

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2021



Delivery of DCSWP programmes for February and March 2021 remain subject to Covid-19 public health restrictions. Due to current Level 5 restrictions which were introduced in the interest of public safety, face to face programmes in schools and in the community have been temporarily suspended.

However supporting communities in the North Central area to stay active and healthy regardless of age, ability or background remains a priority for DCSWP. Many of our services and programmes have been successfully adapted and will continue through innovative virtual/online initiatives, social media/online communication forums and through the delivery of advisory booklets in the community.

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>

DCSWP Virtual Hub

DCSWP continues to seek innovative ways to deliver on its strategic goals in challenging times. In very positive news the service is currently developing a Virtual Hub in order to maintain high levels of participation in programmes and to keep people in communities active and healthy both mentally and physically.

The Hub will seek to sustain the important connection between coaches, sport officers and participants and will enhance and support face to face programmes when restrictions eventually ease offering a blended approach to the delivery of programmes.

The Hub pilot project will focus on the 2021 8-week Change For Life DCSWP programme and is scheduled to be launched in mid to late February.

Change For Life

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 and emulates the format of RTE's Operation Transformation TV show.

The programme was first developed in 2013 when a partnership was developed between DCSWP, 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 communities across the city in a new and innovative way

While weight loss has always been considered an important aspect of the programme Change For Life also aims to address other health indicators that could be improved through participation such as aerobic fitness, body fat percentage and blood pressure. Improving the psychological well-being of participants is also considered an important outcome of the programme. 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. Given current challenges and potential further/evolving public safety restrictions the programme may commence at a later date and will be delivered in alternative formats to previous years. DCSWP has been informed it has until May 2021 to deliver the programme. .

Planning of these programmes for all areas is in the early stages as the virtual hub is developing.. Details on 8-week Change For Life North Central area programmes will be provided in the 2021 area committee reports on an ongoing basis.

- Change For Life will commence in the North Central 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, online nutrition and exercise programmes and hill/trail walking.

- As reported above the Virtual Hub will help support the roll out of the programme.

Keep Well Campaign

Funding has been secured from Sport Ireland/ Healthy Ireland as part of the Keep Well initiative. This programme will deliver online zoom multi-sport initiatives aimed at adults 18+ (pilates and zumba classes), older male participants over 55 years as part of the 'Men on the Move' initiative (fitness classes focussed on increasing strength, balance and flexibility) and older adults (general fitness, yoga and pilates),

These online programmes are delivered throughout the week in partnership with the HSE/DCSWP Health Improvement Officer and local Home School Liaison Officers in the area. Programme details are as follows:

- Monday to Thursday from 6pm (Adult Fitness)
- Tuesday and Thursday from 7pm (Men on the Move)
- Monday, Wednesday and Friday from 11.30am (Older Adults)

90 Older Adults signed up to take part in the first class which commenced on Monday 25th January.

Lord Mayor's 5 Alive Challenge 2021

The Lord Mayor's 5 Alive Challenge is back for 2021! 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.

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 within the and ultimately commit to taking part in regular physical activity. 400 people signed up for the challenge this year. Participants will be taking part virtually meaning they can complete them at any time within the timeframe allowed in whatever location suits and importantly in a safe environment. When all 5 races have been completed LM 5 Aliver'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 was the AXA Raheny 5 mile which was completed between 25th and 31st January 2021.

DCSWP is supporting our 2021 participants by circulating a number of training plans for multiple levels.

The last three races are still being finalised and details on the following remaining races for 2021 remain at the provisional stage:

- **Irish Runner 5k:** To be completed over the weekend of Saturday 27th and Sunday 28th February 2021
- **KBC St. Patrick's 5k:** To be completed over the St. Patrick's Day virtual festival March 2021
- **Irish Runner 5 Mile:** To be completed over the weekend of Saturday 27th and Sunday 28th March 2021

Lord Mayor's 5 Alive 2021 participants can share their journey and support others on Facebook at:

<https://www.facebook.com/groups/2798884527016701/?ref=share>

Operation Transformation Walks – Get Dublin Walking

Each year DCSWP's Get Dublin Walking community programmes link in with Operation Transformation national walk initiatives.

As with many other initiatives which previously accommodated large numbers of participants, any plans for similar walks in 2021 had been cancelled for Covid related reasons. Provisional plans were in place for smaller and/or staggered walks and runs. However in late January, following Government announcements on ongoing and potentially further restrictions, all OT walks and runs will be delivered virtually. Further details TBC.

Couch to 3k Walk To Jog Programme

DCSWP walking and jogging initiatives take place throughout the year across our communities but take on a strategic focus from January – March every year as part of our Couch to 5k and Get Dublin Walking core programmes.

This year DCSWP continues to support communities to stay active via the virtual 6-week Couch to 3k 'Walk To Jog' programme which is part of the Keep Well in Your Community/Active Dublin campaign.

Registration for the event commenced Monday 18th January and the programme launched on Monday 25th January.

Over 1000 participants signed up to the 6 week virtual challenge which was a huge response to the initiative.

DCSWP's citywide officers are supporting participants on their journey by circulating daily and weekly plans to provide advice on building progress steadily.

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. Orienteering provides great opportunities for everyone to develop important life skills, build self-esteem and learn the benefits of teamwork in the great outdoors. Training workshops delivered by Orienteering Ireland in October 2020 have provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to get groups up and running.

DCSWP has also worked closely with Orienteering Ireland around the use of technology to map parks and locations across the Dublin region that can potentially play host to

orienteering programmes and maximise the delivery of this very positive outdoor initiative in the city.

DCSWP continues to engage with Orienteering Ireland around the roll out and delivery of the programme which will commence shortly.

Sport Inclusion & Integration

- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme.
- SIO officers are currently planning 2021 Change For Life programmes. Programmes will be delivered both online and in person (pending restrictions). Activities will include walking, circuit classes, dance classes and Sit Fit classes.

Training

- Online Safeguarding Training to support compliance in local clubs and organisations will resume with Safeguarding 1 Training on 15th February delivered by DCSWP Officers. Safeguarding 2 & 3 will be advertised following this and further programmes will be delivered on an on-demand basis.
- In partnership with CARA, the online Disability & Inclusion and Autism in Sport training programmes were launched in 2020. This is part of a series of online Disability in Sport training programmes already in operation. The programme for 2021 is delivered on the first Tuesday of every month on an ongoing basis.

Get All Girls Active (GAGA) – Women in Sport

- The GAGA 'Gaelic For Ma's' programme is scheduled to commence in late February/early March the across the city. Full details TBC.

Co-Funded Programmes

DCSWP 27 Co-funded officers will continue to work across communities and schools in the Central 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. Engagement with local schools continues in order to resume programmes once restrictions are lifted. Online supports also continue.

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