

**The Chairman and Members of  
North West Area Committee.**

**Meeting: 16<sup>th</sup> February 2021**

**Item No: 11**

**DCSWP HIGHLIGHT EVENTS & PROGRAMMES**

Delivery of DCSWP programmes for February and March remain subject to Covid-19 public health restrictions.

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 the area 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>

DCSWP Virtual Hub

DCSWP is currently developing a Virtual Hub in order to maintain high levels of participation in programmes and to keep people in communities active and healthy both mentally and physically. The Hub will seek to sustain the important connection between coaches, sport officers and participants. The Hub Pilot Project will focus on the 2021 8-week Change For Life DCSWP programme and is scheduled to be launched in late February.

Change For Life 2021

DCSWP has secured funding from Healthy Ireland to deliver Change For Life this year. 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.

- Change For Life will commence in the **NWA** with an advertisement campaign, followed by the registration process. Covid challenges will be overcome by embracing the outdoors with hill and trail walking programmes, online nutrition and exercise programmes.
- As reported above the Virtual Hub will help support the roll out of the programme.

### Keep Well Campaign

The Keep Well Campaign message is to support people in our communities to look after themselves both physically and mentally, a message which aligns with DCSWP's strategic vision and goals.

As part of the campaign, DCSWP will deliver 3 core multi-sport programmes aimed at older adults (general fitness, yoga and Pilates), adults 18+ (Pilates and Zumba classes), older male participants over 55 years as part of the 'Men on the Move' initiative (fitness classes focussed on increasing strength, balance and flexibility).

The Keep Well/DCSWP campaign launched on Monday 25<sup>th</sup> January with the older adult multi-fitness classes. 90 participants across communities in the city have signed up to take part. Keep Well Adult Fitness and Men on The Move programmes will commence following the easing of restrictions.

### Lord Mayor's 5 Alive Challenge 2021

The Lord Mayor's 5 Alive Challenge is back for this year.

- First up was the Tom Brennan New Year's Day virtual 5k which participants took on between 27<sup>th</sup> December 2020 and 3<sup>rd</sup> January 2021. Next on the agenda was the AXA Raheny 5 mile which was completed between 25<sup>th</sup> and 31<sup>st</sup> January.

The remaining races for this year are still at the provisional stage:

- **Irish Runner 5k:** - To be completed over the weekend of Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> February.
- **KBC St. Patrick's 5k:** - To be completed over the St. Patrick's Day virtual festival March.
- **Irish Runner 5 Mile:** - To be completed over the weekend of Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> March.

Lord Mayor's 5 Alive 2021 participants can share their journey and support others on Facebook at: <https://www.facebook.com/groups/2798884527016701/?ref=share>

### Operation Transformation Walks – Get Dublin Walking

Each year DCSWP's Get Dublin Walking Community Programmes link in with Operation Transformation national walk initiatives. Provisional plans were in place for smaller and/or staggered walks and runs. However in late January, following Government announcements on ongoing and potentially further restrictions, all OT walks and runs will be delivered virtually. Further details TBC.

### Couch to 3k Walk To Jog Programme

DCSWP walking and jogging initiatives take place throughout the year across our communities but take on a strategic focus from January – March every year as part of our Couch to 5k and Get Dublin Walking core programmes. Registration for the event commenced Monday 18<sup>th</sup> January and the programme launched on Monday 25<sup>th</sup> January. Over 1000 participants signed up to the 6-week virtual challenge which was a huge response to the initiative.

### Orienteering

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

### Sport Inclusion & Integration

- The online 'Sit Fit' programmes supports people with physical disabilities to remain active via its adapted sitting exercise programme.

- 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 to support compliance in local clubs and organisations will resume with Safeguarding 1 Training on 15<sup>th</sup> February delivered by DCSWP Officers. Safeguarding 2 & 3 will be advertised following this and further programmes will be delivered on an on-demand basis.
- In partnership with CARA, the online Disability & Inclusion and Autism in Sport training programmes were launched in 2020. This is part of a series of online Disability in Sport training programmes already in operation. The programme for 2021 is delivered on the first Tuesday of every month on an ongoing basis.

### Get All Girls Active (GAGA) – Women in Sport

- The GAGA ‘Gaelic For Ma’s’ programme is scheduled to commence in late February/early March the across the city. Full details TBC.

### Co-Funded Programmes

DCSWP 27 Co-funded officers will continue to work across communities and schools in the North West area in the delivery of Athletics, Boxing, Cricket, Football, Rowing and Rugby programmes throughout the year.

### **CONTACT DETAILS**

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