

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES DECEMBER 2019

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.

The 2020 Change For Life programme will commence in early 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 details of highlight core programmes during the next period. DCSWP are currently in the planning period for the Autumn/Winter period. For full details please contact Dee O'Boyle in the DCSWP office at 222 5433/sports@dublincity.ie

CHAMPIONS

Adults With Intellectual Disabilities

Programme: Central Remedial Clinical Football Programmes

Dates/Times: Thursdays 10 – 11am/Thursdays 11am – 12 noon

Location: Ballybough Sport & Fitness Centre

Participants: Mixed Adults

Partners: St. Michael's

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 North Inner City Walking programme will be delivered in the area during the next as part of the Couch To Parkrun programme;

- **Programme:** North Inner City Walking Programme

Dates/Times: Tuesday & Thursday evenings. Times TBC

Location: TBC

Participants: Mixed Adults 18 + years

FOREVER FIT (CORE)

Older Adults

- The following Forever Fit programmes will be delivered throughout the next period;
- **Programme:** Functional Fitness Classes
Dates/Times: Tuesdays 11am – 12 noon
Location: Ballybough Sports & Fitness Centre
Participants: Mixed Adults 50 + years
- **Programme:** Pulmonary Rehabilitation Group
Dates/Times: Tuesdays & Thursdays 2-3pm
Location: Ballybough Sports & Fitness Centre
Participants: Mixed Adults 50 + years

THRIVE

Adults with Mental Health Difficulties

- This ongoing Thrive Yoga programme continues to be delivered in conjunction with the HSE in Ballybough Sports & Fitness Centre;
- **Programme:** Thrive Yoga
Dates/Times: Thursdays 12 – 1pm
Location: Ballybough Sports & Fitness Centre
Participants: Mixed 21-50 years

Partners: HSE

- This following Thrive programme will be delivered over the next period in partnership with the HSE and Healthy Ireland;
- **Programme:** Thrive
Dates/Times: Fridays 12 noon
Location: Aghrim St. Centre
Participants: Mixed All Ages

3. DCSWP GENERAL PROGRAMMES DECEMBER 2019

- **Programme:** Learn To Swim
Dates/Times: Thursdays 10am
Location: Sean McDermott Pool
Participants: Mixed ages 10-13 years
Partners: Swim Ireland
- **Programme:** St. Michael's Work Options Programme– Working With People With Disabilities
Dates/Times: Fridays 11am
Location: Aghrim St. Centre
Participants: Mixed ages 18+ years
- **Programme:** Football Drop-In Programme
Dates/Times: Fridays 5pm
Location: Aghrim St. Centre
Participants: Male ages 10-21 years
Partners: Chrysalis Community Drug Project
- **Programme:** Justice Project Fitness and Wellbeing Programme
Dates/Times: Wednesdays 4pm

Location: Aughrim St. Centre

Participants: Mixed 15-18 years

BOXING DEVELOPMENT OFFICER

- The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership continues to be delivered in the Central Area. The programme is 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 Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it on to another level again.

- 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

The DCSWP Cricket Development Officer continues to liaise with local officers to deliver school cricket and Sportfest cricket sessions in November/December in the following schools in the Central area;

- Schoolyard Cricket Sessions in Synge Street Boys every Tuesday 1pm -2.30pm

FOOTBALL DEVELOPMENT OFFICER

Football Development Officers are currently liaising with schools and other target groups in the area. Below are details of ongoing football programmes in the Central Area over the next period;

- Football For All Programme every Thursday in Clontarf sports pitches from 10 am.
- Larkin College Girls Football Programme every Tuesday 11.15 to 12.45

RUGBY DEVELOPMENT OFFICER

- The North East Inner City Pop up Rugby Club 'North Wall Lions continues on Tuesdays from 3pm – 5pm in Sheriff St Recreation Centre.

SPORT INCLUSION & INEGRATION OFFICER

DCSWP dedicated Sport Inclusion & Integration Officers work across the city delivering sport inclusion and integration programmes to ensure every citizen has the opportunity to partake in sport and physical activity regardless of ability or background. The following programmes are currently being delivered in the Central Area;

- '*Learn 2 Cycle*' every Wednesday in Aughrim Street from 5.30-6pm for children age 6-12 years.
- Bi monthly adapted rowing sessions every Wednesday in Islandbridge from 12 – 2pm for all ages.
- Monthly Boccia Blitz's on Tuesdays in St. Catherine's, Marrowbone Lane from 11am – 1pm for adults (18+ years).

Autism in Sport training and education programme for coaches and volunteers every Monday from 6.30-9pm for children and adults age 16+.

FURTHER DETAILS

For details or queries on any programmes/initiatives outlined above please contact Dee O'Boyle, DCSWP at (01) 222 5433/dee.oboyle@dublincity.ie

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