

ACTIVE LIVING BALLYMUN

For Older Adults



ANNUAL REPORT 2009/10





ACTIVE
LIVING
BALLYMUN
For Older Adults

The logo features the words 'ACTIVE', 'LIVING', and 'BALLYMUN' stacked vertically in large, bold, sans-serif font. 'ACTIVE' is red, 'LIVING' is yellow, and 'BALLYMUN' is blue. Below this, the phrase 'For Older Adults' is written in a smaller, green, sans-serif font. To the left of the text is a cartoon illustration of an older man with glasses, wearing a light blue shirt, a red tie, and blue trousers, striking a dynamic, jumping pose. To the right is a cartoon illustration of an older woman with short grey hair, wearing a green vest over a white shirt and blue jeans, walking and holding a water bottle.



Active Living AGM



Active Living membership card



Tai Chi, Albert College Park 2009.



Petanque, Albert College Park 2009.

Active Living for Older Adults in Ballymun

In 1999, a recreation, sport and leisure report for Ballymun commissioned by Ballymun Regeneration Ltd suggested a vision for a community where everyone can participate in a well-run recreation, sport and leisure program. In 2000 a group of enthusiastic people from the Ballymun area formed an advisory group to discuss the promotion of Active living for older adults in the Ballymun area.

The advisory group, which initially started, has now evolved into the Active Living for Older Adults committee. The committee has drawn up a constitution for the active living group; they also manage the finance, grant applications and co-ordinate all the existing and new activities. The committee also aims to promote the benefits of sport and physical activity for the over 50's in the community.

"Where would we be with out it? We have line-dancing, fun exercise, music, walking, bowls, pentangue and much more. But my favourite is the line dancing. Our ages range from 50 - 80 yr., but what is age, Just a number. We have entertained senior citizens in the Lusk nursing home and they loved it. Some of them

even tried to join in with us. Hopefully we will be going out there again very shortly. We call ourselves "the Ballymun Swingers" (and do we have fun), so if you fancy joining us, (all are welcome), come along any Friday morning 11 - 12.30, to the AXIS centre Ballymun".

Maureen Doyle

Now in its ninth year in operation the project has seen a fast growing interest in recreational sport and leisure interests from a wide section of people, 50 years and up. Presently the committee co-ordinate a number of sporting activities, which are held on a weekly basis. The activities consist of indoor bowls, petanque, dancing, aqua aerobics, walking, Thi Chi, light aerobics, art and craft, music and computers. As there is a new out door bowling green in Balcurriss Park we plan to incorporate outdoor bowls into our programme of activities.

The idea behind the project is simple, to offer the opportunity to participate in physical activity while providing a social outlet for older people enabling them to formulate new relationships. The programme is also providing awareness of health and fitness in a positive way as it incorporates a sense of fun at all times.



Active Living for Older Adults Ballymun 2009 Committee. Back row: Des Byrne, Tommy Hanley, Pat Doyle
Front Row: Eillen Reddin, Maura Lynch, Annie Crean, Marie Mc Namara, Betty Moran, Frances Kelly (Missing from photo: Joan Farrell)

“The active age in the AXIS at the Civic Centre Ballymun road. We have aerobics every Wednesday, line dancing on Friday; we also have a walk and exercise in Albert College Park every Tuesday afternoon. Some of us do usher when needed for the shows in the AXIS centre. The active age is the best thing that happened to us here in Ballymun. We also do sponsored walks to raise funds every year”.

Gladis Moore

The active living group has run successfully to date due to the interagency approach with Ballymun Regeneration Limited and Dublin City Council.

The Active Living for older adults Ballymun has worked with Healthy Cities, Go for life, Age and Opportunity in the past where some of the PALS programs developed by go for life are and have been delivered to the Active Living group. This partnership allowed the older adults to become trainers themselves allowing the activities to be

sustainable in the Ballymun area. According to research, getting and staying active has an enormous effect on our quality of life, as we get older. Go for Life is the national programme for sports and physical activity for older people in Ireland.

The active living group works hard to maintain their group activities and also their finances. Everyone is dedicated to the cause and they have worked so hard to maintain the group over the past 9 years and the evidence is there to show their success.

