

➤ **THE LORD MAYOR'S 5-ALIVE CHALLENGE 2020**

The Lord Mayor's 5 Alive Challenge continues over the next period. The 5-Alive Challenge encourages people to make a commitment to improve their health and fitness by taking part in some of the great road races held around Dublin.

Every year the challenge aims to inspire people to take up regular exercise and find the encouragement to stick to what may be a New Year's Resolution through to the end of March and beyond.

Over 450 participants signed up for 2020 and are being supported by our wonderful team of mentors who completed the challenge in previous years. The mentors run every race alongside the participants pacing and encourage those who are struggling along the route.

In previous years we've found that participants have gone on to join local Athletics Clubs and have continued with a regular active and healthy regime. Before the challenge commenced the Former Lord Mayor Paul McAuliffe commented;

*"I am a beginner runner and am looking forward to taking on this challenge and improve my physical fitness with other 5 Alivers. I really believe in the benefits of regular exercise on both my physical and mental health. So many people have told me how previous 5 Alive Challenges kick started them to take up a regime of regular exercise and the difference it has made to their lives.*

Although yet to be confirmed due to the coronavirus global crisis confirmation of the final race of the challenge, the BHAA Raheny 4 Mile Road Race scheduled for Saturday 28<sup>th</sup> March from 11am in St. Anne's park will be issued closer to the date. 5 Aliver's can substitute the cancelled St. Patrick's Festival 5k road race with their local 5k parkrun.

## ➤ **SCHOOL CROSS COUNTRY 2020**

In partnership with Athletics Ireland schools in the area will take part in the annual school's cross-country. The events take place on a North and South Side basis during Active School Week (27<sup>th</sup> April – 1<sup>st</sup> May). More details to follow on dates and times. Coaching will take place in to support schools in the lead up to the event.

## **1. DCSWP CORE PROGRAMME HIGHLIGHTS MARCH 2020**

- A Table Cricket Blitz, as part of the core DCSWP, (Adults With Intellectual, physical and sensory disabilities) will take place on Monday 23<sup>rd</sup> March in Ballyfermot Sports and Fitness Centre.
- Get Dublin Walking is the DCSWP Core Programme aimed at underactive adults. Community Walking programmes continue with the Parent Walking and Wellbeing programme taking place in the Ballyfermot area. The programme focusses on both physical health and all-round wellbeing. Activities include nutrition, cooking and mindfulness lessons. Having completed the Healthy Eating module the programme will continue over the next period every Wednesday from 9.15am in Ballyfermot Sports & Fitness Centre.
- Go For Life is the DCSWP programme aimed at Older Adults in the community. The Ballyfermot United Sports and Social Club meet every Friday and is currently preparing for the Go For Life Games. In Walkinstown the Go For Life Coaching course will take place in the local Community Centre in the lead up to the games in May.
- Thrive is a core programme aimed at individuals with physical, intellectual and sensory disabilities. In the South Central area Thrive weekly walking programmes and Gaisce Young person's Bronze award programmes are ongoing every Friday in partnership with Kylemore CTC.
- In partnership with Brú Youth group Youth Fit, gym, circuit and boxercise classes will commence aimed at inactive teenagers in late March. Full details TBC.
- Ballyfermot Youth Adventure Services, in partnership with Oakwood Management group, continues to deliver their Youth Fit programme every Thursday evening and will also be involved in the Gaisce programme.

- The Older Adults 6 week aerobic classes take place on Tuesday afternoons from 2pm—3pm in Walkinstown Community Centre.
- Older Adults Fitness classes are ongoing on Tuesdays mornings from 10am- 11.30am in Walkinstown Community Centre.
- The Forever Fit Older Adults COPD Activator classes for Active Retirement individuals with the condition are ongoing in Ballyfermot Sport & Fitness Centre every Thursday at 12am.

## **2. DCSWP CO-FUNDED OFFICER UPDATES MARCH 2020**

### **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 DCSWP/Boxing Development Officer is currently engaging with schools across the South Central Area delivering Silver Startbox programmes.

### **FOOTBALL DEVELOPMENT OFFICER UPDATE**

- The citywide ‘Football For All Blitz’ will take place in Clontarf pitches on Thursday 26<sup>th</sup> March from 11am.
- DCSWP’s Women’s FAI Development Officers work on a North/South basis delivering football programmes aimed at encouraging and facilitating female participation. The Spar 5’s Primary School Dublin Finals will take place on Friday 27<sup>th</sup> March in Irishtown Stadium from 10am.

- The Spin Women Adult Women's Intercultural programme will be launched in Abbotstown FAI HQ in the next period from Wednesday 22<sup>nd</sup> May. Details TBC.
- The football 'No Barriers' citywide school programmes will be launched this year on Wednesday 20<sup>th</sup> May.

### **ROWING DEVELOPMENT OFFICER UPDATE**

- The 'Rowkyo' (Virtual Row to Tokyo) Olympic Rowing Event will take place on Thursday 30<sup>th</sup> April from 11am in Dublin City Hall in partnership with the DCSWP Municipal Rowing Centre, Islandbridge. The event will be attended by international rowing heroes and school children in celebration of the sport's local and Olympic successes.

### **RUGBY DEVELOPMENT OFFICER UPDATE**

- For details of Rugby programmes/events and initiatives in the area over the next few weeks please contact the South Central Rugby Development Officer at [gareth.murray@leinsterrugby.ie](mailto:gareth.murray@leinsterrugby.ie)

### **SPORT INCLUSION & INTEGRATION OFFICER DEVELOPMENT OFFICER UPDATE**

- The citywide monthly Table Cricket blitz will take place in Sports & Fitness, Ballyfermot on Monday 23<sup>rd</sup> March at 11am and in Sport & Fitness, Cabra on Thursday 26<sup>th</sup> March.
- World Down Syndrome Day takes place on Saturday 21<sup>st</sup> March. The day aims to increase public awareness about what Down Syndrome means and how people with the condition greatly enrich our communities. DCC's Bluebell Community Centre will host a multi-sport day in aid of the global event with cricket, rugby and Frisbee taster sessions on offer. Registration for the event is via the Down Syndrome Ireland website.

### **3. GENERAL NEWS MARCH 2020**

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#### **ORIENTEERING IRELAND TRAINING DAY**

- DCSWP has recently partnered with Orienteering Ireland to deliver programmes for primary schools around the city to partake in orienteering events in St. Anne's Park. Sport Officers from DCSWP will be taking place on Wednesday 25<sup>th</sup> March in training programmes to deliver these events on a regular basis. In the South Central Area Morrin Rd School in Drimnagh has signed up to participate in this new venture.

#### **SAFEGUARDING TRAINING**

- Safeguarding 1 half day class will be delivered for volunteer swimming teachers in the Ringsend area on Sunday 29<sup>th</sup> March.

#### **JUNIOR PARKRUN**

- In March Junior Parkrun will be facilitated in the local area by Cherry Orchard running club and DCSWP Sport Officers for children age 4-14 years.

#### **IRISH HEART FOUNDATION WALKING PROGRAMME**

- Over the past 18 months 3 level 1 Walking programme courses have been delivered in the Ballyfermot/Cherry Orchard Area have been delivered. Level 2 two day courses for future walking leaders to progress are in the planning stage.

## **MOTHER AND TODDLER'S PROGRAMME**

- As part of a partnership programme with TUSLA this programme involves massage, nutrition and walking classes and is delivered every Tuesday from 10.30am for adults and children under 10 years in Ballyfermot Sport & Fitness Centre.

### **Contact details**

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### **Report by**

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