

## **1. DCSWP MARCH – APRIL HIGHLIGHT EVENTS & PROGRAMMES**

### **THE LORD MAYOR’S 5 ALIVE CHALLENGE 2019**

The Lord Mayor’s 5 Alive concludes on 30<sup>th</sup> March with the BHAA Dublin City Council 4 mile race on Saturday 30<sup>th</sup> March. The 5 Alive challenge 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 required some encouragement to sustain progress. The focus on encouraging new and novice joggers to sign up to the challenge continued 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 people registered to participate in this year’s challenge which commenced in the Phoenix Park on New Year’s Day.

In the event that a participant is unable to complete the 5 races they 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). Details of the final 2019 5 Alive races are outlined below;

- MSB St. Patrick’s Day Festival 5k Race and Family Fun Run. This race commences at Stephen’s Green at 12 noon on Monday 18<sup>th</sup> March.
- BHAA Dublin City Council 4 mile race. This race takes place in St. Anne’s Park, Raheny at 11am on Saturday 30<sup>th</sup> March.

### **CHANGE FOR LIFE 2019 - REVIEW**

Change for Life is an 8 week Core programme running annually since 2013. The programme aims to improve the health of local communities by supporting people to become more physically active on a regular basis and adopt a healthier diet. The programme was rolled out in conjunction with RTE’s Operation Transformation in 15 locations across the city with over 1000 participants. Change for Life culminated with an awards and showcase event in the Round Room, Mansion House to celebrate the participants’ successes on Friday 15<sup>th</sup> March 2019.

- Due to the success of the following 8 week programmes, Change For Life will continue in the Central Area throughout April. Details are outlined below;
- **Programme:** Change For Life  
**Dates/Times:** Tuesdays 6pm. Fridays 10am  
**Location:** Aughrim St. Sports Hall, Dublin 7

**Participants:** Mixed 18+ years  
**Partners:** Healthy Ireland/ HSE

- **Programme:** Change For Life  
**Dates/Times:** Mondays/Thursdays 1pm-2pm  
**Location:** Sheriff St. Recreation Centre  
**Participants:** Mixed 50+ years  
**Partners:** Healthy Ireland/ HSE

\*\*\*\*\*

## **2. DCSWP CORE PROGRAMMES MARCH – APRIL 2019.**

Below are details of core programmes being delivered in the Central Area during the period;

### **CHAMPIONS** **Adults with Physical & Intellectual Disabilities**

- In partnership with CRC Clontarf, the following Champions programme delivers multi-sport and fitness initiatives for individuals with physical and intellectual disabilities;
- **Programme:** Central Remedial Clinic Sports Programme (CRC).  
**Dates/Times:** Ongoing. Thursdays 10am-11am (Football)/Thursdays 11am-12pm(Fitness Classes )  
**Location:** Ballybough Community, Youth and Sports Centre  
**Participants:** Mixed 18+  
**Partners:** CRC Clontarf

### **FIT 4 CLASS (CORE)** **Primary School Children**

In partnership with Athletics Ireland the Fit For Class programme 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 programme is delivered on an ongoing basis 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 are delivered on an ongoing basis in the Central area;
- **Programme:** Ilac Chair aerobics  
**Dates/Times:** Ongoing. Fridays 11am – 12 noon  
**Location:** Central Library, ILAC Centre, City Centre

**Participants:** Mixed, Older Adults  
**Partners:** HSE

- **Programme:** Functional Fitness Class  
**Dates/Times:** Ongoing. Tuesdays 10.30am – 11.30am  
**Location:** Ballybough Youth and Fitness Centre  
**Participants:** Female 65+ years

#### **GET DUBLIN WALKING (CORE)**

#### **Underactive Adults**

Get Dublin Walking programme is a core programme delivered by DCSWP in partnership with the HSE and the DCC Community Section. The aim of the walking programme is to promote and support health and wellbeing through increased level of activity.

- The following Get Dublin Walking programme is ongoing in the area and is delivered by DCSWP Sport Officers in partnership with Ierne Social and Sports Club;
- **Programme:** Ierne Walking Group  
**Dates/Times:** Tuesdays 11am  
**Location:** From Ierne Social and Sports Club, Drumcondra  
**Participants:** Mixed. All ages

#### **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 or individuals who have suffered an acquired brain injury and require assistance in re-integrating back into their communities from a personal independence, social & general wellbeing viewpoint

- The following football THRIVE Football programme is ongoing in the area and is run in partnership with the FAI. Details are outlined below;
- **Programme:** Thrive Football  
**Dates/Times:** Thursdays 11am  
**Location:** Aghrim St Sports Centre  
**Participants:** Mixed all ages  
**Partners:** FAI
- 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:** Ballybough Community, Youth and Sports Centre  
**Participants:** Mixed 25-50  
**Partners:** HSE/ Local Sport Officers

- 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:** Auhrim 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 Youth Fit 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:** Auhrim Street/Grangegorman  
**Participants:** Male 16+ years.  
**Partners:** Chrysalis

