

### 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 1<sup>st</sup> 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](http://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.

Weekly Change For Life running programmes, fitness classes and nutritional talks will be delivered in the South Central Area in January. Details are listed below;

- In partnership with Ballyfermot Walkers and Talkers, the following Ballyfermot Change For Life programme will provide assessments for the first and last sessions of the programme. In addition to providing access to swim/gym sessions in Ballyfermot Leisure Centre.
  - **Programme:** Ballyfermot Change For Life  
**Dates/Times:** Monday – Wednesday evening . Time TBC.  
**Participants:** 18 + years
  
- The following Change for Life Programmes will be delivered in the F2 Centre Rialto, Bluebell Community Centre and Inchicore Family Resource Centre during the Operation Transformation period;
  - **Programme:** Operation Transformation/Change For Life.  
**Dates/Times:** Mondays, Wednesdays & Thursdays. More details TBC.  
**Location:** F2 Centre, Rialto.  
**Participants:** 18 + years
  
  - **Programme:** Operation Transformation/Change For Life.  
**Dates/Times:** Mondays, Wednesdays and Thursdays. More details TBC.  
**Location:** Bluebell Community Centre.  
**Participants:** 18 + years
  
  - **Programme:** Operation Transformation/Change for Life.  
**Dates/Times:** Tuesdays 10am-12pm/Thursdays 12pm-1pm  
**Location:** Inchicore Family Resource Centre.  
**Participants:** 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.

As part of the Get Dublin Walking initiative a 'Meet & Jog' group will be delivered from January. The scheduled walks will commence from Clogher Road Sports Centre every Monday at 7pm and in Fatima Resource Centre every Wednesday at 6pm.

### **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. In 2017, the first year of the initiative, #GAGA day was a huge success trending at number 5 in Ireland on the day. #GAGA day took place on December 5<sup>th</sup> 2018. Ballyfermot Sport and Fitness Centre hosted GAGA events on the day including aqua aerobics and a number of glow based events including glow yoga, dance, spin and zumba. The intention for 2019 will be to maintain the momentum of recent GAGA programmes and the citywide GAGA event by continuing to link in with local schools in the area.

As a Local Sports Partnership, DCSWP will 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 29<sup>th</sup> 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 now been received for all approved applications.

[www.dublincity.ie/smallgrantscheme2018](http://www.dublincity.ie/smallgrantscheme2018)

### **COUCH TO PARKRUN (CORE)**

### **Underactive Adults**

Couch to Parkrun 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 programme provides training for participants from the South Central Area in the lead up to each of the Lord Mayor's 2019 5 Alive challenges;

- **Programme:** Orchard Runners and Ballyfermot Walkers & Talkers.  
**Dates/Times:** Ongoing. Tuesday and Thursday evenings .  
**Participants:** 18 + years

#### **FIT 4 CLASS (CORE)**

#### **Primary School Children**

In partnership with Athletics Ireland, DCSWP ensures each primary school receives a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games. The following Fit 4 Class programmes will be delivered in the South Central Area in January;

- **Programme:** Fit For Class – Dance Class  
**Date/Times:** Ongoing. Tuesdays 11am-12.30pm  
**Location:** St. Patrick’s Primary Choir School.
- **Programme:** Fit For Class  
**Date/Times:** Ongoing. Thursdays 10.30am – 12pm  
**Location:** Scoil Eoin Crumlin.  
**Partners:** Frisbee Ireland.

#### **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 programme aims to prepare participants to swim a mile to raise funds for the Thrive men’s group;

**Programme:** Thrive  
**Dates/Times:** Wednesdays 12 – 1pm.  
**Location:** Fatima Resource Centre.  
**Participants:** Mixed 18+  
**Partners:** Swim Ireland and Fatima Groups United.

- The aim of the following Thrive programme aims to create a positive space to promote mental health through physical activity.

**Programme:** Thrive  
**Dates/Times:** Tuesdays 11am – 1pm.  
**Location:** Fatima Resource Centre.  
**Participants:** Male 18+  
**Partners:** Fatima Groups United.

- Below are details of ongoing and upcoming activities, events and programmes running in the South Central Area during the period;

#### **SAFEGUARDING:**

- **Programme:** Safeguarding 3 Basic Awareness 1x3 Hours Course  
**Dates/Times:** TBC.  
**Location:** TBC  
**Participants:** Mixed 18+

#### **AFTER – SCHOOL:**

- **Programme:** Inchicore After-School Programme  
**Dates/Times:** January. Details TBC.  
**Location:** Inchicore Resource Centre.  
**Participants:** Under 10 years.

#### **ATHLETICS**

In partnership with Athletics Ireland two Athletics Officers have been appointed to deliver athletics based programmes and initiatives across the city. Details of South Central based athletics programmes will be included in the February report.

#### **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 Boxing Rugby Development Officer will be liaising with schools in the area during the next period.

#### **CRICKET DEVELOPMENT OFFICER UPDATE**

- School cricket coaching visits will commence in the South East area in January in the following schools;
  - Canal Way Educate Together, Dublin 8. (Tuesdays 10.30am-12.30pm)
  - Drimnagh Castle Boys Secondary School. (Wednesdays Tuesdays 1.30am-2.30pm)
- Dublin City cricket sessions continue to be delivered during the period from 5.00pm-9.30pm in North County Cricket Club; a number of players from the South-Central area are involved in these sessions in particular players from the Drimnagh area. Players are between 10-18 years of age.

### **FOOTBALL DEVELOPMENT OFFICER UPDATE**

Football Development programmes take a break over the December/early January period. For ongoing programmes in the area please refer to previous reports.

### **Rugby Development Officer Update**

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer. Contact details are listed below.

### **Contact details**

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