



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

**Meeting: 21<sup>st</sup> February 2017**

**Item No: 15**

## **Sport and Wellbeing Partnership Report**

- **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*

- **Parkside Cross Country**

This cross country running event, from 11am – 2pm on March 8<sup>th</sup> in John Paul II Park Cabra, will involve approximately 800 participants from Primary and Secondary Level schools citywide. DCSWP will oversee this event in conjunction with the local Celtic Athletic Club and Cabra Parkside Community Sports Centre staff.

- **Cabra Mid-Term Activities:** includes hill walks, stadium tours, trips to skill centre providers (e.g. skillzone, climbing wall). Open to young people of all ages in the local community

- **After-school Small Sided Games Programme:** This 6 week programme is ongoing with 6th class pupils from St. Fergal's Boys National School. Activities will include volleyball, olympic handball, uni-hoc, sports hall athletics and soccer – all coached in such a way to improve mobility and co-ordination.

- **Primary School Girls 'Introduction to Basketball' Programme:** This 6 week programme commences on Wednesday 1<sup>st</sup> March with 5<sup>th</sup> and 6<sup>th</sup> class pupils from St. Joseph's G.N.S. and St. Brigid's G.N.S.  
The sessions will cover the rules and regulations of the game alongside the basic fundamentals including dribbling, passing and shooting.

- **Rock Climbing**

Two 'introduction to rock climbing' sessions have been scheduled for a group of youths from Finglas Youth Resource Centre who are known for their challenging behaviour. The sessions take place on March 9<sup>th</sup> and March 16<sup>th</sup> at Awesome Walls Climbing Centre.

- **Self Defence Karate Programme:** This six week programme is continuing with Junior Cert pupils from Scoil Chiaráin Special School. Pupils are developing their mobility, agility and co-ordination skills through karate drills and fun and games.

- **Balance Matters/Falls Prevention:** Weekly functional movement classes in Poppintree Community Sports Centre with referrals from local HSE physiotherapist. These classes will run throughout the year each Wednesday from 12-1pm and 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)

### **FAI/DCSWP Football Development Officers – Update**

- The Ballymun/Finglas Project Futsal (Football Foundation Programme) is ongoing. 16 students are studying to complete a FETAC Level 4 Full Award in Sports & Recreation. They are also on track to complete the FAI National D Coaching Licence. Many of the students are simultaneously studying for the ITEC Level 4 Fitness Instructors Award. This will run until mid-May and great credit is due to the students for their commitment and application to their studies.
- **Club Development:** The local FAI/DCSWP Football Development Officer will facilitate a PDP2/Kickstart 2 Course for local clubs/coaches in Leisurepoint, Finglas, on Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> February from 9am – 5pm both days.

### **Older Adult Programmes**

- **Go for Life** – This programme takes place every Monday from 1pm - 2.30pm 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:** This 6-week programme continues every second Thursday in Whitehall Scout Den (11.30am – 12.30pm). The programme is run in conjunction with the Irish Heart Foundation.
- **Tai Chi**  
A new Tai Chi activity open to all but attracting mainly older adults takes place each Tuesday lunchtime in Poppintree Community Sports Centre.
- **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.

## **Boxing**

- The Boxing Development Officer (BDO) has just commenced the Silver Startbox Programme in Primary Schools (St. Joseph's Senior National School Poppintree, OLV Ballymun and St. Canice's Boys National School) and with Transition Year students in Secondary Schools (St. Aidan's CBS Whitehall, Coláiste Eoin Finglas and St. Kevin's College Glasnevin).
- The Silver Programme involves higher intensity sessions and limited contact.
- The BDO has also taken on a group of students from Scoil Chiaráin, Donnycarney. The sessions consist of a modified version of boxing that focuses on fun, games, footwork and accuracy. Some of the students are physically and mentally impaired while others have varying degrees of autism, ADHD etc.

## **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 laid in Albert College Park. The facility will be used by the newly formed Poppintree County Centre in addition to local schools. It is hoped works will be completed by the end of March.
- 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 working with the following schools in the area to prepare them for the Leprechaun Cup (Primary School's cricket competition) and the Secondary School's competition:
  - St. John Bosco NS (Cabra) – Fridays 11am -12.30pm
  - St. Declan's College (Cabra) – Fridays 1pm - 2pm
  - Scoil Mobhi (Glasnevin) – day & time TBC

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## **Report by**

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**Staff Officer**