



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

Meeting: 21st March 2017

Item No: 9

Sport and Wellbeing Partnership Report

- The 2017 **Lord Mayor's 5 Alive Challenge** continues with the Metro St. Brigid's KBI St. Patrick's 5K in Dublin's beautiful Georgian Quarter on St. Patrick's Festival weekend. The series will then climax with the Dublin City Council BHAA Race on April 8th in St. Anne's Park. The five race series has proven as popular as ever with the maximum 450 entrants signing up within an hour of registration opening.
- **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
- **After School Groups**
Two 'Fun & Games' sessions will occur with children (10-12 years) from the St. Helena Resource Centre Afterschool Project on March 21st and March 23rd at St. Malachy's National School. The games will be inclusive; fun orientated and seek to develop the children's movement, balance and co-ordination skills.

A 6-week small sided mini sports programme is continuing with 6th class pupils from the Finglas Youth Resource Afterschool Project. Activities include mini volleyball, hockey, Olympic handball, athletics and basketball.
- **Adult Activities**
A 4-week lead in programme for the Go 4 Life Games will commence with older adult groups at the Finglas Youth Resource Centre on April 12th.

A couch to 5K programme for inactive adults is also commencing at Mellowes Park on April 12th.
- **Primary School Girls 'Introduction to Basketball' Programme:** This six week programme is ongoing with 5th and 6th 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 incl. dribbling, passing & shooting.

- **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.
- A 6-week **Badminton Programme** has commenced with EVE Airdnua in Finglas targeting people experiencing mental health difficulties. This takes place on Thursdays from 11am – 12pm in Finglas Youth Resource Centre.
- An Easter Multi-Sports Camp will take place during the school holidays in Poppintree Community Sports Centre for local young people classed as youth at risk.
- **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 & application to their studies.
- **Club Development:** The local FAI/DCSWP Football Development Officer will facilitate a Child Welfare Workshop for local clubs/coaches in Leisurepoint, Finglas, on Monday, 27th March.
- Two FAI **Soccer Sisters Camps** for girls aged 7 – 12 years old will run over the Easter holidays. The first camp will take place on April 10th and April 11th in Home Farm FC with the second camp taking place on April 12th and 13th in Trinity College Sports Grounds, Santry Lane.

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 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 which is opened to all but attracting mainly older adults takes place every 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) is about to finish 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). In the Silver Sessions, the participants progressed to body sparring.
- March also commences the Gold Sessions, where students who have shown potential in their former Bronze and Silver Sessions, are taken to the High Performance Gym, where they will partake in full-contact sparring. In these sessions, the BDO's prepare them for the Showcase Finals, where they will get to display the skills they've learnt at the home of boxing in Ireland, The National Stadium.
- The BDO is working with 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.
- 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) – Tuesdays 11am – 12.30pm

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