The support and commitment of such well established institutions such as Ballymun Regeneration Limited, Dublin City Council, Age and Opportunity and Go For Life, Dublin Bus, HSE, axis, The Ballymun Leisure Centre and the RAPID Programme, make it possible to set the foundation for the monthly programme of events that run throughout the year. The activities are as follows

Day / Activity	Time	Location
MONDAY		
Bowls	14.00 - 16.00	St. Pappin's Hall
TUESDAY		
Walking	14.00 - 16.00	Albert College Park
Petanque	14.00 - 16.00	Albert College Park
Thai Chi	14.00 - 16.00	Albert College Park
WEDNESDAY		
Aqua aerobics	10.30 - 12.00	Ballymun Swimming Pool
Aerobics	14.30 - 15.30	Axis Arts Centre
THURSDAY		
Bowls	14.00 - 16.00	St. Pappin's Hall
Body Pump	11.00 - 12.15	Ballymun Leisure Centre
FRIDAY		
Line/Salsa dancing	11.00 - 12.30	Axis Arts Centre

**Table Tennis coming soon*

** Holistic approach to Life Course Added*



Active Living body pump class 2009

Exercise to Music/Aerobics

The idea of the exercise to music class is to present a different approach to the teaching of aerobics so it does not become repetitive and boring (e.g. basic aerobic adding on choreography). This is to teach the group balance, direction and co-ordination. Also introduced into the programme is line dancing and salsa, which has proved very popular. Attendance at these sessions, which are held every Wednesday and Friday, are increasing every week with great response from men and women alike

"I have been a member of Active Living in Ballymun for the last 4-5 years. I take part in the aerobics and lines dancing which are held in the dance studio in the AXIS centre. I love and enjoy these activities. The people are very nice and make you feel welcome. I am learning to play the keyboard, I hope I will be successful".

Kitty Burke



Active Living aerobics in Axis Dance Studio.



Active Living body pump in Ballymun Leisure Centre



St. Pappin's Bowls Club.

Walking

The walking group "Stride On" every Tuesday afternoon to embrace the one and a half mile stretch of Albert College Park, whilst enjoying storytelling and enjoying the social aspect of the occasion. The walk begins with some mobilising exercise and then 2 – 3 laps of the park at a nice steady pace, then cooling down with some gentle stretches. On completion of the walk the walkers have the option to participate in some Thai chi, which brings a nice relaxed end to the exercise session.



Active Living walking, in Albert College Park 2009.

"Active Living in Ballymun for older adults every Tuesday at 2 o'clock we go walking for a mile or so, we play some bowls and then we have some Thai chi for about 20 minutes. Its great, its healthy, its fun and its free".

Tommy Hanley

Indoor Bowls

The indoor bowls club, which is held every Thursday morning, is a game that not only has fitness benefits but has also proven to be the fastest growing leisure activity amongst the active living members. The bowls club is now eight years in operation and with its present membership growing, the emphasis now is to approach the game at league level with other clubs. The game of Bowls is a skilful one with fitness, balance and co-ordination benefits. Along with the majority of the active living activities it creates a great social life for those members that choose to participate.

"What a great year for St. Pappins Bowling club, we entered two teams in the afternoon subsidiary bowling league (Division 2) one team won the league and the other team finished in a very good position in their division. Congratulations to all.

Annie Crean

Bowls are played on Monday and Thursday at 2pm to 4pm in St. Pappins hall in Santry village. The club hopes to enrol new members when we return to Poppintree hall when the redevelopment of the hall is completed. Age from 55 years young to?"

Michael McFall (Chairman)

Petanque

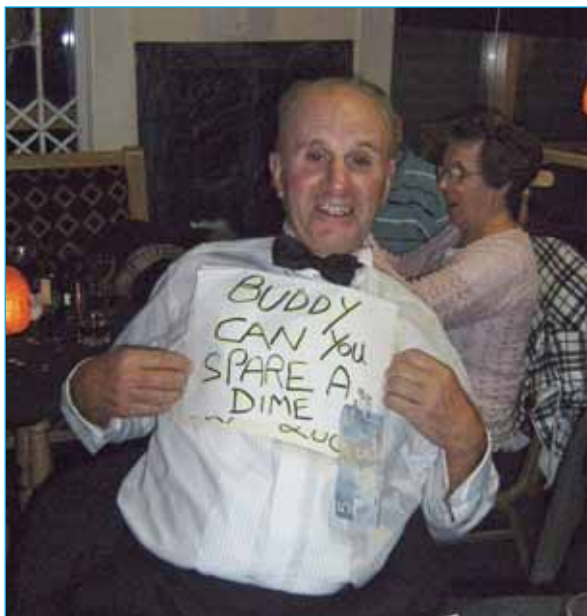
Every Tuesday afternoon Albert College Park is the venue for the weekly games session of Petanque. The game of Petanque or French Boules as it is some times referred to can be tracked back to the 7th century. Many people who have visited France will have seen the game being played in the French village squares. The game is similar to bowls expect it is played on a gravel or sand surface and the Boules (metal balls) are thrown, not rolled. Petanque can be played on many levels and has many clubs operating nation-wide.

