

2019 | Winter

newsletter | nuachtlitir



Dublin City
**Sport &
Wellbeing**
Partnership

WELCOME!

Welcome to the Winter edition of the Dublin City Sport and Wellbeing Partnership Newsletter.

This final edition of the year will take a look back at some of DCSWP highlight events in October - December and then set our sights on 2020 which promises to be a very exciting time for sport on both a local and global level;

In June Dublin will be one of 12 capital cities hosting the UEFA Euro 2020 Championship providing a unique opportunity to showcase our city's sporting pedigree. The biggest sporting event of them all, the 2020 Summer Olympic Games, will also take place in Tokyo in June. Many of the DCSWP Co-funded sports are represented in these major international events making it an ideal time to shine a light on the work of our officers over the next few newsletters and discover what plans they have to coincide with both occasions.

With four Irish rowing boats qualifying for the Olympics this edition will focus on the brilliant work being carried out across the city by our Co-funded Officer, Mary Moloney.

Women in sport will also be a major theme going forward into 2020. We will be linking in with 20x20 'If she can't see it, she can't be it' national campaign which aims to create a societal and cultural shift by increasing the visibility of women in sport. While the Partnership has always championed female participation in sport and physical activity by providing opportunities through our core programmes, 2020 feels very much like a pivotal and game changing year for women in sport.

Finally the New Year means new starts for many of us. Losing weight topped the New Year resolution poll in Ireland in 2019 followed by making vows to take up regular exercise.

With this in mind there couldn't be a better time for the Lord Mayor's 5 Alive challenge and our Change For Life programme to make an entrance! Now in it's 8th year 5 Alive has encouraged hundreds of people to take up exercise on a regular basis. The hugely successful Lord Mayor's 5 Alive Challenge will be back for 2020. Now in it's 8th year 5 Alive has encouraged hundreds of people to get take up exercise on a regular basis. The Change For Life 8 week programme has successfully transformed the health and wellbeing of participants in our communities since its commencement in 2013.

2019 has been such a successful year for DCSWP. As the year draws to a close and we head into the festive season we would like to acknowledge the work carried out in 2019 by all our Sport Officers and our many wonderful partners in the community. Their dedication provides such critical opportunities for everyone to get up, get out and get active. We would also like to sincerely thank our participants in all of these programmes. The decision to start, resume or continue in the pursuit of a healthier, happier and more fulfilling life through sport and physical activity is truly inspirational and we are proud to support everyone on that journey.



CROSSING THE FINISH LINE – MARATHON KIDS 2019

The Marathon Kids 2019 programme concluded with a finale on Wednesday 13th November in Morton Stadium, Santry. After 8 weeks of hard work and determination young participants ran the last mile and successfully completed their first ever marathon. Over 5,500 5th and 6th class pupils from Fingal, South Dublin and Dublin City primary schools completed the challenge this year.

DCSWP Sport Officers were there on the day to guide students around the course and cheer them along the route. Rather than simply watching from the side-lines teachers encouraged students to keep up the momentum by taking part themselves. Participants got the day they very much deserved with the rain deciding to stay away!

The Marathon Kids initiative teaches young people not just about the huge benefits of regular exercise for their physical and mental health but the importance of setting and achieving goals. These are skills that will prove critical in later life as children get older and start to make decisions in their own lives. The community and social benefits it offers also makes it a special programme which DCSWP is very proud to be involved in.

We hope to continue our Marathon Kids partnership with our colleagues in South Dublin and Fingal County Council in 2020 and beyond. A big congratulations to our 2019 participants.

"What a fantastic event - our school was delighted to be part of it. It was incredible to have an event like that with over 5,000 children involved go off without a hitch" - Local Teacher Aoife speaking to DCSWP Sport Officer Mitch Whitty



LOOKING BACK OCTOBER - DECEMBER

BOXING THEIR WAY TO GLORY – THE STARTBOX SHOWCASE FINALS

The National Stadium was host to this year's IABA StartBox Boxing Showcase Finals in the first week of December where hundreds of primary school and Transition Year students gathered to demonstrate the new skills they have honed over a 12 week period.

In partnership with the IABA (Irish Athletic Boxing Association), this year's StartBox programme commenced in September following the school summer break. The programme continues to go from strength to strength every year with 37 schools and over 2,000 students taking part in Dublin City this year. The initiative presents a brilliant opportunity for our students to first engage with boxing, Ireland's most successful Olympic sport.

The structure of the Startbox programme strives to support young boxers on their journey from novices to potential experts. In the first 4 weeks basic boxing skills are learned in the Bronze programme. The training in this segment is non-contact to allow the participants' confidence to grow.



Following this students progress to the Silver Programme which focusses on more vigorous training with semi-contact between participants.

10-15 students are then selected from each school to progress to the StartBox Gold stage, a 4 week follow-on programme where boxers are matched up depending on ability and train together for the remainder of the programme.

After the full 12 weeks, the StartBox Gold Programme boxers take part in the Showcase Finals competing in a total of 30 exhibition bouts. Gold Programme boxers are presented with a medal and all participants of the Bronze, Silver and Gold programmes are presented with a certificate to acknowledge their phenomenal achievements and celebrate their hard work.

This year we're incredibly proud and impressed with all pupils that got involved in Startbox 2019 - this past term was one of our most successful ever. We may even have Paris 2024 Olympic boxing heroes in our midst!

We were also delighted to incorporate the Boxing Showcase into our Get All Girls Active (GAGA) Day on the 4th December with 16 all-girl bouts taking place and we're already planning a big focus on girl's schools for 2020 to tie in with the 20x20 initiative!

