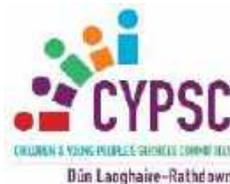




YOUTH PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY IN THE BALLYOGAN AREA



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2 EXECUTIVE SUMMARY

In an effort to increase participation in sport and physical activity of children and young people in Dún Laoghaire-Rathdown, late in 2017 the Dún Laoghaire-Rathdown Sports Partnership (DLRSP) secured funding through Sport Ireland and the Dormant Accounts Fund for a **Community Sports and Physical Activity Hub** (DLRSP Hub) to be located in Ballyogan, a designated area of disadvantage in Dún Laoghaire-Rathdown. DLRSP Hub also seeks to co-ordinate physical and sporting activity locally for the benefit of young people, by building on existing supports and sports facilities in the area of Ballyogan.

The development of a Community Sports and Physical Activity Hub in Ballyogan shows a commitment from the DLR Sports Partnership to working with communities to increase participation and engagement in sporting activities in context. It leverages work carried out to date in building awareness of the value of such engagement for its target audiences and is providing leadership through its re-imagining of engagement at an existing site and with a living community at its heart.

Ballyogan is an area of designated disadvantage per Census 2016, with three Small Areas¹ classified as Disadvantaged and a further area classified as Marginally Disadvantaged. According to Census 2016, there were 47,794 children and young people aged 17 and the area has the highest proportion of 5 - 10 year olds in Dún Laoghaire-Rathdown County, representing almost 22% of the population in the county.

This research was developed to understand the issues and barriers which prevent the target group of disadvantaged young people from engagement and participation in sport and physical activity with a view to providing insights for the development of the DLRSP Hub. It focussed on children and young people ranging in age primarily between 10 and 17 years. What was evident is the current level of disengagement in sports and physical activity from a relatively early age – commencing at about ten years of age and permeating young adolescence. It highlighted a combination of (a) lack of interest (b) poor awareness of what is available locally (c) requirement to develop a range for programmes and services which have appeal for the target audience and (d) social challenges of connectivity within the community itself.

Key areas for successful DLRSP Hub delivery fall under four main headings;

- Communications,
- Hub Structure,
- Programme Development and
- Working in Partnership.

A series of recommendations are provided in this document to allow for immediate implementation of the DLRSP Hub.

¹ Small Areas are part of the Census geography and hold a with a minimum of 50 households and a mean of just under 100

In terms of programme development, listening to the voices of those for whom the Hub is being developed and ensuring the range of activities provided meets the needs of its target audience, will be an important factor in engaging a youth audience and creating sustainability. Additionally, given the disadvantaged status of the local area addressing issues of affordability will require innovative programme development and delivery methods.

The impact of the DLRSP Hub will only be realised over time. It will take time, trust, engagement (with all stakeholders) and continued awareness building to change perceptions and levels of participation by children and young people in sports and physical activity and for the Hub to be understood locally and an embedded part of the community context in Ballyogan. Central to this success is the integrated community aspect of the development process and in their ownership of the DLRSP Hub over time. The value in embedding the voice of the communities and particularly children and young people living in the area (now and tomorrow) should not be underestimated.

Development of the DLRSP Hub requires careful, sensitive and participatory planning, focussing on where good practice models have achieved success. It requires a sustained commitment of agency partners and the local community, the provision of adequate resources over time to include personnel, capital and programming expenditure, and the delivery of a long-term plan for the Hub should not be underestimated; without these in place the realisation of the Hub and its potential to positively impact participation of children and young people in sports and physical activity in Ballyogan will not be possible.

Tenacity and patience will be required to deliver success. In leveraging the knowledge and resources of local agency partners through partnership working in the short term, the real impact will be felt and levels of participation and engagement should rise accordingly.

Creating a framework which gives voice to the needs, aspirations and potential of children and young people will present a socially-inclusive Hub which is co-developed by its residents, which provides access to, engagement with and participation in sports and physical activity, leading to a more vibrant and animated Ballyogan.

