

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

Lord Mayor of Dublin, Paul McAuliffe has announced the 8th year of the Lord Mayor's 5 Alive Challenge! 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 have signed up for 2020 and will be supported by our wonderful team of mentors who had completed the challenge in previous years. The mentors run every race alongside the participants pacing and encouraging those who are struggling giving the 5Alive experience a unique feeling of camaraderie.

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.

"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.

Paul McAuliffe, Lord Mayor of Dublin

The Races which form the Lord Mayor's 5 Alive Challenge 2020 are:

Wednesday 1st January 2020	Liffey Valley AC Tom Brennan 5k 12 noon in the Phoenix Park
Sunday 26th January 2020	AXA Raheny Shamrock 5 Mile 3pm in Raheny
Saturday 1 st February 2020	Garda / BHAA 2 Mile & 4 Mile Cross Country Race. 11am and 11.30am in the Phoenix Park
Sunday 15 th March 2020	Metro St. Brigid's St. Patrick's Festival 5k. 12pm in the City Centre. Start on St. Stephen's Green
Saturday 28 th March 2020	Dublin City Council / BHAA 4 Mile Road Race. 11am in St. Anne's Park, Raheny

➤ **CHANGE FOR LIFE 2020**

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 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 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.

Our 2020 Change For Life programme will commence again in all areas across the city January. The programme will provide fitness assessments, a 5K timed walk (repeated at week 8) and nutritional/dietary advice. Independent nutritionists will also deliver 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.

2. DCSWP CORE PROGRAMMES DECEMBER 2019

Below are highlights of DCSWP core programmes and events ongoing in the area over the next period. For full details of all of our programmes please contact Dee O'Boyle in the DCSWP Office at (01) 222 5433/dccsports&rec@dublincity.ie or local Sport /Co-funded Officers. Contact details are listed at the end of the report.

CHANGE FOR LIFE (CORE)

Underactive Adults

Change For lead-in programmes are ongoing in Inchicore and Fatima prior to the highlight programme which commences in January 2020. The below CFL glow programme is ongoing;

- **Programme:** Glow Soccer
Date/Times: Tuesdays 10am – 12 noon
Location: St. Michael's Community Hall
Participants: Mixed Adults
Partners: FAI

CHAMPIONS (CORE)

Adults With Intellectual/Physical and Sensory Disabilities

Champions programmes provide opportunities for people with different disabilities to take part in regular physical activity in a safe environment.

- **Programme:** Basketball Programme
Date/Times: Wednesdays 2-3pm
Location: Obleates Basketball Hall
Participants: Mixed Adults 25-40
Partners: FAI

COUCH TO PARKRUN (CORE)

Underactive Adults

The Couch To parkrun programmes aim to train participants over an 8-week programme enabling them to comfortably complete a 5k parkrun at the end of the programme. The following Couch to parkrun programme will be delivered in the area during the next period and will include walks and jogs along the Grand Canal;

- **Programme:** Couch to parkrun
Date/Times: Wednesdays 6-7pm
Location: From F2 Centre
Participants: Mixed Adults

FIT 4 CLASS (CORE)

Primary School Students

The Fit 4 Class programme takes place from September to December and is aimed at aimed at primary school students.

- **Programme:** Fit 4 Class – Inchicore CDP/Inchicore NS

Date/Times: Wednesdays 3-4pm
Location: Inchicore Leisure Centre
Participants: Mixed 8-10 years

FOREVER FIT (CORE)

Older Adults

The Forever Fit programmes are 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 programme will conclude with a Christmas outing for the group.

- **Programme:** Swing Over 50's Dance
Date/Times: Tuesdays 11am – 12 noon
Location: Ballyfermot Sports & Fitness Centra
Participants: Mixed Older Adults 55+ years

Ongoing Forever Fit swimming programmes in the SC area provide opportunities for older adults to learn how to swim;

- **Programme:** Forever Fit Learn To Swim
Date/Times: Mondays/Wednesday 11am – 12 noon
Location: Guinness Pool, St. James's Gate
Participants: Mixed Older Adults 55+ years

GET DUBLIN WALKING (CORE)

Underactive Adults

Get Dublin Walking community walks continue over the next period in the area. Details are listed below;

Programme: School Completion Parents Walking
Dates/Times: Wednesdays 9.15am

Location: Various

Participants: Mixed All Ages

- **Programme:** Ballyfermot Walkers & Talkers
Dates/Times: Mondays/Wednesdays Times TBC
Location: Various
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

Programme: Thrive

Dates/Times: Fridays - Times TBC

Location: Kylemore CTC

Participants: Mixed 15 – 25 years

Programme: Thrive – Men’s Shed Music Session. This initiative will see two local groups meeting for a music session in Dunleer and will include a Christmas visit to the Japanese Gardens.

