

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

FEBRUARY 2019

## **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 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 - Kilmore (January to March).  
**Dates/Times:** Mondays 8pm (Fitness Class) Wednesdays 8pm (Bokwa Class).  
**Location:** Kilmore Recreation Centre  
**Participants:** Mixed 18 + years.  
**Partners:** Kilmore/Beaumont CFL Programme.
- **Programme:** Change for Life - Clontarf (January to March).  
**Dates/Times:** Thursdays 7pm.  
**Location:** Clontarf Coast  
**Participants:** Mixed 18 + years.  
**Partners:** Kilmore/Beaumont CFL programme.
- **Programme:** Change for Life –Coolock (January to March).  
**Dates/Times:** TBC  
**Location:** Glynn Road Centre  
**Participants:** Mixed 18 + years.
- **Programme:** Change for Life –Swimming Programme (January to March).  
**Dates/Times:** Wednesdays 1pm  
**Location:** Coolock swimming pool.  
**Participants:** Mixed 18 + years.

- **Programme:** Change for Life –Aqua Aerobics (January to March).  
**Dates/Times:** Wednesdays 1pm  
**Location:** Coolock swimming pool.  
**Participants:** Mixed 18 + years.
- **Programme:** Change For Life –Darndale Fitness Class (January to March).  
**Dates/Times:** Mondays and Wednesdays 7-8pm  
**Location:** TBC  
**Participants:** Mixed 18 + years.
- **Programme:** Change for Life –Swimming Programme (January to March).  
**Dates/Times:** Wednesdays 1pm  
**Location:** Coolock swimming pool.  
**Participants:** Mixed 18 + years.
- **Programme:** Change for Life –Swimming Programme (January to March).  
**Dates/Times:** Wednesdays 1pm  
**Location:** Coolock swimming pool.  
**Participants:** Mixed 18 + years

### **Change for Life Citywide Event**

- **Programme:** Citywide Nutrition Workshop  
**Dates/Times:** February - Date and Times TBC  
**Location:** Clongriffin Junction Centre  
**Participants:** Mixed Adults

### **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 8-9pm. Sundays 7-8pm.  
**Location:** Clontarf Promenade.  
**Participants:** Mixed Adults.  
**Partners:** Healthy Ireland/HSE.

## **ONGOING NORTH CENTRAL PROGRAMMES – FEBRUARY – MARCH 2019**

### **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 Group Exercise  
**Dates/Times:** Ongoing Thursdays 10.30am – 11.30am  
**Location:** Donnycarney Beaumont Local Care Centre  
**Participants:** Older Adults (Mixed)
  
- 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:** Female 65+
  
- As part of the Forever Fit programme 2 half day dance workshops will be delivered in the area between January and March. 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 who have a dual diagnosis of mental health issues and substance misuse and addiction;
- **Programme:** THRIVE – Water safety and swimming lessons.  
**Dates/Times:** Wednesdays 1pm.  
**Location:** Coolock Pool  
**Participants:** Male. 18+  
**Partners:** Kilbarrack Coast Community Programme/HSE.
- **Programme:** General Fitness Classes including Walking Sessions.  
**Dates/Times:** Ongoing. Thursdays 3-4pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Male. 18+  
**Partners:** 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 Community Development Project the following multi-sport initiative is delivered in the area aimed at young people aged 12 years;
- **Programme:** KCDP Sport na nÓg  
**Dates/Times:** Ongoing. Mondays from 2pm  
**Location:** Kilbarrack Community and Parish Centre  
**Participants:** Mixed Teens 12 years  
**Partners:** KCDP Sport na nÓg
- **Programme:** Afterschool Programme (Mixed Fitness Programme)  
**Dates/Times:** Ongoing. Fridays 4-5pm. Wednesdays 1.30-pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Male s aged 12 -15 years  
**Partners:** Kilmore West Youth Project
- **Programme:** Saturday Programme (Swimming sessions and Parkrun participation)  
**Dates/Times:** Ongoing. Saturdays 10-1pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Male s ages 13-15 years  
**Partners:** Kilmore West Youth Project
- **Programme:** Primary School Swimming Programme – Scoil Íde

**Dates/Times:** Ongoing. Fridays 11am-12.30pm

**Location:** Kilmore West Recreation Centre

**Participants:** Mixed ages 5-12 years

**Partners:** Kilmore West Youth Project

## **GENERAL 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 (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 continue in the following school in the North Central area in January 2019. Details are outlined below;

- **Programme:** Boxing Programme  
**Dates/Times:** Ongoing. Fridays 1-2pm  
**Location:** Our Lady of Consolation, Donnycarney  
**Participants:** Mixed ages 10-12 years  
**Partners:** IABA and local Boxing Development Officer

### **Cricket Development Officer Update**

Below are details of cricket programmes being delivered in the North Central Area in February 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 February in the following school in the North Central Area;
  - St Francis, Priorswood (Tuesdays 11.00am-12.30pm)
  - Our Lady Immaculate, Darndale (Tuesdays 1.00am-2.30pm)
  - Howth Road National School, Clontarf Rd) Times and Dates TBC
  - Northbay ET, Kilbarrack Times and Dates TBC
- The Cricket Development Officer is currently organising dates and times with schools in the area for schoolyard cricket sessions that will be starting in late January. Particular focus will

be on schools that are entered in the Leprechaun Cup (primary school cricket competition) and the secondary school competition. (Dates and times TBC).

- Provincial cricket sessions continue during this period on Friday nights from 5.00pm-9.30pm in North County Cricket Club; participants from the North Central area are primarily from the Clontarf/Raheny area. Players are between 10-18 years of age.
- The annual Dublin City U12, U14 and U17 camps will take place in North County Cricket Club from 10.00am-16.30pm on the 21<sup>st</sup> and 22<sup>nd</sup> of February. Participants attending from the North Central area will be from the Clontarf/Raheny area.

### **Football Development Officer Update**

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

### **Rugby Development Officer Update**

- Tag Rugby sessions will be delivered over 6 weeks in February and March in the following schools in the North Central Area;

- |                              |                  |                            |
|------------------------------|------------------|----------------------------|
| • St John of Gods GNS Artane | 6 week programme | 180 Girls taking part      |
| • St David's BNS Artane      | 6 week programme | 90 Boys taking part        |
| • St Fiachra's SNS Beaumont  | 4 week programme | 200 mixed kids taking part |

### **Blitz Days**

- An all-girls Metro Secondary Schools contact rugby programme will culminate in a rugby tag blitz on Thursday 28<sup>th</sup> Feb. Location TBC

### **Disabilities Sessions**

- A six-week rugby programme aimed at delivering programmes specifically designed for players with disabilities will take place in February and March in partnership with Clontarf C.R.C (six week programme) and Raheny All-Stars Group (4 week programme).

### **Coach Development Training**

Coach Development training focused on the up- skilling of local schools and club coaches for mini's and youths age grade will take place in the area over the next period.

For full details on rugby programmes please contact the North Central Area Rugby Development Officer. See contact details below.

### **Rowing Development Officer Update**

Get Going.... Get Rowing

- The Rowing Development Officer continues to deliver the Get Going Get Rowing programme in schools in and around Dublin. Following the February mid-term break the Get Going Get Rowing programme will commence in a new set of schools across the city including schools from the area. 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.

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