

DCSWP – JANUARY EVENTS & PROGRAMMES

THE LORD MAYOR'S 5 ALIVE CHALLENGE 2019

The Lord Mayor's 5 Alive challenge is back for 2019! The initiative is a partnership programme between Dublin City Sport & Wellbeing Partnership and the Lord Mayor's Office. The Challenge is now in its 7th year and has encouraged hundreds of people to take up regular exercise over the past 6 years.

Last year the initiative went back to its roots and targeted people who were interested in taking up jogging or novice joggers who needed some encouragement to sustain progress. The focus on encouraging new and novice joggers to sign up to the challenge continues in 2019. In 2018 the challenge also introduced Mentors to accompany slower joggers and walkers and encourage them along each route. The mentoring aspect of the challenge also continues with 30 mentors appointed to support participants in the 2019 challenge. Each mentor has completed the 5 Alive challenge in previous years.

Over 400 participants have registered to take part in this year's challenge which commenced in the Phoenix Park with the New Year's Day Road Race on Tuesday 1st January 2019.

The Challenge is to complete 5 Dublin road races between January and April 2019. Details of the races are outlined below. In the event that a participant is unable to complete the 5 races they will have the opportunity to substitute a race for one of the city's Parkruns. Dublin hosts free 5k Parkrun in 5 locations across the city every Saturday morning. Details on times and locations can be found at www.parkrun.ie.

- Tom Brennan Memorial 5k New Year's Day Road Race at 12noon on Tuesday 1st January 2019 in the Phoenix Park
- AXA Raheny 5 Mile at 3pm on Sunday 27th January 2019 in Raheny
- BHAA Garda Cross Country 2 Mile & 4 Mile country races at 11am on Saturday 2nd February in the Phoenix Park.
- MSB St. Patrick's Festival 5k Race and Family Fun Run
- BHAA Dublin City Council 10k race

CHANGE FOR LIFE 2019

Change for Life is an 8 week programme that aims to improve the health of local communities through a partnership approach designed to support people to become more physically active on a regular basis and adopt a healthier diet. The programme runs in tandem with the RTE Operation Transformation TV show.

The programme was first developed in 2013 when a partnership was developed between Dublin City Sport & Wellbeing Partnership, Fatima Groups United, Health Promotion & Improvement, HSE Dublin Mid-Leinster and Dolphin Health Project. This partnership identified a need to tackle the issues of obesity and low physical activity levels in a new and innovative way

While weight loss was considered an important aspect of the programme it was also felt that there were many other health indicators that could be improved through participation in the programme such as aerobic fitness, body fat percentage and blood pressure. Improving the psychological well-being of participants was also considered an important outcome of the programme. Following planning and consultation meetings between the partners it was decided to run a diverse health & fitness programme aimed at having a positive impact on the overall health and wellbeing of the participants.

The 2019 Change For Life commenced in early January and is being rolled out in fourteen communities over the 8 week period. The programme provides fitness assessments, a 5K timed walk (repeated at week 8) and nutritional/dietary advice. Independent nutritionists gave a series of talks on healthy eating habits and dietary information such as portion size and calorie counting. Weekly weigh-ins to assess progress will also be provided.

- The following 8 week Change For Life programme will be delivered in the Central Area from January onwards;
- **Programme:** Change For Life
Dates/Times: Tuesdays/Wednesdays & Fridays at 10am. January – start dates TBC.
Location: Aughrim Street Community Centre.
Participants: Mixed 18 + years.
Partners: Healthy Ireland/HSE.

OPERATION TRANSFORMATION NATIONAL WALK DAY 2019

As part of the **Operation Transformation National Walk Day** Dublin City Sport & Wellbeing Partnership will host an open walk at 11am on Saturday, 12th January 2019 in the **War Memorial Gardens, Dublin 8** (Meeting Point: Municipal Rowing Centre, Island Bridge). The distance of the walk will be between 3 and 5 kilometers in order to target people who are currently engaging in below the recommended levels of physical activity.

The walks are currently in the planning stage with implementation to commence in January. The walk will kick start the **Get Dublin Walking programme** which is a core programme delivered by DCSWP from January to March in partnership with the HSE and the DCC Community Section. Local walking programmes will commence in the 1st quarter of 2019.

- The following Get Dublin Walking will be rolled out in the area in the new year in partnership with the HSE and Healthy Ireland;
- **Programme:** lerne Walking Group
Dates/Times: Tuesdays 11am. January – start dates TBC.
Location: TBC.
Participants: Mixed all ages.
Partners: Healthy Ireland/HSE.

