

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

JANUARY 2021



Delivery of DCSWP Programmes for January 2021 remains subject to Covid-19 public health restrictions. Due to school closures and general public safety advice many programmes outlined below have either been temporarily suspended or will be delivered virtually.

Perennial DCSWP Flagship events such as Change For Life and the Lord Mayor's 5-Alive challenge will go ahead for 2021. Details are outlined in the body of the report.

In this transition period DCSWP services continue to adapt and evolve in order to provide opportunities for people in our communities to remain active and healthy regardless of age or ability. Prior to the Christmas 2020 break online, adapted outdoor and school programmes were delivered by our dedicated DCC and Co-funded Sport officers in line with Central Government/ HSE guidelines and recommendations.

Supporting communities in the South Central area to continue to stay active and healthy regardless of age, ability or background continues via online and social media supports and through the delivery of advisory booklets in the community. After-school and community programmes remain on the agenda and will resume once safe to do so.

Virtual Hub

In very positive news DCSWP is developing a Virtual Hub in order to maintain high levels of participation in our programmes during these challenging times.

This online initiative will assist in engaging with and encouraging people to stay active and healthy both mentally and physically. Face to face programmes remain a priority but in the absence of certainty around current safety restrictions the Hub will provide an invaluable supportive resource and tool for the continuation of DCSWP's strategic goals .

The Hub pilot project will focus on the 2021 8 week Change For Life DCSWP programme.

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>

Online Keep Well Campaign

Older Adults are also being supported to keep healthy and well through the upcoming Keep Well campaign which will deliver a series of online zoom classes lasting for 35 -40 minutes every Monday, Wednesday and Friday from 10am. Classes will focus on keeping physically and mentally fit with yoga, pilates and general fitness advice on offer.

A provisional date of Monday 25th January has been set for the commencement of this initiative and in the lead up Sport Officers are engaging with existing groups to support and advise around zoom access and set up.

Online South Central Supports

Zoom exercise classes are scheduled to be delivered over the next period in partnership with Fatima Groups United, Dolphin Health team and the DCSWP HSE Health Promotion & Improvement Officer. Classes commenced on Monday 11th of January and will be delivered every Monday at 6pm, Tuesday at 1am, Wednesday at 1am and Thursday at 5.30pm going forward. The programme will offer a range of exercise classes aimed at all levels of age and ability.

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 and emulates the format of RTE's Operation Transformation TV show.

The programme was first developed in 2013 when a partnership was developed between DCSWP, 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 is 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.

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. .

Details on 8-week Change For Life South Central area programmes will be provided in the 2021 area committee reports on an ongoing basis. Provisional plans are outlined below.

- As part of the South Central area CFL programme, plans are being put in place to deliver nutrition, general fitness, couch to 5k and sea swim programmes in communities, local crèches and schools in partnership with Bluebell and Inchicore and the F2 Fatima Community centres via the DCSWP Virtual Hub and in-person programmes once it is safe to do so. Updates on this project will be provided in area reports as the project evolves.

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.

5 Alive has gone virtual for its 9th year in view of Covid-19 Health and Safety considerations but the core principles remain the same - the challenge is to complete all 5 races within the and ultimately commit to taking part in regular physical activity. 400 people signed up for the challenge this year. Participants will be taking part virtually meaning they can complete them at any time within the timeframe allowed in whatever location suits and importantly in a safe environment. When all 5 races have been completed LM 5 Aliver's will receive medals and the Lord Mayor's scroll.

- First up for 2021 was the Tom Brennan New Year's Day virtual 5k which participants took on between 27th December 2020 and 3rd January 2021. Next on the agenda is the AXA Raheny 5 mile which can be completed between 25th and 31st January 2021. DCSWP is supporting our 2021 participants by preparing a number of training plans for multiple levels which will be circulated prior to the AXA Raheny challenge.
- There has been a very positive response to taking up the 2021 virtual challenge from existing walking and running groups DCSWP Officers support in the South Central area.

Operation Transformation Walks – Get Dublin Walking

Each year DCSWP's Get Dublin Walking community programmes link in with Operation Transformation national walk initiatives. As with many other initiatives which previously accommodated large numbers of participants national walks in 2021 for Covid related reasons.

Despite current challenges multiple 5k walk /runs in local parks permitting covid-approved numbers to participate are in the planning stages.

A provisional date has been set for Friday 19th February 2021 and the War memorial Park in Islandbridge has been selected as the starting point. This location has been chosen as it has been the starting point in previous years and a familiar route will ensure leaders can guide participants through the walk in a Covid-safe environment.

0 to 3k Challenge

DCSWP citywide Sport Officers will launch the 0 - 3k 6 week virtual challenge in on Monday 18th January. Full details will be included in the February area report.

Orienteering

In late 2020 DCSWP 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/February TBC.
- SIIO officers are currently planning 2021 Change For Life programmes. Programmes will be delivered both online and in person (pending restriction guidelines). Activities will include walking, circuit classes, dance classes and Sit Fit classes.

Training

- Online Safeguarding Training will resume in February 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 was delivered on Thursday 14th January.

Co-Funded Programmes

DCSWP 27 Co-funded officers will continue to work across communities and schools in the South Central area in the delivery of Athletics, Boxing, Cricket, Football, Rowing and Rugby programmes from January 2021. With level 5 restrictions currently in place plans have been temporarily suspended. Online supports continue.

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