Dates/Times: TBC

Participants: Male 18+ years

YOUTH FIT (CORE)

Youth At Risk (10-21 years)

- The ongoing GAISCE Unaccompanied Minors Programme (15 – 18 years) is delivered in partnership with the HSE/TULSA. The programme introduces new participants to the initiative and encourages them to sign up to various challenges over a 6-9 month period. The programme is targeted at mixed participants age 15 – 18 years.
- Ballyfermot Youth Services Adventure Centre continues to deliver the Saturday Club for children age 10-14 years.

3. DCSWP GENERAL PROGRAMMES DECEMBER 2019.

- The Safeguarding 1 Course will be provided for clubs, coaches and volunteers over the next period in Ballyfermot Sports & Fitness Centre. Details TBC
- The Safeguarding 3 Course Designated Liaison Persons will be provided for coaches, parents and volunteers in Ballyfermot Sports & Fitness Centre on Thursday 28 November
- The Causey Farm Ballyfermot Youth Services Santa Visit will take place on Fridays in December. The visit supports young people that have siblings with disabilities.
- The Body Beats Programme is led by St. Ultan's Social Services and is supported by local DCSWP Sports Officers. The programme provides nutrition and exercise classes every Wednesday morning for 6th year students in schools in the area.
- The Bluebell Health Fair Day will take place in Bluebell Community Centre on Sunday 15th December and will provide BMI tests, waist measurements and height/weight analysis.

4. DCSWP CO-FUNDED PROGRAMMES DECEMBER 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. Approx 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 Boxing Showcase 2019 finals took place in the first week of December. In the lead up to the finals the participants experienced 8 weeks of non-contact and then limited contact boxing training. The 2020 Startbox programme will re-commence in schools in January.

CRICKET DEVELOPMENT OFFICER UPDATE

- The Cricket Development Officer is currently engaging in the following activities

Schoolyard Cricket Sessions	Cricket- Canal Way ET	Mid-November	Mid-December	Tues 1.00pm-2.30pm	Inchicore	Primary School Children	Male/Female
Schoolyard Cricket Sessions	Cricket- Lady of Lourdes NS	Mid-November	Mid-December	Wed- 1.00pm-2.30pm	Inchicore	Primary School Children	Male/Female
Table Cricket League	Cricket- Table Cricket for people with disabilities	Mid-November	Mid-December	25th November 10.00am-2.30pm	Ballyfermot Sport and Fitness	All ages	Male/Female

FOOTBALL DEVELOPMENT OFFICER UPDATE

- Football Literacy Programme – Wednesdays at 2.30pm in Our Lady of Lourdes Primary School, Inchicore for males and females 7-8 years.
- Teen Football aimed at Youths at Risk – Thursdays from 5pm in Inchicore Sports Hall for males 14-19 years.
- Early morning Breakfast Football – Fridays from 8am in Our Lady of Lourdes Primary School, Inchicore for males and females 5-12 years.
- Primary Schools Futsal Fun Day on Friday 6th December from 11am – 1pm in Inchicore Sports Hall for children age 9-10 years.
- GAGA Football on GAGA Day in Inchicore and Bluebell Centres for females 7-12 years.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby programmes/events and initiatives in the area over the next few weeks please contact the Rugby Development Officer, Gareth Murray.

SPORT INCLUSION & INTEGRATION DEVELOPMENT OFFICER UPDATE

- Table Cricket – Mondays from 11am – 1pm in Ballyfermot Sports & Fitness Centre for participants age 18+ years
- Sports Leadership – Thursdays 9 – 11am in Ballyfermot Sports & Fitness Centre for participants age 18+ years
- Autism in Sport Training for coaches and volunteers – Wednesdays from 1-4pm in Ballyfermot Sports & Fitness Centre age 16+ years.

Contact details

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