

1. 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.

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.

➤ 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:** Ballyfermot Outdoor Hill Walking Programme
Date/Times: Thursdays from 9am
Location: Various locations

- **Programme:** Mum's and Dad'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 – 12pm
- Thursdays 11am – 12/3pm – 4pm

2. DCSWP CORE PROGRAMME HIGHLIGHTS FEBRUARY 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 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 preparing for the Go For Life Games.
- Thrive is a core programme aimed at individuals with physical, intellectual and sensory disabilities. In the South Central area Thrive walking programmes and Gaisce Young persons programmes are ongoing every Friday in partnership with Kylemore CTC.
- Youth Fit focuses on Youths at Risk in the area. In the South Central Area St. Ultan's Youth care, in partnership with TULSA, is delivering an Ultimate Frisbee programme during the mid-term February break.

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