

## **DCSWP FEBRUARY – MARCH 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.

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

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 1<sup>st</sup> January 2019. The second race, the AXA Raheny 5 Mile race, took place on Sunday 27<sup>th</sup> January in St Anne's Park. Participants included the Lord Mayor Nial Ring who on completion of the race cheered on fellow contenders! The third race, the Garda Cross Country 2 and 4 mile country race took place on Saturday 2<sup>nd</sup> February in the Phoenix Park.

### **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 programmes will be delivered in the Central Area from January onwards;
- **Programme:** Change For Life  
**Dates/Times:** Tuesdays 6pm. Wednesdays & Fridays 10am (Jan- March)  
**Location:** Aughrim st.  
**Participants:** Mixed, 18+  
**Partners:** Healthy Ireland/ HSE
- **Programme:** Change for life  
**Dates/Times:** Mondays & Thursdays 1pm-2pm  
**Location:** Sherriff street  
**Participants:** Mixed 50+  
**Partners:** DCC Partnership Programme

## **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 be rolled out in the Central Area from January to March.

- The following Get Dublin Walking programmes will be delivered from January to March in partnership with the HSE, Healthy Ireland and DCSWP Sport Officers;
- **Programme:** Ierne Walking Club  
**Dates/Times:** Tuesdays 11am (Jan- March)  
**Location:** Ierne Social Club, Drumcondra  
**Participants:** Mixed, All ages  
**Partners:** Healthy Ireland/ HSE/DCSWP Sport Officers

## GAGA (GET ALL GIRLS ACTIVE) 2019

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 5<sup>th</sup> 2018. The intention will be to maintain the momentum of recent GAGA programmes and the citywide GAGA event into 2019.

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.

## DCSWP CORE PROGRAMMES FEBRUARY - MARCH 2019.

Below are details of core programmes being delivered in the Central Area between February and 2019:

## CHAMPIONS

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

- **Programme:** Central Remedial Clinic Sports Programme (CRC).  
**Dates/Times:** Ongoing. Thursdays 10-11(Football) , Thursday 11-12 (Fitness Classes )  
**Location:** Ballybough Community and Youth Centre and CRC Clontarf.  
**Participants:** TBC  
**Partners:** CRC Clontarf

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

#### **Primary School Children**

In partnership with Athletics Ireland, DCSWP will ensure 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 Forever Fit programmes will be delivered on an ongoing basis from January to March in the Central area over the period;
- **Programme:** Tag Rugby Programme  
**Dates/Times:** Ongoing. Thursdays 11am – 12 noon  
**Location:** St. Columba's National School, Iona Rd.  
**Participants:** Mixed 10+ Years  
**Partners:** Leinster Rugby

#### **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. Thursdays 11am – 12 noon  
**Location:** Central Library, ILAC Centre, City Centre  
**Participants:** Mixed, Older Adults  
**Partners:** HSE
- **Programme:** Functional Fitness Class  
**Dates/Times:** Ongoing Fridays 11 am  
**Location:** Ballybough Community and Youth Centre  
**Participants:** Mixed, Older Adults  
**Partners:** HSE

#### **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;

- **Programme:** Yoga programme and Sport mental health and fitness programme.  
**Dates/Times:** ongoing, Thursdays 12-1 (yoga), Fridays 12-1 (sport and mental health group)  
**Location:** Ballbough Community and Youth Centre  
**Participants:** mixed, 25-50  
**Partners:** HSE/ Sports officer
- The following THRIVE fitness programme is ongoing in the area and is run in partnership with Work Options. Details are outlined below;
- **Programme:** Work Options – Working with people with Disabilities, St. Michael's group  
**Dates/Times:** Ongoing Fridays 11am  
**Location:** Aughrim Street  
**Participants:** 18+  
**Partners:** Work Options

#### **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

### **DCSWP GENERAL PROGRAMMES FEBRUARY – MARCH 2019.**

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

- **Programme:** Learn to Swim  
**Dates/Times:** Ongoing. Thursday 10 am.  
**Location:** Sean Macdermott Street Lower  
**Participants:** Mixed, 10-13 years old  
**Partners:** Swim Ireland
- **Programme:** Move For Health  
**Dates/Times:** Ongoing. Wednesdays 12pm

