

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

FEBRUARY 2020

DCSWP HIGHLIGHT EVENTS & PROGRAMMES FEBRUARY 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 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 encourage 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 and will be followed by a celebration night in City Hall on Friday 24th April.

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. This all-round approach includes fitness assessments, general exercise classes, a 5K timed walk at the start and end of the programme to establish progress and nutritional/dietary advice.

The programme expanded further in 2020 with the inclusion of a DCC staff Change For Life initiative run by DCSWP Citywide Sport Officers. The classes takes place in the Civic Offices on Tuesdays and Thursdays from 5pm throughout the 8 week period. The programme offers Boxercise, Circuit Training and Bodypump classes. Physical assessments were provided at the start of the programme and will be repeated in week 8.

The following Change For Life programmes are ongoing in 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 Artane
Dates/Times: Tuesdays and Thursdays 7-8pm
Location: Artane/Beaumont Recreation Centre
Participants: Mixed Adults

- **Programme:** Change For Life Kilmore
Dates/Times: Mondays and Wednesdays 9.15am – 10.15am
Location: Kilmore Recreation Centre
Participants: Mixed Adults

- **Programme:** Change For Life Hill Walking Programme
Dates/Times: Thursdays from 11am.
Location: Various Location in Dublin and Wicklow
Participants: Mixed Adults

- **Programme:** Change For Life For Adults With Intellectual and Physical Disabilities
Dates/Times: Mondays at 12pm
Location: Clongriffin
Participants: Mixed Adults
- **Programme:** Change For Life Park Walk For Adults With Intellectual and Physical Disabilities
Dates/Times: Fridays at 11am
Location: St. Anne's Park, Raheny
Participants: Mixed Adults

2. DCSWP CORE PROGRAMMES FEBRUARY 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

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: Donnellycarney /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 FEBRUARY 2020

- **Programme:** Adult Swim Lessons (11 week course)
Dates/Times: Tuesdays 2-3pm
Location: Northside

Participants: Mixed 5-10 years
Partners: Swim Ireland

- **Programme:** After School Club
Dates/Times: Wednesdays 1.30 – 3pm
Location: Kilmore Recreation Centre
Participants: Mixed 5-10 years

DCSWP CO-FUNDED PROGRAMMES FEBRUARY 2020

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 continues to engage with schools across the North Central Area delivering the the Silver programme.
- As part of the Fit 4 Class programme, an 8 week boxing programme is currently being delivered in local schools in the next period;
- **Programme:** Fit 4 Class Boxing Programme
Dates/Times: Thursdays Times TBC
Location: Scoil Chiarain, Donnycarney
Participants: Males 10-12 years

CRICKET DEVELOPMENT OFFICER UPDATE

- Schoolyard cricket sessions continue in the schools over the next period in the following schools in the North Central Area;
 - Our Lady Immaculate, Darndale on Thursdays from 1 – 2.30pm
 - Northbay , Kilbarrack on Mondays from 10.30am-12.30pm
 - Scoil Mobhi, Glasnevin on Mondays from 1 – 2.30pm
- Mid-Terms Cricket camps are scheduled from 17th -21st February from 10am – 5pm.

FOOTBALL DEVELOPMENT OFFICER UPDATE

Football For All (Disability) Officer Update:

- The National Learning Networks Blitz Days continues on a monthly basis on Thursdays at 11am in Clontarf.
- Disability Awareness workshops continue to be delivered in Abbotstown FAI HQ on Saturdays from 10am – 1pm. These courses aim to advise coaches and volunteers working in clubs on how to incorporate Football For All programmes.
- The Darndale FC Drop-In programme continues every Friday at 6pm in Belcamp village.

WOMEN'S FOOTBALL DEVELOPMENT OFFICER UPDATE:

The FAI Women's Football Development Officer delivers soccer development programmes aimed at increasing female participation in schools across the North Central area;

- Fundamentals Of Football in Our Ladies Of Consolation, Donnycarney every Friday at 9.00am
- Fundamentals Of Football in Holy Child, Whitehall every Tuesday at 9.30am
- Futsal Football in St. Brigid's, GNS, Glasnevin every Thursday at 9.00am
- MGL Academy Sessions in Oscar Traynor Coaching and Development Centre, Coolock every Friday from 6pm
- Glow Football will be delivered in Kilmore East Recreation Centre every Thursday from 6pm.
- Club Development sessions will be provided in St. John Vianney FC, Kilmore on Wednesday 24th March from 6pm and Killester/Donnycarney FC on Thursday 25th March from 6pm.

ROWING DEVELOPMENT OFFICER UPDATE

The Get Going Get Rowing initiative takes place in schools across the city on indoor rowing machines as part of school P.E sessions. The programme's emphasis is on both the importance of the correct technique and learning about the six core Rowing Olympic Values of the sport which have been set by FISA, the World Governing Body Rowing Federation. Each week of the programme educates students in the following values;

- Joy Of Effort
- Fair Play
- Respect
- Environment
- Pursuit of Excellence
- Life Balance
- In the North Central Area the Get Going Get Rowing programme takes place in Marino College, Fairview on a weekly basis.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby initiatives in the area over the next period please contact Rugby Officer Ray McCabe. Contact details are below.

SPORT INCLUSION & INTEGRATION OFFICER UPDATE

- The Learn To Cycle 6 week programme for children with disabilities takes place every Friday at 4pm in Glin Road, Coolock.
- Disability Inclusion Training for coaches and volunteers engaging with people with disabilities will be delivered in Kilmore Recreation Centre on Saturday 29th February.
- The Coaching Children training and education will take place on Monday 2nd March in Clongriffin.
- The Older Adults Go For Life Group will meet every Wednesday from 4th March in Clontarf pitches.

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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