

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

FEBRUARY 2019

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.

Over 400 participants 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 1st January 2019.

The Challenge is to complete 5 Dublin road races between January and April 2019. Details of the remaining 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 Park runs. 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.

- MSB St. Patrick's Festival 5k Race and Family Fun Run
- BHAA Dublin City Council 10k race Saturday 30th March

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 commenced in early January and is being rolled out in fourteen communities over an eight 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.

Weekly Change for Life running programmes, fitness classes and nutritional talks continue to be delivered in the South Central Area over the next period. Details are listed below;

- In partnership with Ballyfermot Walkers and Talkers, the following Ballyfermot Change For Life programme will provide assessments for the first and last sessions of the programme and provide access to swim/gym sessions in Ballyfermot Leisure Centre.
- **Programme:** Ballyfermot Change for Life
Dates/Times: Mondays/ Wednesdays. Time TBC.
Participants: 18 + years
- The following Change for Life Programmes will be delivered in the F2 Centre Rialto, Bluebell Community Centre and Inchicore Family Resource Centre during the Operation Transformation period;
- **Programme:** Change for Life Ballyfermot Walkers and Talkers - Community Walks
Dates/Times: Mondays and Wednesdays
Participants: 18 + years

- **Programme:** Change for Life Mum's on the Run
Dates/Times: Mondays/Wednesdays (Evening Walks) Thursdays (Fitness Class) 9.15am
Participants: Female 25 – 50 years.
- **Programme:** Change for Life - Fatima
Dates/Times: Mondays 10-11am/ Mondays 6-7pm/Tuesdays 5.30-6.30pm/Wednesdays 6-7pm/Thursdays 12-1pm/Thursdays 6-7pm
Location: Fatima F2 Centre
Participants: Mixed 18+ years.
Partners: Fatima Groups United

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.

As part of the Get Dublin Walking initiative a number of walking programmes will be delivered in the area over the period;

- **Programme:** Mum's On the Run Hill Walking Programme
Dates/Times: Mondays 9.30am – 2pm
Location: From Ballyfermot Leisure Centre
Participants: Female 24 – 50 years
Partners: Local Youth Services
- **Programme:** Kylemore Community Training Centre
Dates/Times: Mondays/Wednesdays (Evening Walks) Thursdays (Fitness Class) 9.15am

Location: Kylemore Community Training Centre

Participants: Female 16 – 24 years

Partners: Local Education Training Board

DCSWP CORE PROGRAMMES FEBRUARY – MARCH 2019.

Below are highlights of ongoing core programmes and events ongoing in the area over the next period. For full details of programmes please contact the DCSWP Office or local Sport Officers. Contact details are listed at the end of the report.

BIKE FOR LIFE (CORE)

Adults with Intellectual Disabilities

This is a 'sofa to saddle' cycling programme that caters for all cyclists, from the person who has just rediscovered their bike, to the more accomplished rider who wants to take on greater challenges. The skills and knowledge gained in this programme will make the world of cycling more accessible to everyone, with the main focus being on learning skills, enjoying the bike and meeting new like-minded people.

The programme brings the cyclist on a journey of learning, where they are educated on the various skills, aspects and components of cycling in a safe, welcoming and social environment.

➤ The following programme is delivered in partnership with the Candel Centre which has provided a child centred service in Ballymun since 1978;

- **Programme:** Candel Project Introduction to Biking
Date/Times: Delivered from February. Details TBC
Location: TBC
Participants: Mixed 10-13 years

Partners: Candel Project/Local Youth Services

CHAMPIONS (CORE)

Adults with Intellectual Disabilities

Couch to Parkrun participants are encouraged to steadily improve their running ability so that they can comfortably negotiate a 5k run by the end of the 8-week programme.

- **Programme:** St. John of God's Champions Programme
Date/Times: Ongoing. Mondays 11am-12.30pm
Location: TBC
Participants: Mixed 18 + years
- **Programme:** Table Cricket Blitz
Date/Times: Monday 11th March
Location: TBC
Participants: Mixed 18 + years

COUCH TO PARKRUN (CORE)

Underactive Adults

Couch to Parkrun participants are encouraged to steadily improve their running ability so that they can comfortably negotiate a 5k run by the end of the 8-week programme.

- The following programmes provide training for participants from the South Central Area in the lead up to each of the Lord Mayor's 2019 5 Alive challenges;
- **Programme:** Orchard Runners
Dates/Times: Ongoing. Tuesday and Thursday evenings.

Participants: Mixed. All ages

- **Programme:** Orchard Runners Family Programme (Family based 10 week programme)
Dates/Times: Ongoing. Monday and Wednesday evenings.
Participants: Mixed. All ages.

