

## THE LORD MAYOR'S 5-ALIVE CHALLENGE 2020

The Lord Mayor's 5 Alive Challenge continues for 2020! 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 the last race in March and beyond.

Over 450 participants have signed up for 2020 and are supported by our wonderful team of mentors who had 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.

*"I am a beginner runner and am looking forward to taking on this challenge and improve my physical fitness with other 5 Alivers. I really believe in the benefits of regular exercise on both my physical and mental health. So many people have told me how previous 5 Alive Challenges kick started them to take up a regime of regular exercise and the difference it has made to their lives.*

**Paul McAuliffe, Former Lord Mayor of Dublin**

5 Alive 2020			RACES
Sunday 2020	15 <sup>th</sup>	March	Metro St. Brigid's St. Patrick's Festival 5k. 12pm in the City Centre. Start on St. Stephen's Green
Saturday 2020	28 <sup>th</sup>	March	DCC / BHAA 4 Mile Road Race. 11am in St. Anne's Park, Raheny

The remaining races which form the Lord Mayor's 5 Alive Challenge 2020 are:

2020 5 'Alivers' will receive their medals and certificates from the Lord Mayor in a celebration night in City Hall on Friday 24<sup>th</sup> April.

### ➤ 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 starting in January and concluding in March. 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. Following planning and consultation meetings between the partners it was decided to run a diverse health & fitness programme aimed at having a positive impact on the overall health and wellbeing of the participants. The programme commenced in early provide fitness assessments, a 5K timed walk (repeated at week 8) and nutritional/dietary advice across 24 locations in the city. Independent nutritionists will also deliver a series of talks on healthy eating habits and dietary information such as portion size and calorie counting. Weekly weigh-ins to assess progress will also be provided. In 2019 the programme extended its reach when for the first time children and

minority groups were invited to take part. The programme continues to grow this year with the inclusion of a DCC staff Change for Life initiative.

The following 2020 Change for Life programmes continue in the South East Area;

- **Programme:** Change For Life Harold's Cross  
**Dates/Times:** 13<sup>th</sup> January – 13<sup>th</sup> March (Mondays) 8.30am  
**Location:** Harold's Cross National School  
**Partners:** Home School Liaison
- **Programme:** Change For Life Terenure  
**Dates/Times:** 13<sup>th</sup> January – 13<sup>th</sup> March (Mondays/Wednesdays/Thursdays) 6.30pm  
**Location:** Evergreen Centre Terenure
- **Programme:** Change For Life Charlemont Street  
**Dates/Times:** 13<sup>th</sup> January – 13<sup>th</sup> March (Tuesdays/Thursdays) 7pm  
**Location:** Charlemont Street Centre

#### ➤ **SCHOOLS CROSS COUNTRY**

March sees primary schools compete in cross-country events on a north/south side basis. In the South East area the primary school Dublin City Race Series takes place on Wednesday 1<sup>st</sup> April in Ringsend Park. Participants will be mixed age 7-12 years. The event will be run in partnership with Celtic Athletics Club.

#### **DCSWP HIGHLIGHT CORE PROGRAMMES MARCH 2020**

Below are details of highlight core programmes during the next period. For full details please contact Dee O'Boyle in the DCSWP office at 222 5433/sports@dublincity.ie

#### **FOREVER FIT (CORE) Older Adults**

The Forever Fit programme is aimed at older adults and focuses on activities to improve balance, increase mobility, strength, co-ordination and prevent falls.

- Details of Forever Fit programmes running in the South East Area during the next period are outlined below.
- **Programme:** Chair Fit, Mount Drummond  
**Dates/Times:** Mondays 7pm – 8pm  
**Location:** Mount Drummond Sheltered Housing Complex, Harold's Cross  
**Participants:** Older Adults –55+ years
- **Programme:** Chair Yoga Beech Hill  
**Dates/Times:** Wednesdays 11.30am – 12pm  
**Location:** Beech Hill Court, Donnybrook  
**Participants:** Older Adults – 55+ years
- **Programme:** Dance For Life  
**Dates/Times:** Tuesdays 11am – 12pm  
**Location:** Evergreen Centre, Terenure  
**Participants:** Mixed Older Adults 55+ years
- **Programme:** Iris Charles Group  
**Dates/Times:** Tuesdays 11.45am – 12.25pm  
**Location:** Iris Charles Centre, Sandymount  
**Participants:** Mixed Older Adults 55+ years

## **GAGA**

### **Teenage Girls**

Girls Rugby is ongoing in the area every Tuesday from 4-5pm and Wednesday 3-4pm for girls age 13-17 years in CBS, Ringsend in partnership with Leinster Rugby.

