

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

JANUARY 2019

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 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 programme commences in early January and is being rolled out in fourteen communities over an 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 programmes will be delivered in the North Central Area from January onwards;
- **Programme:** Change For Life (January to March).
Dates/Times: Mondays from 14th January. 8-9pm. Wednesdays from 16th January 8-9pm.
Location: Kilmore West Recreation Centre.
Participants: Mixed 18 + years.
Partners: Kilmore/Beaumont CFL Programme.
- **Programme:** Change For Life -Mental Health Group. (January to March).
Dates/Times: TBC
Location: Suamhnais, Darndale .
Participants: Mixed 18 + years.
Partners: Kilmore/Beaumont CFL Programme.
- **Programme:** Change For Life –general public 8 week walking and jogging programme.
Dates/Times: TBC
Location: Darndale/Belcamp/Priorswood.
Participants: Mixed 18 + years.
- **Programme:** Change For Life –general public 8 week walking and jogging programme.
Dates/Times: TBC
Location: Darndale/Belcamp/Priorswood.
Participants: Mixed 18 + years.

OPERATION TRANSFORMATION NATIONAL WALK DAY 2019

As part of the **Operation Transformation National Walk Day** Dublin City Sport & Wellbeing Partnership hosted an open walk at 11am on Saturday, 12th January 2019 in the **War Memorial Gardens, Dublin 8**. The distance of the walk was between 3 and 5 kilometers in order to target people who are currently engaging in below the recommended levels of physical activity.

The walk marked the commencement of the 2019 **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 beginners programmes will be rolled out in the North Central area in the new year in partnership with local Youth Services, agencies and schools;
- **Programme:** Get Dublin Walking (January – March)
Dates/Times: Thursdays from 17th January 8-9pm
Location: Clontarf Promenade.
Participants: Mixed all ages.
Partners: Healthy Ireland/HSE.

#GAGA DAY 2018.

GAGA (Get all Girls Active) 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. FloatFit and aqua aerobics classes were delivered in Markievicz Sports and Fitness Centre on the day as part of the GAGA event. The intention for 2019 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.

ONGOING NORTH CENTRAL PROGRAMMES

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 class is being delivered in the North Central Area and focuses on Yoga and Mindfulness for Older Adults;
- **Programme:** Older Adults Exercise
Dates/Times: Ongoing Thursdays 10.30am – 11.30am
Location: Donnycarney/Beaumont Local Care Centre
Participants: Older Adults (Females)
- **Programme:** Older Adults Exercise
Dates/Times: Ongoing Thursdays 10.30am – 11.30am
Location: Donnycarney/Beaumont Local Care Centre

Participants: Older Adults (Females)

- The following Forever Fit Aqua Fit and swimming classes cater for older adults in the Coolock, Kilmore, Beaumont and Artane areas;
- **Programme:** Aqua Fit – Senior Citizens
Dates/Times: Tuesdays 3-4pm.
Location: Northside Swimming Pool
Participants: Mixed Older Adults

- As part of the Forever Fit programme 2 half day dance workshops will be delivered in the area in January. Details are listed below;
- **Programme:** Older Adults Dance Workshop.
Dates/Times: TBC
Location: Kilbarrack Community and Parish Centre
Participants: Older Adults (Mixed)

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.

- Below are details of an ongoing THRIVE Football programme in the North Central Area. The programme comprises of drills and 5 a side competitive tournaments.
- **Programme:** Indoor Football
Dates/Times: Ongoing. Thursdays 3-4pm
Location: Kilmore West Recreation Centre
Participants: Male. 18+
Partners: HSE

- The following community based THRIVE programme will provide water safety and swimming lessons for males aged 16-25 years;
- **Programme:** THRIVE – Water safety and swimming lessons.
Dates/Times: TBC
Location: TBC
Participants: Male. 18+
Partners: Kilbarrack Coast Community Programme/HSE.

YOUTH FIT (CORE)

Youth at Risk (10-21 Years)

Youth Fit programmes are multi-sport and fitness initiatives aimed at young people aged 10 -21 years and over. The purpose of the programme is to provide preventative outlets for young people in the North Central Area.

- In conjunction with Kilmore West Afterschool Project, the following Youth Fit football programme is ongoing in the North Central Area. See full details of the programme are outlined below;
- **Programme:** Afterschool Project
Dates/Times: Ongoing. Wednesdays 1.30-3pm
Location: Kilmore West Recreation Centre
Participants: Mixed Teens 5-12 years
Partners: Kilmore West Afterschool Project

GENERAL:

- Below are details of ongoing and upcoming activities, events and programmes running in the North Central Area in January.
- **Programme:** Bootcamp Class
Dates/Times: Wednesdays 1-1.45pm
Location: Glin Centre Coolock.
Participants: Mixed 18+
- **Programme:** Child Protection Level 1 Training for volunteers in sport.
Dates/Times: TBC
Location: Junction Community Centre, Clongriffin.
Participants: Mixed 18+

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 (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) 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. The DCSWP/Leinster Rugby Development Officer is currently engaging with schools across the South East Area.

Startbox programmes will commence in schools in the North Central area in January 2019. Details of the programme will be included in the next area committee report.

Cricket Development Officer Update

Below are details of cricket programmes being delivered in the North Central Area in January 2019;

- The cricket development officer continues to work with local sports development officers in the area in relation to the delivery of cricket programs for 2019.
- School coaching visits will be delivered in January in the following school in the North Central Area;
 - St David's CBS, Artane (Wednesday's 2.00pm-4.00pm)
- The annual Dublin City U12, U14 and U17 Christmas and New Year Camps took place on the 2nd and 3rd of January in North County Cricket Club from 10.00am-16.30pm. Participants were from across the 5 areas. Participants attending from the North Central area were from the Clontarf/Raheny area.

Football Development Officer Update

FAI Development programmes will recommence in the new year. Full details of programmes will be outlined in the next area committee report.

Rugby Development Officer Update

For details of Rugby events /initiatives and programmes in the North Central Area please contact the local Rugby Development Officer. See contact details below.

Contact details

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