FIT 4 CLASS (CORE)

Primary School Children

In partnership with Athletics Ireland, DCSWP 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 School Athletics Sports Hall programmes are delivered on an ongoing basis in schools in the South Central Area;

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 10.30am – 12 noon
Location: Loreto Primary School, Crumlin
Participants: Mixed

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 2.30pm – 4pm
Location: Scoil isogain, Crumlin
Participants: Mixed

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 12.30pm – 2pm

Location: St. Patrick's Choir School, Dublin 8

Participants: Mixed

FOREVER FIT (CORE)

Adults With Mental Health Difficulties

The Forever Fit programme is aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi and line dancing.

The following Older Adults multi-sport programmes will be delivered in the South Central Area during the next period;

- **Programme:** Older Adults Sports
Date/Times: Ongoing. Tuesdays 2.30 – 4pm
Location: Lorcan O'Toole Day Centre, Crumlin
Participants: Mixed Older Adults 60+
- **Programme:** Older Adults Aerobics
Date/Times: Ongoing. Mondays 2pm-3pm
Location: Stanaway Court, Crumlin
Participants: Mixed Older Adults
- **Programme:** Older Adults Chair Yoga
Date/Times: Ongoing. Thursdays 2-3.30pm
Location: Walkinstown Community Centre
Participants: Mixed Older Adults
- **Programme:** Older Adults Chair
Date/Times: Ongoing. Thursdays 2-3.30 pm
Location: Walkinstown Community Centre
Participants: Female Older Adults

YOUTH FIT (CORE)

Youth at Risk (10 - 21 years)

The aim following Youth Fit is supported by Swim Ireland. The programme is a follow-up initiative from previous swim programmes and is supported by Ballyfermot Youth Services Adventure Centre.

- **Programme:** Primary Schools High Board Diving
Dates/Times: Fridays
Location: Cabra Community College
Participants: Males 13-16 years

DCSWP GENERAL PROGRAMMES FEBRUARY – MARCH 2019.

DISABILITY TRAINING:

- **Programme:** Cara Disability Inclusion Course
Dates/Times: Saturday 9th March 10am – 4pm
Location: De La Salle GAA, Gurteen Rd, Ballyfermot
Participants: Mixed 18+

AFTER – SCHOOL:

- **Programme:** Inchicore After-School Programme
Dates/Times: January. Details TBC.
Location: Inchicore Resource Centre.
Participants: Under 10 years.

MID- TERM BREAK PROGRAMME

- **Programme:** Mid-Term Break Sports Drop in Programme
Dates/Times: February. Details TBC
Location: Clogher Rd Sports Centre, Crumlin
Participants: Teenagers - mixed
Partners: Clay Youth Group

FOOTBALL

- **Programme:** Drop-in soccer programme
Dates/Times: Ongoing. Thursdays 5-6pm
Location: Clogher Rd Main Hall, Crumlin
Participants: Teenage Boys
Partners: Brú Youth Group, Crumlin

MEN'S SHED

Programme: Men's Shed
Dates/Times: Ongoing. Tuesdays 1-3pm
Location: St. Catherine's Sport Centre, Marrowbone Lane
Participants: Males 55+ years
Partners: Men's Shed D8/ St. Catherine's Sport Centre

CO-FUNDED 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 Boxing Rugby Development Officer will be liaising with local schools in the area during the next period.

CRICKET DEVELOPMENT OFFICER UPDATE

- Six different groups will be participating in a Table Cricket tournament (an indoor miniature version of cricket played on a large table top, designed for physically challenged cricketers). The tournament takes place at Ballyfermot Leisure Centre on the 25th of February from 10.30am-12.30pm.
- The Cricket Development Officer continues to deliver schoolyard cricket sessions in local schools in the area. Particular focus is on schools entered in the Leprechaun Cup (primary schools cricket competition) and the Secondary Schools competition. (Dates and times TBC).

Cricket development sessions will be delivered in the following schools in the area during this period:

1. Drimnagh Castle BNS (Drimnagh)
2. *Scoil Úna Naofa* (Crumlin)

- Dublin City cricket sessions continue to be delivered during the period from 5.00pm-9.30pm in North County Cricket Club; a number of players from the South-Central area are involved in these sessions in particular players from the Drimnagh area. Players are between 10-18 years of age.

FOOTBALL DEVELOPMENT OFFICER UPDATE

For details of Football events/programmes/initiatives in the South Central Area please contact the local Football Development Officers. Contact details are listed below.

ROWING DEVELOPMENT OFFICER UPDATE

Get Going...Get Rowing

- 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 students to participate in the 'Splash and dash' event on May 9th 2019 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.

Rugby Development Officer Update

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer. Contact details are listed below.

Contact details

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