\*\*\*\*\*

### **3. DCSWP GENERAL PROGRAMMES MARCH – APRIL 2019.**

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

- **Programme:** School Cluster Mental Health Programme – Fitness and Wellbeing Education for Positive Mental Health  
**Dates/Times:** Wednesdays 9am-12pm  
**Location:** Stanhope St. Secondary School, Dublin 7  
**Participants:** Females 15-18 years  
**Partners:** HSE
- **Programme:** Recover Through Sport  
**Dates/Times:** Ongoing. Wednesdays 10am  
**Location:** AughrimSt. Sports Centre  
**Participants:** Mixed 18+ years  
**Partners:** Chrysalis Drug Project (fighting addiction through sport)
- **Programme:** Visual Guide Training  
**Dates/Times:** Ongoing. Fridays 10am-12pm  
**Location:** Ballybough Community, Youth and Sports Centre  
**Participants:** 50+ years  
**Partners:** HSE
- **Programme:** Learn to Swim  
**Dates/Times:** Ongoing. Thursdays 10 am.  
**Location:** Sean Macdermott Street Pool  
**Participants:** Mixed 10-13 years old  
**Partners:** Swim Ireland

\*\*\*\*\*

## **4. CO-FUNDED PROGRAMMES MARCH - APRIL 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.

Following completion of the Bronze Programme participants will progress to the Silver Startbox programme in the following schools in the area;

- St. Columba's GNS Drumcondra
- 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 continue to liaise with Sport Development Officers in the area in relation to the delivery of cricket programs in the area in March and April.
- School coaching visits and sessions will take place in Ardscoil Ris secondary school, Griffith Avenue, on Mondays from 4pm-5 pm.
- Provincial cricket sessions continue on Friday nights from 5pm-9pm 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.

### **FOOTBALL DEVELOPMENT OFFICER UPDATE**

The following ongoing football programmes/events/initiatives will take place in the Central Area in during the period;

- The Noel O'Reilly League will take place over the period in Ballybough Community, Youth and Sports Centre, Sheriff St. Recreation Centre and East Wall Community Centre. 6 Youth Groups aged 10-12 years participate in the league on a weekly basis.
- A girls only school football programme will be delivered in the following primary schools;

- St. Vincent’s National School every Tuesday from 1pm to 3pm. (Ballybough Community Centre)
- St Laurence O’Toole National Girls school every Wednesday from 10am to 12 noon. (Sheriff Recreation Centre)
- After -School Football Programmes continue in Sheriff St. Recreation Centre every Wednesday from 2.30 to 4pm.
- Delivery of Coach Education programmes continues in clubs in the North East Inner City throughout the period.

**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 the following school in the Central Area;
- St Joseph’s Stanhope Street, Dublin 7.
- 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 Sudan. Students are encouraged to clock up the metres to get the team all the way around the world.

• **RUGBY DEVELOPMENT OFFICER UPDATE**

- The Tag Rugby Pop-Up Group continues every Monday evening from 3pm – 5pm in St. Laurence O’Toole Recreation Centre. Participants are mixed aged 8+ years old.

\*\*\*\*\*



## **FURTHER DETAILS**

For details or queries on any of the programmes/initiatives outlined above please contact Dee O'Boyle, DCSWP at (01) 222 5433/[dee.oboyle@dublincity.ie](mailto:dee.oboyle@dublincity.ie)

### **Contact details**

Shauna McIntyre, Dublin City Sport & Wellbeing Partnership Manager:  
[shauna.mcintyre@dublincity.ie](mailto:shauna.mcintyre@dublincity.ie)

Aideen O'Connor, DCSWP Programmes & Services Development Manager:  
[aideen.oconnor@dublincity.ie](mailto:aideen.oconnor@dublincity.ie)

Alan Morrin, Senior Staff Officer, DCSWP: [alan.morrin@dublincity.ie](mailto:alan.morrin@dublincity.ie)

Mitch Whitty, Sports Officer: [mitch.whitty@dublincity.ie](mailto:mitch.whitty@dublincity.ie)

Derek Ahern, Sports Officer: [derek.ahern@dublincity.ie](mailto:derek.ahern@dublincity.ie)

John Sweeney, Sports Officer: [john.sweeney@dublincity.ie](mailto:john.sweeney@dublincity.ie)

Aaron Callaghan, Ballybough Centre Manager: [aaron.callaghan@dublincity.ie](mailto:aaron.callaghan@dublincity.ie)

Ian Hill, Soccer: [ian.hill@fai.ie](mailto:ian.hill@fai.ie)

Tommy Carberry, Soccer: [tommy.carberry@fai.ie](mailto:tommy.carberry@fai.ie)

Paul Quinn, Boxing: [paulquinn999@gmail.com](mailto:paulquinn999@gmail.com)

Fintan McAllister, Cricket: [fintan.mcallister@cricketleinster.ie](mailto:fintan.mcallister@cricketleinster.ie)

Stephen Maher, Rugby: [stephen.maher@leinsterrugby.ie](mailto:stephen.maher@leinsterrugby.ie)

*Report by Dee O'Boyle, DCSWP. [dee.oboyle@dublincity.ie](mailto:dee.oboyle@dublincity.ie)*