### **GET DUBLIN WALKING Underactive Adults**

DCSWP Sport Officers, in partnership with the HSE and DCC Community Section deliver a number of walking groups programmes across the city under the banner of 'Get Dublin Walking'. In the South East Area the following Hill Walking programme encourages underactive adults in the area to get fit and healthy in the great outdoors;

- **Programme:** Hill Walking  
**Dates/Times:** Thursdays 11am  
**Location:** Various Locations  
**Participants:** Mixed Older Adults 18+ years  
**Partners:** Spellman Centre/Ballyfermot Adventure Centre

### **YOUTH FIT Youths at Risk**

Youth Fit programmes focus on providing viable sporting outlets for young people in the South East area. Below are details of ongoing Youth Fit initiatives in the area;

- **Programme:** Friday Night Soccer  
**Dates/Times:** 5-6pm  
**Location:** Irishtown Stadium  
**Participants:** Males 13-17 years
- **Programme:** Teen Gym  
**Dates/Times:** Ongoing. Dates and Times TBC  
**Location:** Irishtown Stadium  
**Participants:** 13-17 years  
**Partners:** Local Youth Services
- **Programme:** St. Patrick's Afterschool Programme  
**Dates/Times:** Ongoing. Dates and Times TBC  
**Location:** St. Patrick's BNS, Ringsend  
**Participants:** Mixed 13-17 years  
**Partners:** Various National Governing Bodies

## **1. GENERAL PROGRAMMES MARCH 2020**

### **➤ Easter 2020**

- Easter Camps will take place in the area from 6<sup>th</sup> – 9<sup>th</sup> April from 1-3.30pm for children ages 7-12 years. Location TBC
- Easter school activities are also planned for Friday 17<sup>th</sup> April from 12-2pm in Pearse St. Recreation Centre for children ages 10-13 years.
- Leinster Rugby Girls Easter Camp will take place on Thursday 16<sup>th</sup> April from 9am-3pm in Energia Stadium, Donnybrook. The camp will be run in partnership with Leinster Rugby.

### **➤ One-Off Event**

**Programme:** International Primary School Celebration Day

**Dates/Times:** Thursday 26<sup>th</sup> March

**Location:** Scoil Cathriona, Baggot St.

**Participants:** Females 6-12 years

**Partners:** Leinster Cricket

➤ **Ongoing**

**Programme:** Metro Rugby U18 Girls Programme

**Dates/Times:** Mondays 5.30-7.15pm

**Participants:** Females 16-18 years.

**Partners:** Leinster Rugby

**Programme:** After-school programme

**Dates/Times:** Ongoing Wednesdays 5-6pm

**Location:** Charlemont Street Community Centre

**Participants:** Mixed Primary School Children

## **2. CO-FUNDED DCSWP PROGRAMMES MARCH 2020**

### **BOXING DEVELOPMENT OFFICER UPDATE**

The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership will be recommencing during the school year. The programme is an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approximately 2,000 young people take part each year in the programme.

The Programme is structured into Bronze (non-contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it on to another level again.

The Boxing Development Officer continues to deliver the Silver Startbox programmes in the South East Area over the next period.

### **CRICKET DEVELOPMENT OFFICER UPDATE**

- The Cricket Development Officer will be liaising with local officers to deliver Schoolyard Cricket Sessions in March in the following schools in the area;
- Schoolyard Cricket Sessions continue in Start of The Sea, Sandymount every Wednesday from 10.30am – 12.30pm (males) and St. Matthews National School every Wednesday from 1pm – 2.30pm (mixed).

### **FOOTBALL DEVELOPMENT OFFICER UPDATE**

- Football Programmes continue to target schools in the South East Area.
- Other initiatives in the area include Glow Football sessions, Child Welfare Courses, Men's Social Leagues and Late Night Leagues every Friday evening.

### **FOOTBALL DEVELOPMENT OFFICER (WOMEN'S DEVELOPMENT)**

- As part of ongoing club development club visits are in the planning stage in St. Patrick's CY, Irishtown and Lourdes Celtic, Crumlin. Details TBC.

- Football school sessions are ongoing in Loreto College, Crumlin every Wednesday from 10am – 12pm.
- The Football Female Leader programme aimed at females ages 18+ will continue in the next period in Abbotstown. Times and dates TBC.

### **ROWING DEVELOPMENT OFFICER UPDATE**

The Get Going Get Rowing initiative takes place in schools across the city on indoor rowing machines as part of school P.E sessions. 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
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- In the South East Area the Get Going Get Rowing programme takes place in St. Killian's, Clonskeagh every Tuesday from 2.50-4.10pm.
  - On-The Water Rowing sessions will be run from Neptune Rowing Club, Islandbridge. Sessions will take place every day at varying times.
  - Schools OTW Regatta will take place in Grand Canal Dock on Thursday 23<sup>rd</sup> Aril from 11am -2pm.
  - The 'Rowkyo' Olympic event will take place in City Hall on Thursday 30<sup>th</sup> April from 11am – 2pm in partnership with Dublin Municipal Rowing Centre.