3 INTRODUCTION

3.1 BACKGROUND AND RATIONALE FOR THE RESEARCH

In an effort to increase participation in sport and physical activity of children and young people in Dún Laoghaire-Rathdown, late in 2017 the Dún Laoghaire-Rathdown Sports Partnership (DLRSP) secured funding through Sport Ireland and the Dormant Accounts Fund for a **Community Sports and Physical Activity Hub** (DLRSP Hub) to be located in Ballyogan, a designated area of disadvantage in Dún Laoghaire-Rathdown. DLRSP Hub also seeks to co-ordinate physical and sporting activity locally for the benefit of young people, by building on existing supports and sports facilities in the area of Ballyogan.

The new Hub aims to coordinate the sustainable engagement of this community in physical activity and sporting activities with a particular focus on adolescents and young people. The DLRSP Hub will utilise and build on the existing infrastructural and community supports in the area to engage and support the local population in being active. This includes the public leisure centre, community centre, Education and Training Board training facility, local schools and parkland as the centre of the Hub.

As part of the development process and in seeking to ensure buy-in of the local community and in particular the young people for whom the DLRSP Hub is intended, Karan Thompson Consulting Limited (KTCL) was retained by DLRSP and the Dún Laoghaire-Rathdown Children & Young People's Services Committee (DLR CYPSC) to carry out research to identify the needs of young people living locally and the opportunities which the DLRSP Hub might provide for them.²

The Local Sports Partnership (LSP) initiative was established by Sport Ireland³ in 2001. The LSPs seek to:

- Build on work already being carried out at county level by partner agencies
- Establish a sustainable structure for sports development locally
- Roll out Sport Ireland programmes
- Increase usage of existing local resources and
- Create and implement a strategic plan for long-term sports development

Dún-Laoghaire-Rathdown Sports Partnership was established in 2008 as part of this initiative and works closely with its partners to promote access, participation, coordination and inclusion in sport at a local level. It works via an interagency approach with the composition of its board including representatives of relevant statutory bodies, organisations, clubs and groups operating in the County.

² DLR CYPSC is the interagency strategic structure to improve outcomes for children and young people, aged between 0 – 24 years through joint planning for improved, accessible and participatory services in Dún Laoghaire Rathdown. The Dún Laoghaire-Rathdown Children & Young People's Services Committee (DLR CYPSC) is a key partner in the development of the Hub and has provided financial support for this research project

³ **Sport Ireland** *Spóirt Éireann* is the organisation which directs the development of sport in Ireland.

A statutory body established July 1999 under powers provided by the Irish Sports Council Act. Its remit is to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

The DLRSP developed its *Dún Laoghaire-Rathdown County Sports Participation Strategy 2013 – 2017* to frame its strategic direction and adopted a long-term approach to increasing participation and engagement in sports in particular among its key target groups of: girls and women, disadvantaged young people, older adults, people with a disability, and Travellers and ethnic minorities. It is currently in the process of developing its strategy for the years 2018 – 2022. The multi-agency approach to the development of a local infrastructure for sport as adopted by the DLRSP increases the potential for it to achieve its vision,

‘That everyone in the County is physically active, having access to activities and facilities suitable for their interests, needs and capabilities while enjoying the positive health and social benefits of that activity’

The DLRSP is working to realise this vision through implementation of the organisation’s strategic objectives of:

- **Increasing awareness of and pathways to participation in sport and physical activity**
- **Working to engage and support set target populations shown to have lower participation rates**
- **Developing and expanding participation initiatives on an interagency and cooperative basis**



- **Maximising the use of existing sports facilities and the natural environment in the County**
- **Continuing to develop the structures and resources required to ensure the plan is delivered on a sustainable basis**

The National Guidelines on Physical Activity for Ireland identify that children should participate in 60 minutes per day physical activity at moderate intensity on five days per week and has been proven by the World Health Organisation to benefit health and help to reduce the risk of heart disease, stroke, diabetes, high blood pressure obesity and depression in later life. In addition to these health benefits there are a range of social, educational, economic and environmental benefits. The World Health Organisation's Global Health Observatory 2010 estimated that of Irish adolescents (defined as aged 11—17 years) only 28.4% reached the recommended physical activity levels - with 35.4% for boys and 20.4% for girls.

