

➤ **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 following two races will complete the challenge for 2020;

Sunday 15th March 2020	Metro St. Brigid's St. Patrick's Festival 5k. 12pm in the City Centre. Start on St. Stephen's Green
Saturday 28th 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 programme continues to grow this year with the inclusion of a DCC staff Change For Life initiative which takes place in the Civic Offices on Tuesdays and Thursdays from 5pm throughout the 8 week period.

The 2020 Change For Life program commenced 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.

- In the Central Area the Change For Life will take place every Tuesday and Wednesday at 6pm in Aughrim St. Centre and every Friday at 10am and every Monday and Wednesday from 7pm in Clonliffe Centre.

1. DCSWP CORE PROGRAMMES FEBRUARY 2020.

Below are details of highlight core programmes during the next period.

CHAMPIONS

Adults With Intellectual, Physical & Sensory Disabilities

Programme: CRC Functional Fitness – Football For All Blitz

Dates/Times: Thursdays 11am-12pm

Location: Ballybough Sport & Fitness

Participants: Mixed Adults 25-50 years

COUCH TO PARKRUN (CORE)

Underactive Adults

The Couch To parkrun programmes aim to train participants over an 6-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: Wednesdays & Thursday evenings. 10am (Wed) 7pm (Thurs)
Location: Commencing at Aughrim Street
Participants: Mixed Adults 18 + years

FOREVER FIT (Older Adults)

Older Adults

The Couch To parkrun programmes aim to train participants over an 6-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:** Functional Fitness Classes
Dates/Times: Tuesdays 11am -12pm
Location: East Wall Recreation Centre
Participants: Mixed Adults 55+ years

THRIVE

Adults with Mental Health Difficulties

- The following ongoing Thrive programmes continue to be delivered in conjunction with the HSE and Healthy Ireland;

Programme: Thrive Yoga
Dates/Times: Thursdays 12pm-1pm
Location: Ballybough Sports & Fitness Centre
Participants: Mixed 18+ years

2. DCSWP GENERAL PROGRAMMES FEBRUARY 2020

- **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/Grangegorman
Participants: Male ages 10-21 years
Partners: Chrysalis Community Drug Project

- **Programme:** Recover Through Sport – People returning from addiction
Dates/Times: Wednesdays 11am
Location: Aghrim St. Centre
Participants: Mixed 18 + years
Partners: Chrysalis Recovery Project

- **Programme:** Henrietta Street 3rd Level Supporting Study Project
Dates/Times: Thursdays 4pm
Location: Aghrim St. Centre
Participants: Mixed 18 + years
Partners: Henrietta College

- **Programme:** Stoneybatter Youth Justice Health and Wellbeing Project
Dates/Times: Wednesdays 4pm
Location: Aghrim St. Centre
Participants: Mixed 15 -18 years
Partners: Stoneybatter Justice Project

- **Programme:** An Soil After-School Project
Dates/Times: Mondays - Thursdays 3pm
Participants: Mixed 10-13 years
Partners: An Soil Youth Service

3. DCSWP CO-FUNDED PROGRAMMES FEBRUARY 2020

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. Please see below details of Startbox programmes in schools

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

RUGBY DEVELOPMENT OFFICER

In partnership with Leinster Rugby, the North Wall Lions Tag Rugby is ongoing in the Central Area in St.Laurence O'Toole's Recreation Centre, Sheriff St. continues on Thursdays from 3-5pm.

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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