provincial cricket sessions will resume on Friday nights from 5.00pm-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 10-18 years of age.
- The CDO is currently organising days and times with schools in the area for 'schoolyard cricket sessions' that will commence later this month. In particular, there will be a focus on schools that are entered in the Leprechaun Cup (Primary School's cricket competition) and the Secondary School's competition.

### **Contact details**

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### **Report by**

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Dublin City Sport & Wellbeing Partnership