The benefits of sport or physical activity to an individual's social, mental and physical wellbeing is already acknowledged by Dún Laoghaire-Rathdown Sports Partnership and this research will assist the DLRSP in addressing the low percentage of active participation in physical activity locally by delivering a targeted approach for a sustainable increase in participation in sports and physical activity by children and young



people in an area of designated disadvantage in the county.

The term physical activity within this document refers to all forms of such activity including; walking, cycling, active recreation such as working out in the gym, dancing, gardening or physically active games as well as organised or competitive sport.

The research responds to the objectives of the Dún Laoghaire-Rathdown County Sports Participation Strategy 2013 – 2017 and the wider National Physical Activity Plan (NPAP) published in 2015 - as the first cross-sectoral evidence-based plan aimed at increasing physical activity levels across the Irish population. This plan recognises that no single government department or agency working on its own can increase physical activity levels, but rather that many interlinking policies and programmes across domains such as health, education, sports, recreational physical activity, transport and environment all have important roles to play. It recognises the need for sustainable solutions – focusing on different types of actions, some of which can be delivered in the short term and other which will take longer to embed into communities. Importantly, it has at its core an appreciation that behavioural change is both complex and challenging and that building a framework for sustainable increased participation in physical activity takes time and requires targeted interventions to address and overcome the barriers to participation experienced by both individuals and communities alike.

This research seeks to understand the issues and barriers which prevent the target group of disadvantaged young people from engagement and participation in sports and physical activity and to provide recommendations for the development of new ways of working which will result in increased participation in their locale.⁴

A Steering Group was brought together to assist the research development process and a series of engagements and consultations – including meetings, a World Café⁵ engagement event, an online survey, focus groups and individual interviews were held during April and May 2018, to gather information about how to best develop the right type of Hub for Ballyogan. The Samuel Beckett Civic Campus was utilised as a base for the coordination of the research activities and provided an opportunity for connectivity with representative agencies and community development groups working in the area, and with young people living in Ballyogan. A list of those consulted is provided in [Appendix 1](#).

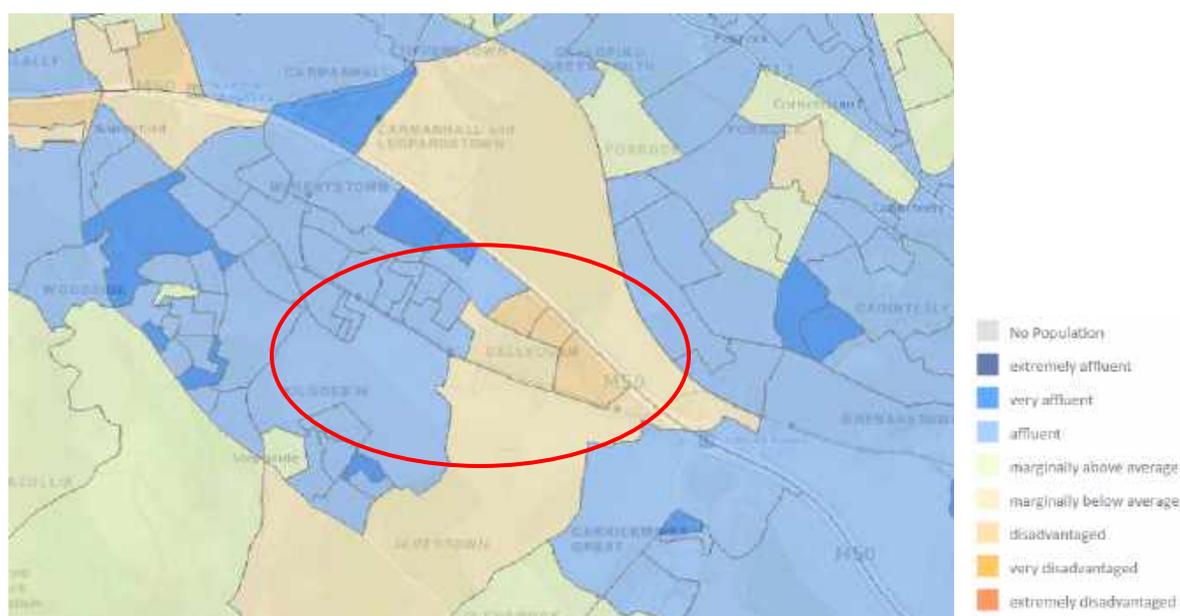
⁴ Specifically in the community context of Ballyogan, a location which is recognised in the Pobal HP Deprivation Index as having three small areas which are classed as being disadvantaged. The Small Area Population Statistics (SAPS) of the 2016 Census of Population are standardised in size, with a minimum of 50 households and a mean of just under 100 households.

