

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

JANUARY 2020

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.

- The following Change For Life programmes are planned for the North Central area across the 8 week period;
- **Programme:** Donaghmede Change For Life (General Exercise)
Dates/Times: Mondays 7pm/Thursdays 7pm/Saturdays 9.30am
Location: Donaghmede
Participants: Mixed Adults
- **Programme:** Change For Life Phoenix Park Operation Transformation Walk (Donaghmede Group)
Dates/Times: Saturday 15th February commencing at 10am
Location: Donaghmede
Participants: Mixed Adults
Partners: Athletics Ireland

- **Programme:** Change For Life Artane
Dates/Times: Tuesdays and Thursdays 7-8pm
Location: Artane/Beaumont Recreation Centre
Participants: Mixed Adults

2. DCSWP CORE PROGRAMMES JANUARY 2020

COUCH TO PARKRUN (CORE)

Underactive Adults

This 8 week walking/running group targets underactive adults and aims to prepare and support participants to complete a 5k parkrun at the end of the programme.

- **Programme:** Maypark Couch to parkrun
Dates/Times: Wednesdays 9.15am
Location: Maypark, Donnellycarney
Participants: Mixed Adults

FIT 4 CLASS (CORE)

Primary School Children

In partnership with Athletics Ireland the Fit For Class programme 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.

- In partnership with Swim Ireland primary school swimming lessons will be provided in St. David's BNS, Artane over the next period. Details are below;
- **Programme:** Fit 4 Class Swimming
Dates/Times: Thursdays Times TBC
Location: Scoil Chiarain, Donnycarney
Participants: Males 10-12 years
Partners: St. John of God's

FOREVER FIT (CORE)

Older Adults

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

- The following Forever Fit class is being delivered in the North Central Area and focuses on Yoga and Mindfulness for Older Adults;
- **Programme:** Older Adults Group Exercise
Dates/Times: Ongoing Thursdays 10.30am – 11.30am

Location: Donnycarney /Beaumont Local Care Centre
Participants: Older Adults (Mixed) 55 + years

➤ The following Aqua Fit and swimming classes continues in the area throughout the period;

- **Programme:** Aqua Fit – Senior Citizens
Dates/Times: Tuesdays 3-4pm.
Location: Northside Swimming Pool
Participants: Female 55+

➤ Chair Fit classes will be provided throughout the period. The classes include chair and dance exercises;

- **Programme:** Chair Fit
Dates/Times: Fridays 2-3pm
Location: Kilmore Recreation Centre
Participants: Female 55+

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 right through to people who may have suffered an acquired brain injury and need assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint.

- **Programme:** Thrive Indoor Football.
Dates/Times: Ongoing. Thursdays 3-4pm
Location: Kilmore West Recreation Centre
Participants: Male 18+ years
Partners: HSE

YOUTH FIT (CORE)

Youth at Risk (10-21 Years)

Youth Fit programmes are multi-sport and fitness initiatives aimed at young people aged 10 - 21 years and over. The purpose of the programme is to provide preventative outlets for young people in the North Central Area.

- **Programme:** Teen Swim Lessons
Dates/Times: Wednesdays 5pm
Location: Sean McDermott Swimming Pool
Participants: Mixed Teenagers
Partners: Local Youth Projects

- **Programme:** Primary School Swimming Programme – St. David's BNS
Dates/Times: Ongoing. Fridays 11am-1pm
Location: Coolock Swimming Pool
Participants: Male age 10-12 years
Partners: Swim Ireland

DCSWP GENERAL PROGRAMMES JANUARY 2020

- **Programme:** After School Club
Dates/Times: Wednesdays 1.30 – 3pm
Location: Kilmore Recreation Centre
Participants: Mixed 5-10 years
- **Programme:** Healthy Eating & Nutrition Workshop
Dates/Times: Wednesday 5th February 6.30 – 8pm
Location: Artane Beaumont Recreation Centre
Participants: Mixed Adults

DCSWP CO-FUNDED PROGRAMMES JANUARY 2020

Following the Christmas break the February report will have full details on all Co-funded activities ongoing in the area.

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 DCSWP/Boxing Development Officer is currently engaging with schools across the North Central Area delivering the Bronze and Silver programmes.
- As part of the Fit 4 Class programme, an 8 week boxing programme is currently being delivered in local schools in the next period in partnership with the IABA Boxing Officer Noel Burke;
- **Programme:** Fit 4 Class Boxing Programme
Dates/Times: Thursdays Times TBC
Location: Scoil Chiarain, Donnycarney
Participants: Males 10-12 years
Partners: IABA

CRICKET DEVELOPMENT OFFICER UPDATE

- Schoolyard cricket sessions continue in the schools over the next period.
- Table Cricket Leagues for people with disabilities are scheduled for Monday 20th January in Ballyfermot Sport & Fitness Centres and Thursday 23rd January in Cabra Parkside. The leagues are mixed and aimed at all ages.

FOOTBALL DEVELOPMENT OFFICER UPDATE

The FAI Women's Football Development Officer continues to deliver soccer development programmes aimed at increasing female participation in schools across the North Central area on Fridays from 10am – 12pm. The target group is 8-12 years.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby initiatives in the area over the next period please contact Dee O'Boyle at the DCSWP Office. Contact details are below.

FURTHER DETAILS

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

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