GAGA (GET ALL GIRLS ACTIVE)

GAGA is an initiative aimed at engaging female participation in sport and physical activity. There are two strands to the initiative; the first comprises of focused 6-8-week sport/physical activity programmes in communities around the city targeting teenage girls; the second is an online campaign #GAGA day to increase female engagement via live dance-fit classes, prize giving for uploads of photos/videos plus a citywide Glow Fit event. Now in its second year, the citywide #GAGA day took place on December 5th 2018. The intention will be to maintain the momentum of recent GAGA programmes and the citywide GAGA event

As a Local Sports Partnership DCSWP will also be linking #GAGA into the women in sport 20x20 “If she can’t see it, she can’t be it” Campaign <https://20x20.ie> . This campaign is an all-inclusive movement to shift Ireland’s cultural perception of women’s sport by 2020 with a 20% increase in media coverage of women in sport, a 20% increase in female participation at all levels of sport and a 20% increase in attendance at women’s games and events.

SPORT FOR YOUNG PEOPLE – SMALL GRANTS SCHEME

Grants were advertised in mid-May via email to clubs and sports contacts, newspaper advertisement and via social media. Deadline for receipt of applications was Friday, June 29th 2018 at 4pm.

Applications were open to Sports Clubs and Organisations within the Dublin City Area affiliated to a National Governing Body providing opportunities for young people aged 10 -21 years of age to participate in sport & physical activity.

120 applications were received and 112 were approved for payment. Payment has been received for

More information can be found at:
www.dublincity.ie/smallgrantscheme2018

DCSWP CORE PROGRAMMES JANUARY 2018.

Below are details of core programmes being delivered in the Central Area from January 2019;

CHAMPIONS Adults with Physical & Intellectual Disabilities

The following Champions programmes deliver fitness programmes in the Central Area for individuals with physical and mental disabilities;

- **Programme:** CRC (Central Remedial Clinic) Football Programme.
Dates/Times: Ongoing. Thursdays 12 – 1pm.
Location: Ballybough Community Centre.
Participants: Mixed 25-50 years.
Partners: HSE/Local Sport Officers.
- **Programme:** CRC Sports Programme.
Dates/Times: Ongoing. Fridays 12 – 1pm.

Location: Ballybough Community Centre.

Participants: Mixed 25-50 years.

Partners: HSE/Local Sport Officers.

COUCH TO PARKRUN

Under Active Adults

Participants are encouraged to steadily improve their running ability so that they can comfortably negotiate a 5k run by the end of the 8-week programme.

- The following Couch to Parkrun programme aims to deliver open and supported basic training sessions to encourage sustainable participation.;
- **Programme:** Elmfield Couch to 5k
Dates/Times: Ongoing. Tuesdays and Thursdays. 11am.
Participants: Mixed 30 - 55
Partners: Respond & Community

FOREVER FIT (CORE)

Older Adults

The Forever Fit programme is aimed at older adults and focuses on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi, line dancing, yoga and mindfulness.

- The following Forever Fit programmes will be delivered on an ongoing basis from January to March in the Central area over the period;
- **Programme:** ILAC Chairaerobics
Dates/Times: Ongoing. Fridays 11am. January – start dates TBC.
Location: TBC
Participants: Mixed Older Adults.
Partners: HSE
- **Programme:** Mobility and Physiotherapy.
Dates/Times: Fridays 10am-12 noon.
Location: Ballybough Community Centre.
Participants: Female 50+ years.
Partners: HSE.

GAGA (CORE)

Teenage Girls

The programme is aimed at teenage girls and is run in conjunction with local youth services and schools. A wide variety of activities are delivered as part of the programme including dance-fit, fencing, yoga, boot-camp and adventure activities. Activities take place at various venues.

- The following Gaelic programme is being run as a Health & Wellbeing initiative and focuses on sustaining female participation in the sport beyond the lifetime of the programme;

- **Programme:** Gaelic For Girls
Dates/Times: Ongoing. Thursdays 5-6pm
Location: St Laurence O'Toole Recreation Centre, Sheriff Street.
Participants: Females 8+ Years
Partners: DIT. LGFA

THRIVE (CORE)

Adults With Mental Health Difficulties

Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression right through to people who may have suffered an acquired brain injury and need assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint

- The following THRIVE Yoga programme is ongoing in the area and is run in partnership with the HSE. Details are outlined below;
- **Event:** Yoga/Sport & Mental Health
Dates/Times: Ongoing. Thursdays and Fridays. 12 – 1pm.
Location: Ballybough Community Centre
Participants: Mixed 20-60 years
Partners: HSE.

YOUTH FIT (CORE)

Youth at Risk (10-21 Years)

Youth Fit programmes are multi sport and fitness initiatives for young people in the area aged 10 years and over.

