

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES JANUARY 2020

➤ THE LORD MAYOR'S 5-ALIVE CHALLENGE 2020

The Lord Mayor's 5 Alive Challenge continues! 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 are being supported by our wonderful team of mentors who 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. Before the challenge commenced the Lord Mayor commented;

"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 1st race of the 2020 challenge, the AC Tom Brennan 5k took place on Wednesday 1st January in the Phoenix Park at 12 noon. The following four races will complete the challenge for 2020;

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 program commences 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.

➤ Details of some highlight Change For Life programmes in the South Central Area are outlined below.

- **Programme:** Ballyfermot Walkers and Talkers
Date/Times: Mondays and Wednesdays 7pm
Location: Sports and Fitness Ballyfermot

- **Programme:** Mum's On The Run (Walks and Nutrition Classes)
Date/Times: Tuesdays – Thursdays. Times TBC – Morning Classes/Evening Walks
Location: From Sports and Fitness Ballyfermot

- **Programme:** Inchicore Change For Life General Programme
Date/Times: Tuesdays 10am – 12. Thursdays 12 – 1pm.
Location: Inchicore Sports Centre

- **Programme:** Bluebell FAI Change For Life
Date/Times: Tuesdays 10am – 12. Thursdays 12 – 1pm.

Location: Inchicore Sports Centre

- **Programme:** Fatima 'Cradle To Grave' – Fatima Groups United

Date/Times: Adults

- Mondays 9.45am – 10.45am & 6pm – 7m
- Tuesdays 5.30pm – 6.30pm
- Wednesdays 6pm – 7pm
- Thursdays 12 – 1pm/6pm -7pm

Date/Times: Young People

- Mondays 3pm – 5pm
- Thursdays 3pm – 5pm 5.30pm – 6.30pm

Date/Times: Creche Kids

- Tuesdays 11am - 12
- Thursdays 11am – 12/3pm – 4pm

2. DCSWP CORE PROGRAMME HIGHLIGHTS JANUARY 2020

- A Table Cricket Blitz, as part of the core DCSWP Champions programme, (adults with intellectual, physical and sensory disabilities) will take place on Monday 20th January and Monday 18th February in Ballyfermot Sports and Fitness Centre.
- Get Dublin Walking is the DCSWP Core Programme aimed at underactive adults. Community Walking programmes continue in the New Year. The Parent Walking and Wellbeing programme takes place in the Ballyfermot area. The programme focusses on both physical health and all-round wellbeing. Activities include nutrition, cooking and mindfulness. The programme takes place every Wednesday from 9.15am in Ballyfermot Sports & Fitness Centre.
- Go For Life is the DCSWP programme aimed at Older Adults in the community. The Ballyfermot United Sports and Social Club meet every Friday and is currently introducing Boules to their activities as part of the preparation for the Go For Life Games.

- The Gaisce Unaccompanied Minors Group aimed at young people age 15 – 18 years continues as part of the Youth Fit Core Programme in partnership with the HSE/TUSLA Migrant Access Programme.

4. DCSWP CO-FUNDED PROGRAMMES JANUARY 2020

Following the Christmas period Co-funded Officers will provide full updates in the February report

Contact details

Shauna McIntyre, DCSWP Manager: shauna.mcintyre@dublin@dublincity.ie

Aideen O'Connor, DCSWP Programmes & Services Development Manager: aideen.oconnor@dublin@dublincity.ie

Colin Sharkey, Senior Staff Officer, DCSWP: colin.sharkey@dublincity.ie

Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre: martin.mcdonagh@dublincity.ie

Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre: cormac.healy@dublincity.ie

Igor Khmil, Sports Officer: igor.khmil@dublincity.ie

Catherine Flood, Sports Officer: catherine.flood@dublincity.ie

Will Morris, Sports Officer: william.morris@dublincity.ie

Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie

Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie

Michael Moore, Soccer: michael.moore@fai.ie

Marc Kenny, Soccer: marc.kenny@fai.ie

David Rake, Soccer: david.rake@fai.ie

Ed Griffin, Boxing: shandygriffin@hotmail.com

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Gareth Murray, Rugby: gareth.murray@leinsterrugby.ie

Report by

Dee O'Boyle

Dublin City Sport & Wellbeing Partnership: dee.oboyle@dublincity.ie