**Location:** Aughrim/ Grangegorman

**Participants:** Mixed 40+

**Partners:** HSE

- **Programme:** Football Drop In  
**Dates/Times:** Ongoing. Fridays 5pm  
**Location:** Aughrim Street/Grangegorman  
**Participants:** Male, 16+  
**Partners:** Chrysalis Drug Project
- **Programme:** Gaelic For Mam's  
**Dates/Times:** Ongoing. Tuesdays 7pm-8pm (Ballybough Community and Youth Centre).  
Thursdays 5pm – 6pm(Sheriff St. Recreation Centre)  
**Participants:** Female 40+  
**Partners:** Ladies Gaelic Football Association
- **Programme:** HSE Physiotherapy Rehabilitation Group  
**Dates/Times:** Ongoing. Fridays 10am-12pm  
**Location:** Ballybough Community and Youth Centre  
**Participants:** Mixed 50+  
**Partners:** HSE
- **Programme:** Tag rugby Pop up group  
**Dates/Times:** Ongoing, Monday 3-5pm,  
**Location:** St. Laurence O'Toole Recreation Centre, sheriff street.  
**Participants:** mixed 8+  
**Partners:** Leinster Rugby

## **CO-FUNDED PROGRAMMES FEBRUARY – MARCH 2019**

### **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. Then Bronze Startbox programme has commenced in the following schools in the area;

- St. Columbas GNS Drumchondra
- St. Josephs NS East Wall

#### **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 February and March.
- School coaching visits and sessions will take place in Ardscoil Ris secondary school. (Monday 4-5 pm)
- Provincial cricket sessions continue on Friday nights 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.
- Annual Dublin City U12, U14 and U 17 camps continue in North County Cricket Club from 10:00- 16:30 pm in February and March. Participants attending from the Central Area are predominantly from the Drumcondra area.

#### **FOOTBALL DEVELOPMENT OFFICER UPDATE**

- The following ongoing football programmes/events/initiatives will take place in the Central Area in during the period;
- Football coaching sessions will take place in St Joseph's Girls secondary school, Stanhope St. Ongoing on Mondays for 1<sup>st</sup> year students from 11.30am – 1pm, Tuesdays for 3<sup>rd</sup> year students from 9.30am – 11am and Wednesdays for Transition Year students from 11.30am – 1pm.

- An ongoing Football programme module linked to healthy eating, lifestyle & mental health in St Joseph's Girls Secondary school Stanhope St 6<sup>th</sup> years take place every Friday from 11.30am – 1pm
- Stoneybatter Youth Service Football coaching programme are ongoing every Wednesday from 3.30-5pm.
- A 4 week Football for All disability programme linked to Guirtin (Adult with intellectual and physical disabilities.) continues on Thursdays: 10am-11.30. Location TBC.
- An FAI Intercultural Afterschool football programme will commence in mid February in St Gabriel's NS & St Paul's NS Brunswick St for a 6 week period.
- A Transition Year PDP1 Coach education course aimed at Transition Year level will commence in mid February in St Pauls Secondary school, Brunswick St. Dates TBC.

### **ROWING DEVELOPMENT OFFICER**

Get Going....Get Rowing

- The Rowing Development Officer is delivering the Get Going Get Rowing programme in 6 schools in and around Dublin including ;
- St Joseph's Stanhope Street
- St Killian's German school, Clonskeagh.

The TrY Coaching indoor rowing programme will be delivered to Transition year students in 5 schools including;

- Trinity Comprehensive, Ballymun
- Coláiste Eoin, Finglas.
- Following the February mid-term break the Get Going Get Rowing programme will commence in a new set of schools across the city. On-the-water taster sessions will be provided to demonstrate the pathway from the rowing machine to the water and encourage student to participate in the 'Splash and dash' event on May 9<sup>th</sup> in Grand Canal Dock, Dublin.
- Rowing students continue to 'virtually' row around the world. Team members participating in the initiative are from all corners of the globe and is currently on its way to Addis Ababa. Students are encouraged to clock up the metres to get the team all the way around the world.



## **RUGBY DEVELOPMENT OFFICER UPDATE**

- The following rugby programme will take place in the Central Area over the period.

### **Tag Rugby**

Tag Rugby sessions will take place in the following schools in the area over the period;

St. David's BNS, Artane. 6 weeks programme - 90 Boys participating.