Holistic Approach to Life

This course targets the over fifty fives and participants have all been members of Active Living Ballymun. This class has proved very popular and we have a demand for this at present from many older people living in Ballymun. The Aim of the course is to introduce relaxation as a means to producing good health, to promote healthy lifestyles as a way of dealing with stress. The course consists of meditation, hand massage, head massage, dealing with stress, discussion on health issues, and link with breast awareness week for the over fifties.

Events

Since the project was set up the Active Living members have participated in the senior games festival in counties Louth, Meath and Belfast. The extended invitations are due to the continuing success of the annual "Ballymun Senior Games Festival" to which all adults over the age of 50 are welcome to attend and participate.



Des Byrne from Active Living

Every couple of months we organise a series of away events e.g. trips to Farmleigh House, walking tours, sports days etc. This year Ballymun Active Living are playing a role in the Ballymun Postive Aging week to help promote recreational activities for older adults in the Ballymun area. These events focus on historical, environmental, educational, sport and recreation.

Halloween Fancy Dress Ball October 2008

Ballymun Active Living group in conjunction with Dublin City Council and Ballymun Regeneration Ltd had their "Halloween Fancy Dress Ball" on Friday 31st October 2008. This "Spooktacular" event took place in Setanta Club, Ballymun and there were approximately 100 people in attendance. There was live music on the night by the "Midnight Sounds" band and the members of Active Living boogied the night away to Abba, The Beatles, Frank Sinatra and many more. There were prizes on the night for "The best Fancy Dress Costume" The night proved a roaring success and great fun was had by all.



Active Living have Halloween fun

Active Living's First Bicycle Ride through the Phoenix Park

Active Living took their first bicycle ride through the Phoenix Park. The bicycle hire shop is just to the left as you enter the main Phoenix Park entrance. You have lots of choices of bikes and at only €5 for an hour per bike is great value. With close to 2,000 acres in the park, it was impossible for the Active Living group to see it all, however you can have great fun exploring as it's still one of Dublin's hidden treasures.



Active Living Cycle through The Phoenix Park

You get a map with your bike and a little carry pouch, should you plan to bring a picnic. The staff are extremely friendly and helpful, there are designated cycle paths, meaning you don't have to manoeuvre around endless walkers.



Active Living Get on Their bikes.

"This was one of the most enjoyable days I have had in a long time, I would recommend everyone to try it out at least once"

Des Byrne

Any one interested in joining our cycle group, we meet every Thursday at 2pm, Weather Permitting, if you would like more details contact any of Active Living members listed.

Intergenerational Local History Project

Ballymun Whitehall Area Partnership developed an Intergenerational Project, which involves older people partnering school teachers in working with children and young people on a local history project that compliments the primary school curriculum. The purpose of this Intergenerational Local History Project is to develop positive relationships between older people and the younger generation, enriching both groups' lives and experiences. Active Living Ballymun members took part in this project and it was a great success.

Active Living Television Appearance

Ellen Reddin secretary of the Active Living Ballymun took part in Dublin Community Television (DCTV) which is Ireland's newest TV broadcaster. The programme "Never Too Late" looks at some of the bigger issues affecting older people today. The programme looked at activities that older people get involved in. Mary Harkin from Age and Opportunity explained why it is important for older people to remain active, for many reasons, in order to improve their well-being and maintain their mental health. Other guests included Alicia McGovern from the IFI talking about the Wild Strawberries Club, and a Damien McCroary from the Ballymun Whitehall Area Partnership.

These are just some of the many events Active Living get involved in and we hope there will be many more in the coming years. So why don't you get you're say and come and join the Active Living Ballymun today!!

Active Living Information

The 2009 Active living AGM was held on Thursday the 30th of April In the Ballymun Civic Offices, Main Street, Ballymun. Almost 40 people attended. The following are a list of the officers and committee members

Chairperson:	Marie Mc Namara
Vice Chairperson:	Thomas Hanley
Secretary:	Ellen Reddin
Assisted Secretary:	Pat Doyle
Treasurer:	Des Byrne

Committee Members:

- Joan Farrell
- Betty Moran
- Frances Kelly
- Annie Crean
- Marie Lynch

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A representative from BRL

A representative from Dublin City Council

The committee meet once a month in the Ballmun Civic Offices. If you have any issues which you would like the committee to address/discuss then please contact Secretary Ellen Reddin on 087 9914876 or Chair Person Maire Mc Namara 8428125

If you require any additional information regarding the Active Living activities or you are interested in becoming a member please contact:

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