⁵ World Café is a flexible and effective meeting format for group discussions. <http://www.theworldcafe.com/key-concepts-resources/world-cafe-method/>

3.2 BALLYOGAN OVERVIEW

Ballyogan is a residential area in Dún Laoghaire-Rathdown County. Located inland approximately 12 kilometres from Dublin City it is bounded to the west and north by Stepside and Sandyford; across the M50 motorway to the east by Leopardstown and to the south by Carrickmines.

According to the Pobal HP Deprivation Index 2011, two of the Small Areas in Ballyogan were classified as Disadvantaged. Nearly 10% (or 658) of the total population of Ballyogan resided in these two areas and 35% (or 177) of the population aged 13 to 24 resided there.⁶⁷



The same report for 2016⁸ indicates that **three of the Small Areas within Ballyogan are now classed as Disadvantaged and a further single Small Area classified as Marginally Disadvantaged.** The total population of these three areas combined is 1286 with a 44.5% average of lone parent families and 15% of the populations attaining only a primary level education. The labour force unemployment rate across these four areas is 42.06%.

Since 2011 DLR has seen a population increase of 5.7%. Significantly the Child and Family Support Network in Sandyford/Carrickmines in which the Ballyogan area is included, experienced a population growth of 12.5% with the population increasing from 30,508 in 2011 to 34,324 in 2016. Furthermore the same area had the highest proportion of 5-12 year olds, at 11.5% (3,951) and those in the 13-17 year old age group rose to 6.7% (2,296). According to Census 2016, there were 47,794 children and young people aged 17 and under residing in Dún Laoghaire-Rathdown County. This figure represented 21.9% of the total population in DLR. This proportion was lower than the State average of 25%.

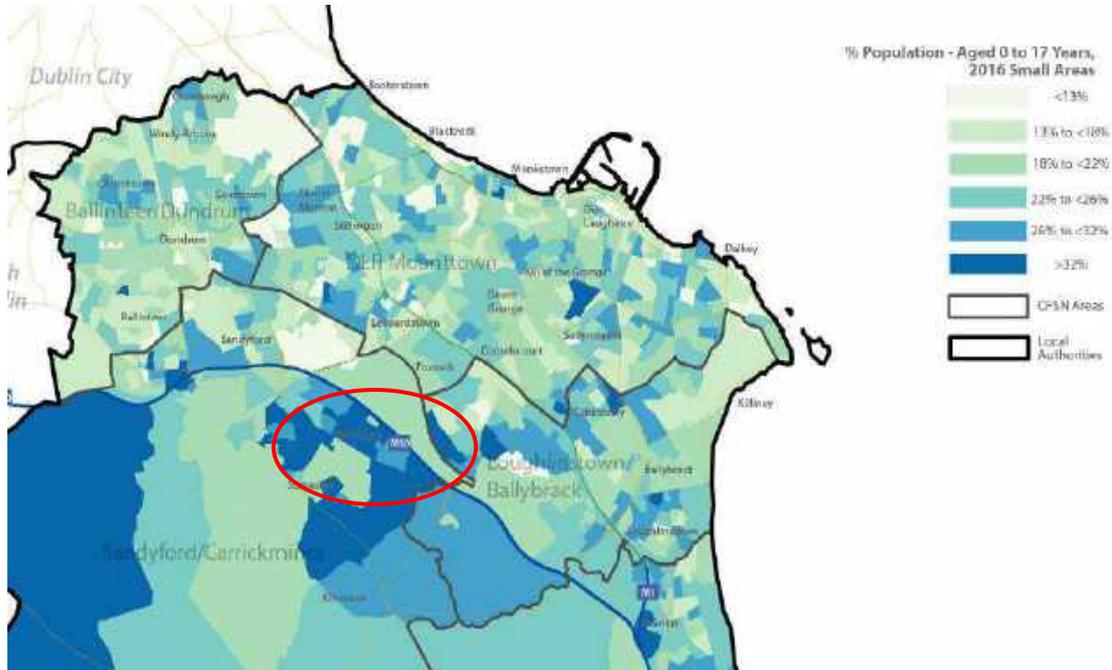
⁶ Figures compiled for DLR CYPSC for 2011 by Aoife Dowling, All Island Research Observatory (AIRO), NUIM