- St. Fiachra's SNS, Beaumont. 4 week programme - 200 mixed children participating.
- St John of God's GNS, Artane. 6 week programme – 180 Girls participating.

### **Blitz Rugby**

Girls Metro Secondary schools rugby contact and tag blitz sessions will take place on Thursday 28<sup>th</sup> February.

## **REPORT FROM THE HSE HEALTH AND IMPROVEMENT OFFICER**

Please see below report from the Dublin City Sport and Wellbeing Partnership HSE Health and Improvement Officer

**Men on the Move** - a **free** physical activity programme that is aimed at adult men who have been inactive for a while and want to get back to exercising and improving their fitness levels. It involves twice weekly exercise sessions made up of a combination of aerobic, strength & flexibility components. The programme will run in 3 areas for 12 weeks starting as outlined in the table below. For further details or to sign up please contact David Phelan at 01-2227734/087-6525001 or [david.phelan6@mail.dcu.ie](mailto:david.phelan6@mail.dcu.ie)

Area	Venue	Start date	Days & Times
Terenure	St. Joseph's Parish Hall Terenure Rd East Terenure, D6	Tuesday January 15 <sup>th</sup> at 7pm	Every Tuesday at 7pm for 12 weeks
Terenure	The Evergreen Centre Terenure Rd North Terenure, D6	Thursday January 17 <sup>th</sup> at 7pm	Every Thursday at 7pm for 12 weeks
Rialto	F2 Centre 3 Reuben Plaza Rialto, D8	Wednesday January 16 <sup>th</sup> at 12pm	Every Wednesday at 12pm for 12 weeks
Coolock	Glin Rd. Sports Complex Glin Rd. Coolock, D17	Tuesday January 15 <sup>th</sup> at 11am	Every Tuesday & <b>Friday</b> at 11am for 12 weeks

**Fitter Folks** Older Adults Chair Aerobics Class - a **free** physical activity programme aimed at older adults in a community setting. This class combines a series of aerobic, strength, balance & flexibility components to ensure older adults keep active no matter what their age. For further details or to sign up please contact David Phelan at 01-2227734/087-6525001 or [david.phelan6@mail.dcu.ie](mailto:david.phelan6@mail.dcu.ie)

Area	Venue	Start date	Days & Times
Marino	Careltan Hall 53 Shelmartin Ave. Clontarf, Dublin 3	Tuesday January 22 <sup>th</sup> at 2:30pm	Every Tuesday at 2:30pm for 12 weeks
East Wall	Sean O'Casey Centre St. Mary's Rd. East Wall, Dublin 3	Thursday January 10 <sup>th</sup> at 2:30pm	Every Thursday at 2:30pm for 12 weeks

**Move for Health** - A Strength, Balance & Fitness Class for Older Adults

Are you interested in improving your **strength, balance & fitness** in a fun social environment? If so, this class is for you. A qualified instructor will take you through a series of gentle exercises once a week for 10 weeks. This initiative is a collaboration between Dublin City Sport & Wellbeing Partnership & HSE Primary Care Physiotherapy Teams. For further details or to sign up please contact David Phelan at 01-2227734/087-6525001 or [david.phelan6@mail.dcu.ie](mailto:david.phelan6@mail.dcu.ie)

Area	Venue	Start date	Days & Times
Donnycarney	Donnycarney Social Centre St. Johns Court, Malahide Rd. (beside Donnycarney church)	Tuesday February 12 <sup>th</sup> at 10:30am	Every Tuesday at 10:30am for 12 weeks
North Strand	Killarney Court Community Centre, Buckingham St. Upper	Friday February 15 <sup>th</sup> at 11am	Every Friday at 11am for 12 weeks
Ballybough	Ballybough Community, Youth & Fitness Centre	Mid to late February TBC	TBC

**Pilates for All** – a mat-based exercise class aimed at adults of all age groups and fitness levels. This class will help you improve your core strength and flexibility no matter what your fitness level is. For further details or to sign up please contact David Phelan at 01-2227734/087-6525001 or [david.phelan6@mail.dcu.ie](mailto:david.phelan6@mail.dcu.ie)

Area	Venue	Start date	Days & Times
Rialto	F2 Centre 3 Reuben Plaza, Rialto, D8.	Wednesday January 23 <sup>rd</sup> at 1pm	Every Wednesday at 1pm for 12 weeks

**Contact details**

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