- The following Football programme is an ongoing initiative in the Central Area delivered in partnership with Chrysalis Community Drug Programme;
- **Programme:** Football Drop In
Dates/Times: Ongoing. Fridays from 5pm
Location: Aughrim Street/Grangegorman
Participants: Male 16+ years.
Partners: Chrysalis

GENERAL

Below are details of events, initiatives and programmes being delivered in the Central Area over the period;

- **Programme:** Sheriff Street Tag Rugby Pop up Club.
Dates/Times: Ongoing. Mondays 3-5pm
Location: St. Laurence O'Toole Recreation Centre.
Participants: Mixed 8 + years.
Partners: Leinster Rugby
- **Programme:** ILAC – Move For Health

Dates/Times: Wednesdays 12pm. January to March (start dates TBC)

Participants: Mixed 40+

Partners: HSE.

- **Programme:** Learn to Swim
Dates/Times: Ongoing. Thursdays 10am.
Location: Sean McDermott Swimming Pool.
Participants: Mixed. 10-13 years
Partners: Swim Ireland.
- **Programme:** Work Options – Working With People With Physical and Mental Disabilities. St Michael's Group.
Dates/Times: Ongoing. Fridays. 10am.
Location: Aughrim Street Community Centre.
Participants: Mixed. 18+ years.
Partners: Swim Ireland.

FOOTBALL DEVELOPMENT OFFICER UPDATE

The FAI Development Officer takes a break

- A Youth Service Football coaching programme in ongoing is Aughrim St, Stoneybatter from 3pm-4.30pm on Wednesdays.
- Walking football with the Bohemians 'More than a Club' programme continues in the area over the period every Wednesday at 11.30pm
- A Drop in Football programmes for boys and girls 6-9 years is being delivered in Aughrim St Sports Hall every Thursdays from 3.30-5pm.
- Girls Football coaching sessions are ongoing in St Joseph's Girls Secondary school every Friday.

FAI Officers are on leave in late December/January. A full update on new year initiatives will be included in the next area committee report.

RUGBY DEVELOPMENT OFFICER UPDATE

The following rugby programme will continue in the Central Area over the period.

- Following the launch of the rugby pop up event on 26th November rugby sessions will be held every Monday in St Laurence O'Toole Recreation Centre from 3pm – 5pm.

BOXING DEVELOPMENT OFFICER UPDATE

- The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people aged 10 – 17 years to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by DCSWP's 5 dedicated IABA/DCSWP Development Officers via local schools in communities across the Dublin City area. Approximately 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it on to another level again. Following the Showcase exhibitions in December the Bronze Startbox programme has resumed in the following school's

- St Declan's Cabra (Transition Years)
- Mount Carmel Dorset Street (Transition Years)
- Laurence O 'Toole's BNS Sheriff Street
- St Paul's BNS Brunswick Street
- Christ the King BNS Cabra
- Other schools in the area are yet to be confirmed

CRICKET DEVELOPMENT OFFICER UPDATE

- The following cricket programmes/events/initiatives will take place in the Central Area in January 2019;
- The Cricket Development Officer will liaise with Sport Development Officers in the area to organise the delivery of cricket programs in 2019.
- School coaching visits will resume in the area in the new year commencing with the following school;
- St Vincent's Boys School, North William St. Tuesdays -11.00am-12.30pm.
- Provincial cricket sessions will continue on Friday nights in the new year from 5.00pm-9.30pm in North County Cricket Club; a number of players from the Central area involved in these sessions in particular players from the Drumcondra area. Players are between 10-18 years of age.
- The annual Dublin City U12, U14 and U17 New Year Camps took place on the 2nd and 3rd of January in North County Cricket Club from 10.00am-16.30pm. Participants from the Central Area were predominantly from the Drumcondra area.

Contact details

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Alan Morrin, Acting Senior Staff Officer, DCSWP: alan.morrin@dublincity.ie

Mitch Whitty, Sports Officer: mitch.whitty@dublincity.ie

Derek Ahern, Sports Officer: derek.ahern@dublincity.ie

John Sweeney, Sports Officer: john.sweeney@dublincity.ie

Darragh Cunningham, Ballybough Centre Manager: treacy.byrne@dublincity.ie

Ian Hill, Soccer: ian.hill@fai.ie

Tommy Carberry, Soccer: tommy.carberry@fai.ie

Paul Quinn, Boxing: paulquinn999@gmail.com

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Stephen Maher, Rugby: stephen.maher@leinsterrugby.ie

Report by Dee O'Boyle, DCSWP. deirdre.oboyle@dublincity.ie