⁷ This data was extracted from the Census 2011 Small Areas statistics. All of these Small Areas are within the Ballyogan area and include: 267092051, 267092038, 267092052, 267092054, 267092053, 267092039, 267092048, 267092037, Small 267092035, 267092047, 267092033, 267092034, 267092032, 267092059, 267092040/267092049, 267092026/267092050, 267092058, 267092041, 267092057, 267092055/01 and 267092036.

⁸ Pobal HP Deprivation Index (Haase and Pratschke, 2016) <https://maps.pobal.ie/WebApps/DeprivationIndices/index.html>

Distribution of those aged 17 and under across the Child and Family Support networks show Sandyford/Carrickmines at 26.4% (9,068) as having the highest population of under 17 year olds in the county.⁹

The map below highlights the Ballyogan area as having more than 32% of its population aged under 17 years.¹⁰



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⁹ Figures are derived from The Pobal HP Deprivation Index (Haase and Pratschke, 2016) and Census 2016.

¹⁰ Census 2016

¹¹ Map 2.8 Population aged 0 – 17, 2016 Source:: CSO & AIRO

3.3 AIM OF THE STUDY

The aim of the research is to identify needs, opportunities, perceived obstacles and enablers to participation in sports and physical activity for future users of proposed DLRSP Hub – children and young people living in Ballyogan. The research and consultation process with stakeholders and representative groups provides a baseline understanding of local need and identification of a range of structural and programmatic responses relevant for the development of a sustainable sports and physical activity Hub in Ballyogan.

For the purposes of this research we are interpreting ‘young people’ to mean those between the ages of 13 – 23 years and ‘children’ those from 10 – 12 years.

The outcomes of the research will:

1. Inform the development of a schedule of sports and physical activity programmes and interventions aimed at maximising participation and minimising barriers for young people’s participation in sport and physical activity in Ballyogan.¹²
2. Outline pathways for the successful implementation of the DLRSP Hub to be owned by those living in Ballyogan, becoming an embedded part of the community framework in the area over time.
3. Will build capacity locally to create sustainable participation opportunities. Identify the most appropriate structures and supports required for sustainability.
4. Provide an evidence-informed response to inclusion of the voice of young people in the ongoing development of the DLRSP Hub.

3.4 METHODOLOGY AND DATA SOURCES

The study has been developed in alignment with the Dún Laoghaire-Rathdown Sport Participation Strategy 2013 – 2017, the DLR Local Economic and Community Development Plan and the stated objectives for the research as outlined above. The following paragraphs outline the methodology and approach applied to the research process. The development of a Participatory Action Research element was applied, to seek to engage with, and understand, the views of children and young people living in Ballyogan.

3.4.1 DOCUMENTATION REVIEW

Including an analysis of:

- Existing data and documentation within Dún Laoghaire-Rathdown relevant to the project and local strategic development priorities
- Data relating to sports participation development strategies at a national level

A list of the documentation accessed during the research is provided in [Appendix 2](#).

