

Project	Overview	Timeline	Project Lead
	DkIT's Fittest 2025 DkIT's Fittest 2025 is a campus wide STEPS challenge to promote physical activity participation in both staff and students. It serves to promote an increase in sustainable physical activity by encouraging physical activity engagement in a fun and inclusive manne	29th Sept. - 24th Oct.	BSc Hons Health & Physical Activity Team
	Cycle to Campus Day The aim of the event is to build a strong cycle user network in the institute, to empower reluctant or nervous cyclist and to impart the numerous health and wellbeing benefits of cycling to as much of the campus community as possible.	21st Oct.	Gareth Kelly
	Promoting Healthy Lifestyles-Connections Walkie Talkie Café - coffee; connect and walk. This will be followed by two Healthy Eating & Nutrition Workshops. The project fosters inclusivity, belonging, and positive mental health for students and staff.	Oct. & Nov.	Aidan Hoare, Christopher McGrath, Derick Englishby, Rosemary Leonard, Diako Khodeai, Glenn McCormack
	Positive Exposure Photography Competition The competition invites all DkIT students (full-time and part-time) to submit photographs on the theme "That Which Sparks Happiness Within Me." It aims to promote positive mental wellbeing and creative expression within our student community, encouraging participants to reflect on and share what brings them joy.	Entries 6th Oct. -7th Nov. Award Ceremony 26th Nov.	Mary Matthews & Frank Brady
	Make One, Donate One – Breadmaking Workshop This 3- hour workshop combines the benefits of baking therapy with doing good. Participants will learn the skills of breadmaking in a professional kitchen with expert guidance from professional chefs. After the workshop, the baked goods will be shared with others during a tea party. The workshop is aimed at staff and students.	13th Nov.	Maeve McAardle, Alan McCabe, Rosemary Leonard
	Acceptance & Commitment Training Acceptance and Commitment Therapy/Training (ACT) is a psychotherapeutic, evidence-based approach that has demonstrated desirable outcomes across a broad range of populations. This research will involve delivery of a one session, in-person ACT workshop, in conjunction with digital ACT supports, to the DkIT staff community with the aim of implementing effective coping skills and establishing values-oriented behavioural patterns	Oct. 2025 to Jan. 2026	Orla Moran
	Couch to 5k For All It is an 8-week Couch to 5k programme aimed at all DkIT members, both staff and students, who feel that they cannot walk or run 5k. The project aims to improve people's health, both mental and physical, empower people and create a feeling of belonging. The couch to 5k programme will last 8 weeks, and would involve two weekly lunchtime training sessions.	Feb. 2025 Launch	Mary Kennedy & DkIT Green Campus Committee & DkIT Athletics Club
	Mental Strength: Apprentice Support Toolkit This project aims to actively promote the full range of DkIT's free, confidential services and 24/7 national supports to male apprentices during their block release. It uses free food and a trade-focused communication style to entice engagement and encourage proactive help seeking for academic and personal stress.	Oct. 2025 onwards	Gerard Galligan
	Share It In Song This project invites people to collaborate on writing songs inspired by their everyday experiences. No prior musical knowledge is required and anybody from across campus is welcome to share their ideas and help craft a song within each of three sessions with a guest facilitator.	Friday mornings at 11am in Nov.	Daithi Kearney
	Room to Breathe: Supporting Early Years Students' Wellbeing This project aims to support Early Years students who often face significant challenges balancing their academic studies, part-time work, and long commutes. Targeting approximately 40 students across all four years of the programme, the workshops will offer a supportive space for students to slow down, connect with themselves and their peers, and develop self-care strategies, such as breathwork and mindfulness.	2-hour workshop twice over Semester One	Sarah Brock