

**The Chairman and Members of
North West Area Committee.**

Meeting: 19th January 2021

Item No: 10

DCSWP HIGHLIGHT EVENTS & PROGRAMMES

Delivery of DCSWP Programmes for January 2021 remains subject to Covid-19 public health restrictions. Due to school closures and general public safety advice many programmes outlined below have either been temporarily suspended or will be delivered virtually. Prior to the Christmas 2020 break online, adapted outdoor and school programmes were delivered by our dedicated DCC and Co-funded Sport Officers in line with Central Government/ HSE guidelines and recommendations.

Online/Social Media Supports:

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

Advisory Booklets:

These booklets provide critical advice for Older Adults in our communities on how to maintain physical activity and exercise if at home (Stay Home, Stay Healthy, Stay Active) and/or advice on how to return safely to exercise outside the home (Let's Get Moving Again). The booklets are produced by DCSWP in partnership with Age Friendly Ireland, HSE, Irish Society for Chartered Physiotherapists and Local Sports Partnerships.

- Stay Home, Stay Healthy, Stay Active:
<https://www.dublincity.ie/sites/default/files/content/Housing/Documents/OlderAdultsBooklet.pdf>
- Let's Get Moving Again: <https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch>

Change For Life

A partnership was developed between DCSWP, Fatima Groups United, Health Promotion & Improvement, HSE Dublin Mid-Leinster and Dolphin Health Project. This all-round approach includes fitness assessments, general exercise classes, a 5K timed walk at the start and end of the programme to establish progress and nutritional/dietary advice. The programme expanded further in 2020 with the inclusion of a DCC staff Change For Life initiative run by DCSWP Citywide Sport Officers. The programme offered Boxercise, Circuit Training and Bodypump classes.

Change For Life 2021

DCSWP has secured funding from Healthy Ireland to deliver Change For Life in 2021 and it has been informed it has until May 2021 to deliver the programme. Planning of these programmes for all areas is in the early stages with discussions ongoing on issues regarding planning and delivery. Provisional plans are outlined below.

- Change For Life will commence in the North West area with an advertisement campaign, followed by the registration process.

- Covid challenges will be overcome by embracing the outdoors with hill and trail walking programmes and by with online nutrition and exercise programmes, hill and trail walking

Lord Mayor's 5 Alive Challenge 2021

The Lord Mayor's 5 Alive Challenge is back for 2021! 5 Alive has gone virtual for its 9th year in view of Covid-19 Health and Safety considerations but the core principles remain the same - the challenge is to complete all 5 races and ultimately commit to taking part in regular physical activity. 400 people signed up for the challenge this year. When all 5 races have been completed LM 5 Alive's will receive medals and the Lord Mayor's scroll.

- First up for 2021 was the Tom Brennan New Year's Day virtual 5k which participants took on between 27th December 2020 and 3rd January 2021. Next on the agenda is the AXA Raheny 5 mile which can be completed between 25th and 31st January 2021. DCSWP is supporting our 2021 participants by preparing a number of training plans for multiple levels which will be circulated prior to the AXA Raheny challenge.

Operation Transformation Walks – Get Dublin Walking

Each year DCSWP's Get Dublin Walking Community Programmes link in with Operation Transformation national walk initiatives. Despite current challenges multiple 5k walk /runs in local parks permitting covid-approved numbers to participate are in the planning stages. A provisional date has been set for Friday 19th February 2021 and the War memorial Park in Islandbridge has been selected as the starting point.

0 to 3k Challenge

DCSWP citywide Sport Officers will launch the 0 - 3k 6 week virtual challenge in on Monday 18th January. Full details will be included in the February Area Report.

Get All Girls Active – GAGA

Get All Girls Active or 'GAGA' is DCSWP's core programme dedicated to increasing opportunities for females to participate in sport and physical activity. Research has shown that teenage girls are at a higher risk of dropping out of sport and exercise than any other demographic. In 2020, as part of the expansion of programme, DCSWP applied for and secured funding to roll out a Women in Sport Initiative which led to the development and delivery of a school physical activity and exercise programme aimed at teenage girls aged 12-15 years. The programme is a wellbeing project led by Children & Young People's Services Board and delivered in partnership with DCSWP, Healthy Ireland, Tusla and Pobal.

To date approximately 150 girls have taken part in this initiative which has included Zumba classes, aerobic and circuit training, athletics, volleyball, and tag rugby. Officers in the North West area will look to resume the programme and commence a second GAGA programme for 2021

Orienteering

In late 2020 DCSWP teamed up with Orienteering Ireland to support young people, families and adults of all abilities to take up something a little different. DCSWP has also worked closely with Orienteering Ireland around the use of technology to map parks across the Dublin region that can potentially play host to orienteering programmes and maximise the delivery of this very positive outdoor initiative. Full details TBC.

Sport Inclusion & Integration

- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme. Full details on times and dates for January/February TBC.

- SIIO officers are currently planning 2021 Change For Life programmes. Programmes will be delivered both online and in person (pending restriction guidelines). Activities will include walking, circuit classes, dance classes and Sit Fit classes.

Training

- Online Safeguarding Training will resume in February 2021 once Officer training is complete.
- In partnership with CARA, the online Disability & Inclusion Training programme was recently launched. This is part of a series of online Disability in Sport training programmes already in operation. The first online training programme of 2021 was delivered on Thursday 14th January.

Co-Funded Programmes

DCSWP 27 Co-funded officers will continue to work across communities and schools in the North West area in the delivery of Athletics, Boxing, Cricket, Football, Rowing and Rugby programmes from January 2021. With level 5 restrictions currently in place plans have been temporarily suspended. Online supports continue.

CONTACT DETAILS

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