¹² For the purposes of this research we are interpreting ‘young people’ to mean those between the ages of 13 – 23 years and ‘children’ to those from 10 – 12 years.

3.4.2 PARTICIPATORY ACTION RESEARCH (PAR)

The research adopted a PAR approach seeking, through engagement with local resource agencies, education partners and young people in particular. Soft data not available from documented sources was collected via a series of engagement events, a suite of communications tools and key messages about the initiative. These communications were shared across all relevant partner agencies, local and community social media platforms, the DLR Public Private Network, and in local schools. A list of the schools accessed as part of the research is included in [Appendix 3](#).

It was necessary within the research process to tailor our methodologies somewhat as initial methods developed to connect with young people proved to be ineffective and more difficult than anticipated. Despite the spread of the online survey through local communication channels the uptake was poor and required a face-to-face intervention within the education system to gain inputs from the research target groups.

The research incorporated the participatory action research methods noted in the paragraphs below.

PROJECT STEERING GROUP

Development of a Project Steering Group with interagency partners to create sustainability of the proposed Hub beyond the research phase.

A **Planning Workshop** was held at the initial stage of the research process to understand the local context, agree key objectives and identify and explore any issues and challenges regarding the project. Regular meetings were held with the Steering Group to provide insights and guidance for the collection of research data and in contextualising and overcoming challenges in this regard. A draft of the research findings and report was provided to the Steering Group for comment and refinement prior to the report being finalised.

STAKEHOLDER INTERVIEWS

A series of **Individual Interviews** were held with key stakeholders and interagency partners, all of whom provided insights from their varying perspectives and their work with children and young people as appropriate. Individual interviews were also held with identified young people from the Ballyogan area that had an interest in sports and engagement in physical activity.

AUDIT OF LOCAL SPORTS AND PHYSICAL ACTIVITY SERVICES

An audit of local services and programmes for sports and physical activity was carried out to support the research process. This audit provides a snapshot of what is available locally and within the wider catchment area. It includes sports clubs which were noted by stakeholders to be of interest to the Ballyogan community and within a radius of eight kilometres (15 mins drive) from Ballyogan. A copy of the Sports and Physical Activity Audit is presented in [Appendix 4](#).



COMMUNITY CONTEXT ENGAGEMENT SESSIONS

- (1) A **World Café Event** engaging directly with children and young people living in the local area, seeking their responses into what might be included in DLRSP Hub, perceived issues and challenges around its development, potential use and communication locally.
- (2) A **Local Champions Event** to elicit the views of parents and local champions in the area about potential ways to engage with children and young people in the area towards the development of DLRSP Hub.

SPORTS PARTICIPATION SURVEY

A survey was developed to hear the views of children and young people regarding their current participation in sport and physical activity and what the types of activity in which they would likely participate if it was available to them. This survey was made available online via DLRSP and interagency partner sites and social media feeds.

The research process included collection of survey data from children and young people living in the Ballyogan area facilitated through local primary and secondary schools. A list of the questions posed in the survey is provided in [Appendix 5](#).

4 RESEARCH FINDINGS

4.1 CONSULTATION WITH INTERAGENCY PARTNERS AND STEERING GROUP

4.1.1 OVERVIEW

The general consensus of the Steering Group from the outset, and from learnt experience, was that developing pathways to connect with children and young people and adolescents in Ballyogan may not be an easy task in the short to medium term. Overall it was difficult to drive awareness of the research process locally. The Steering Group partners provided a very good understanding of the local area. They offered valuable insights and assistance in relation to the methods of communication which work best with the local community and in supporting the various research collection methods used in the study. Despite this support, engagement with the local community at this early juncture was patchy and it was particularly difficult to attract the attention of children and young people, with community information channels having little impact and the education community providing the best opportunity to get close to the target audience.

What was appreciated throughout the research process was that, understanding the role of the DLRSP Hub and acceptance of it without suspicion, will take time. It was considered that local people need to feel ownership of an initiative in order to get behind it and garnering trust locally was fundamental to the delivery of a successful DLRSP Hub.