HERE COME THE GIRLS – GAGA DAY 2019

GAGA Day is our 'Get All Girls Active' event which took place on Wednesday 4th December this year. The day aims to enable and inspire girls and women of all ages to become more physically active on a regular basis. The event is the culmination of our core GAGA programme which is delivered from October – December every year.

One of DCSWP's core principles is that sport is for everyone regardless of the choice of activity. Many people perceive that sport is about being in a competitive environment where winning is considered paramount. For girls, women and young people in general this idea can feel alienating. Research has shown that focussing on fun and team work encourages participation, builds confidence, promotes a positive body image and potentially fosters a lifelong love of sport.

GAGA's multi-sport approach is designed to support these ideals. On the day a number of events took place around the city including a Schools' Cross Country event in St. Anne's Park, a Basketball Blitz in Inchicore Sports Centre, Glow Football in Gonzaga College, a Rowing Blitz in St. Mary's Glasnevin and Ice Skating to name but a few.



Schools across Dublin City were also encouraged to take part in our 10 minute YouTube HIIT Class led by Irish Soccer legend Áine O'Gorman.

GAGA was one amazing day but our mission to break down barriers to female participation in sport and physical activity is ongoing and will perhaps take on even greater significance with the upcoming 20x20 campaign.

ROW YOUR BOAT!

Rowing has grown so much as a sport in Ireland over the past 8-10 years thanks to international success in the area.

We recently spoke to Mary Moloney our Rowing Ireland Co-funded Officer about her own rowing journey, the Get Going Get Rowing initiative and potential international success in Tokyo 2020.

From a personal perspective Mary started out on her own rowing career while completing her degree in Trinity College, Dublin. By the end of her degree year she had ascended to the role of rowing captain of Dublin University Ladies Boat Club. Mary's husband and children are also involved in the sport making it very much a family affair. Her daughter has also represented the sport on an international level while at the same time facing into her Leaving Certificate Year – very impressive! Rather than distracting from her daughter's studies Mary finds that participation in sport is an important outlet and ultimately complements academic focus.

In terms of the specific benefits of the sport Mary explained that there are so many positive aspects to rowing as a sport as it provides a full body cardio workout which increases endurance, utilises every muscle in the body and is also easy and inexpensive to access.

GET GOING... GET ROWING

Mary's Rowing Ireland predecessor, Michelle Carpenter commenced the 'Get Going, Get Rowing' initiative in 2014. In the 5 years since its inception the programme has grown from being delivered in 10 schools in Dublin to 40, many of which are situated in the Dublin City area. The programme takes place in schools on indoor rowing machines as part of school PE sessions and 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



Creating a blueprint of values greatly reinforces the beauty of any sport and emphasises how it can positively impact our lives.

The TrY Coaching Transition Year workshop which teaches 15 and 16 year olds to deploy coaching skills is also a very important aspect of the programme as it has very positive effects on developing young people's communication skills and growing their leadership abilities.

Mary has also witnessed how sport can unite people regardless of ability when a Get Going student with Autistic Spectrum Disorder informed her that that rowing was finally a sport they felt connected to and wanted to pursue;

"I don't normally enjoy PE but I really enjoyed this"

"Success stories make it worthwhile" states Mary

When asked about the outdoor rowing facilities in Dublin Mary commented that the Municipal Rowing facility in Islandbridge is something that the city should be very proud of and as a Rowing Officer has always felt extremely supported by Gar Herbert our DCSWP Sport Officer and the staff in the facility during any event.

Finally Mary spoke about ambitious plans in place to coincide with the Olympic Games – with Tokyo there couldn't have been a better opportunity to play on words! The cleverly entitled 'Rowkyo' initiative will see students virtually row their boats to Japan while a City Hall summer rowing event is also planned with some of our local rowing heroes attending and presenting.

Many thanks to Mary for taking the time to speak with us.



UPCOMING PROGRAMMES FOR THE NEW YEAR

THE LORD MAYOR'S 5 ALIVE CHALLENGE IS BACK!

The Lord Mayor's 5 Alive is back for 2020. The initiative consists of 5 road races, approximately 5k in distance. Aimed at novice joggers and people wanting to get back on track with their fitness goals, the challenge is not only in completing the races but that it also starts on New Year's Day!

Race mentors were introduced to the programme in 2018 to encourage and cheer on participants. This addition proved to be a hugely successful and will continue in 2020. All of our mentors were previous '5 Alivers' so their experience is invaluable when motivating and inspiring people to cross the finish line.

Registration for 5 Alive is now closed with over 400 participants accepting the challenge! While the challenge aspect is closed people can still sign up to take part in the individual races.



**CHANGE
FOR LIFE**

CHANGE FOR LIFE 2020

Who doesn't feel the need for overhaul after the excesses of the Christmas season? The New Year means new beginnings for many of us. Since 2013, DCSWP in conjunction with many partners in the health and community sectors, has enabled people across the city to improve their health and wellbeing through our Change For Life programme. Running in tandem and following the format of RTE's Operation Transformation, this 8-week initiative will be delivered in over 20 communities from January - March. The programme continues to expand every year – last year it greatly broadened its reach when for the first time children and individuals from minority groups were able to take part and this will continue for 2020. 2020 will also introduce a programme specifically targeting Dublin City Council staff. All of this is made possible by funding received from our partners Healthy Ireland.

Last year we heard many inspiring stories from our participants and we hope this year will prove transformative for everyone involved. Change For Life adopts a holistic approach to improving health and wellbeing – while getting physically fit is important the programme also encourages participants to look after their mental health and provides important social outlets for many people in our communities.



**DCSWP wishes you all a very happy Christmas
and a wonderful (and healthy!) New Year!**
*Nollaig shona agus athbhliain faoi mhaise
daoibh!*