

## CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JANUARY 2021



DCSWP Programmes for 2021 are currently in the planning process and include perennial flagship events Change For Life and the Lord Mayor's 5-Alive challenge.

Supporting communities in the Central area to continue to stay active and healthy regardless of age, ability or background will continue in the New Year.

#### Online/Social Media Supports:

- Twitter: [@dccsportsrec](https://twitter.com/dccsportsrec)
- Facebook: [DublinCitySportandWellbeing](https://www.facebook.com/DublinCitySportandWellbeing)
- Instagram: [@dublincitysportandwellbeing](https://www.instagram.com/dublincitysportandwellbeing)

#### Advisory Booklets:

These booklets provide critical advice for Older Adults in our communities on how to maintain physical activity and exercise if at home (Stay Home, Stay Healthy, Stay Active) and/or advice on how to return safely to exercise outside the home (Let's Get Moving Again). The booklets are produced by DCSWP in partnership with Age Friendly Ireland, HSE, Irish Society for Chartered Physiotherapists and Local Sports Partnerships.

- Stay Home, Stay Healthy, Stay Active: <https://www.dublincity.ie/sites/default/files/content/Housing/Documents/OlderAdultsBooklet.pdf>
- Let's Get Moving Again: <https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch>

#### Change For Life

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 communities across the city 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 programme offered Boxercise, Circuit Training and Bodypump classes. Physical assessments were provided at the start of the programme and were repeated in week 8.

### **Change For Life 2021**

DCSWP has secured funding from Healthy Ireland to deliver Change For Life in 2021. Given current challenges and potential further/evolving public safety restrictions the programme may commence at a later date and will be delivered in alternative formats to previous years. DCSWP has been informed it has until May 2021 to deliver the programme.

Planning of these programmes for all areas is in the early stages with discussions ongoing on issues regarding planning and delivery. Details on 8-week Change For Life Central area programmes will be provided in the 2021 area committee reports on an ongoing basis.

### **Lord Mayor's 5 Alive Challenge 2021**

The Lord Mayor's 5 Alive Challenge is back for 2021! 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.

The challenge will be different this year in view of Covid-19 Health and Safety considerations. The challenge is going virtual and is delighted to be joining up with regular races such as the Tom Brennan New Year's Day 5k, AXA Raheny 5 Mile and MSB St. Patrick's 5k who have also gone virtual.

The Lord Mayor's Challenge is to complete all 5 races within the timeframe allowed by the race rules. As 2021 participants will be taking part virtually they can complete them at any time within the timeframe allowed in whatever location suits. When all 5 races have been completed LM 5 Aliver's will receive medals and the Lord Mayor's scroll.

### **Operation Transformation Walks – Get Dublin Walking**

Each year the core DCSWP Get Dublin Walking community programmes aimed at Underactive Adults link in with Operation Transformation national walk initiatives. There will be no national walks in 2021 for Covid related reasons. Despite this multiple 5k walk /runs in

local parks permitting 15 people to register per hour are in the planning stages. A provisional date has been set for Friday 19<sup>th</sup> February 2021. Details TBC.

### **Get All Girls Active – GAGA**

Get All Girls Active or 'GAGA' is DCSWP's core programme is dedicated to increasing opportunities for females to participate in sport and physical activity. Research has shown that teenage girls are at a higher risk of dropping out of sport and exercise than any other demographic. Our dedicated programme recognises that we have a pivotal role to play in ensuring opportunities like this are provided to keep teenage girls active and healthy. In 2020, as part of the expansion of programme, DCSWP applied for and secured Healthy Ireland funding to roll out a Women in Sport Initiative which led to the development and delivery of a school physical activity and exercise programme aimed at teenage girls aged 12-15 years.

While the Covid-19 pandemic has proved to be a challenge in getting this programme up and running it has been successfully delivered in 5 schools in North Dublin this semester: To date approximately 150 girls have taken part in this initiative which has included Zumba classes, aerobic and circuit training, athletics, volleyball, and tag rugby.

- Further GAGA programmes are in the planning stages for 2021 across areas in the city.

### **Orienteering**

DCSWP recently teamed up with Orienteering Ireland to support young people, families and adults of all abilities to take up something a little different. Orienteering provides great opportunities for everyone to develop important life skills, build self-esteem and learn the benefits of teamwork in the great outdoors. Training workshops delivered by Orienteering Ireland in October 2020 have provided DCSWP Sport Officers with the knowledge and practical understanding of teaching the basic skills of orienteering to get groups up and running.

DCSWP has also worked closely with Orienteering Ireland around the use of technology to map parks across the Dublin region that can potentially play host to orienteering programmes and maximise the delivery of this very positive outdoor initiative. Full details TBC.

### **Sport Inclusion & Integration**

- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme. Full details on times and dates for January TBC.
- SIIO officers are currently planning 2021 Change For Life programmes. Programmes will be delivered both online and in person (pending restrictions). Activities will include walking, circuit classes, dance classes and Sit Fit classes.

### **Training**

- Online Safeguarding Training will resume in 2021 once Officer training is complete.

- In partnership with CARA, the online Disability & Inclusion Training programme was recently launched. This is part of a series of online Disability in Sport training programmes already in operation. The first online training programme of 2021 will be delivered on Thursday 14<sup>th</sup> January.

### Co-Funded Programmes

DCSWP 27 Co-funded officers will continue to work across communities and schools in the Central area in the delivery of Athletics, Boxing, Cricket, Football, Rowing and Rugby programmes from January 2021.

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