A general perception amongst those consulted as part of the Community Engagement and Parent's Sessions, was that there was little for children and young people to do in the area and that the development of the Sports and Physical Activity Hub would be a welcome addition. It was noted that for the most part those currently participating in sports and physical activity do not tend to do so within the Ballyogan area. The process identified a range of activities within a radius of up to five miles where local children and young people regularly attend for their sports participation.

The research found that children and young people living in the area are strongly connected to St. Joseph's Football Club in Sallynoggin, Naomh Olaf, GAA Club in Sandyford and Monkstown Boxing Club in particular. When we probed the question as to why this connectivity was strong responders noted that in the case of Sallynoggin and Monkstown specifically, the association goes back to parents of the youngsters being involved with the same clubs as they grew up in those areas before moving to Ballyogan. In addition it was stated that it would be unlikely for parents to change this pattern due to the reputation of those clubs, resulting in parents being prepared to travel to take their children to practice on a regular basis.

It was considered that children as young as 10 years of ages should be included in the research process, as anti-social behaviour in the area is showing itself starting with this age group. It was felt that inclusion in DLRSP Hub could assist in providing additional activities and engagement for this age group, developing their interest in participation by having supports and services delivered locally.



4.1.2 WORKING IN PARTNERSHIP

The individual interviews with agency partners on the Steering Group provided additional insights about the nature of their work and ways in which they individually could assist the DLRSP Hub development.

For example: in the case of DLR County Council Community Department the research found that they work with local groupings to develop committees, set up good governance and management arrangements and provide ongoing support to ensure the success of the locally-managed initiative. Their work has the potential to support engagement and participation programmes by providing assistance for local management of new sports clubs etc.

The research highlighted that up to 110 children and young people (4 – 13 years) take part in the annual Mini World Cup Football event and that following this event each year

there is evidence of parental requests for the development of a football club for children and young people in the area – and in the potential for development of a girls’ team in particular.

Powerful local knowledge is available via the Community Gardaí and this information led specifically to the research target group being extended to include younger children (10 – 12 years) in order to ensure that we were capturing their attention for engagement with sports and physical activity before they potentially get involved in anti-social behaviour in Ballyogan. An open line of communication with the Community Guard will be an important element in proactive management of potential social issues which might impact Hub programme development and delivery.

The research identified potential for additional linkages between Crosscare – The White House and the local Dún Laoghaire-Rathdown Sports Worker in working with the DLRSP Hub to develop and connect programmes for children and young people and in identifying children and young people who might engage with DLRSP Hub programmes. In particular, alignment of the role of the Dún Laoghaire-Rathdown Sports Worker in Ballyogan with DLRSP Hub makes good sense in terms of avoiding programme and activity duplication, scheduling and in targeting key audiences for participation and engagement.

4.1.3 BUILDING AWARENESS

This process has opened communications between development agencies, organisations and individuals within the community support framework, and has provided a first opportunity to engage with local children, young people and their parents and carers for the development and delivery of the DLRSP Hub. Continuing this conversation will deliver ongoing opportunities for awareness, engagement and eventually acceptance and increased participation in sports and physical activity.

While it was understood at the outset that there was an inherent challenge in reaching the target group adopting a flexible methodology enabled the researchers to explore opportunities through partner agencies communication channels and ways of working in order to build awareness of the DLRSP Hub development.

Working with the local schools where children and young people and adolescents from Ballyogan attend was crucial to the research process and will be vital for ongoing communication and awareness building, and alignment of sports and physical activity programmes, where relevant. The education system served as the primary communications channel for connectivity with the children and young people and both the management and staff of the two primary schools and single secondary school who participated in the research process, offered excellent support in collecting relevant and timely information. These educational partners have indicated their willingness to continue to work with DLRSP as required throughout the development of DLRSP Hub, in providing ongoing communication, awareness building and access to children and young people from the Ballyogan area attending their respective schools. Of special interest was the potential for connectivity of the St. Tiernan’s Community College Sports Leaders Programme, which is run in conjunction with DLRSP, providing a possible channel for

peer leadership and engagement in sports and physical activity facilitated through children and young people living in the area.

A new Gaelscoil – *Gaelscoil Sliabh Rua* - is located in Ballyogan itself. It did not form part of the research process on this occasion given the timescale for project delivery, however, the research identified that the Gaelscoil has good sports facilities and there is already an established relationship in place with the County Sports Officer charged with the development of sports programmes in the Ballyogan area. This existing relationship offers future resource-sharing opportunities between the DLRSP Hub and Gaelscoil Sliabh Rua’s sports facilities in time.¹³

On a number of occasions the Ballyogan Festival was suggested as a mechanism for building greater awareness of the DLRSP Hub. A presence for the Hub at the Festival, possibly in the form of a pop-up information kiosk, with sign-up sheets for new programmes coming on stream and potential ‘try-out’ sessions would be an effective way of connecting with local children and young people at this time.



¹³ It is intended that the Hub implementation will provide an opportunity to develop a relationship with Gaelscoil Sliabh Rua

4.2 SURVEY OUTCOMES

The survey element of the research was developed to elicit the views of children and young people regarding their current participation in sport and physical activity, an overview profile of gender and age of the respondents, the types of activity in which they would likely participate if available to them, reasons for non-participation, how they had become involved in sports and physical activity - currently and in the past and the methods of communication most likely to draw their attention to the DLRSP Hub.

This survey was made available online via DLRSP and interagency partner sites and social media feeds and also via face-to-face interventions in local primary and secondary schools. The following pages present an overview of the findings from this survey. A copy of the survey questions is provided in [Appendix 3](#).

4.2.1 PROFILE OF RESPONDENTS

279 survey responses were collected during the research phase. When validated against those who indicated that they did not live in the area this number was reduced to 251 valid responses. The age range of those participating was children and young people between the ages of 10 – 23 years, however no data was collected for people beyond 19 years of age and nine individuals opted not to state their age. For analysis purposes we have collated the responses for those from 15 years upwards to provide a representative sample on which to balance our recommendations.

Figure 1: Age range of respondents

ANSWER CHOICES	RESPONSES	
10 - 11	22.31%	56
12 -14	45.42%	114
15 - 16	23.51%	59
17 -18	2.39%	6
19 -23	2.79%	7
I'd prefer not to say	3.59%	9

The gender of those who participated in the survey was fairly evenly balanced as shown in Table 1 below.

Gender	10 - 11 years	12 -14 years	15 + years
Male	23.3%	44.2%	28.3%
Female	23.3%	47.6%	28.2%

Table 1: Gender breakdown of respondents

4.2.2 PARTICIPATION IN SPORTS AND PHYSICAL ACTIVITY IN BALLYOGAN

In an effort to ascertain the level of participation in sports and physical activity by respondents we posed the question *Do you participate in sports or physical activity?* We had 231 valid responses to this question when correlated with age range. The responses show higher levels of activity in younger age groups with a fall off in activity from 15 years. There is also an interesting correlation as expected, in decreased activity and participation in age ranges which correspond with examinations at second level.

What is worrying in this response is **the high level of non-participation across all age groups**, indicating perceived or real barriers to participation. With an **average of 57%** of children and young people stating that they **do not** currently participate in sports or physical activities in Ballyogan. **Only 23% are currently active** and a further 12% participating occasionally. The remaining 7% stated that they have participated in the past but are not currently doing so.

Table 2: Do you participate in sports or physical activity in Ballyogan?

Age	Yes	No	Sometimes	No- But I have done so in the past
10 - 11 years	29.1%	52.7%	10.9%	7.3%
12 - 14 years	20.2%	62.4%	10.1%	7.3%
15+ years	19.4%	56.7%	16.4%	7.5%

When broken down by gender levels of participation are higher amongst males with previous activity being a factor for almost 10% of females who do are not involved in sports or physical activity locally.

Figure 2: Do you currently participate in sports or physical activity in Ballyogan?

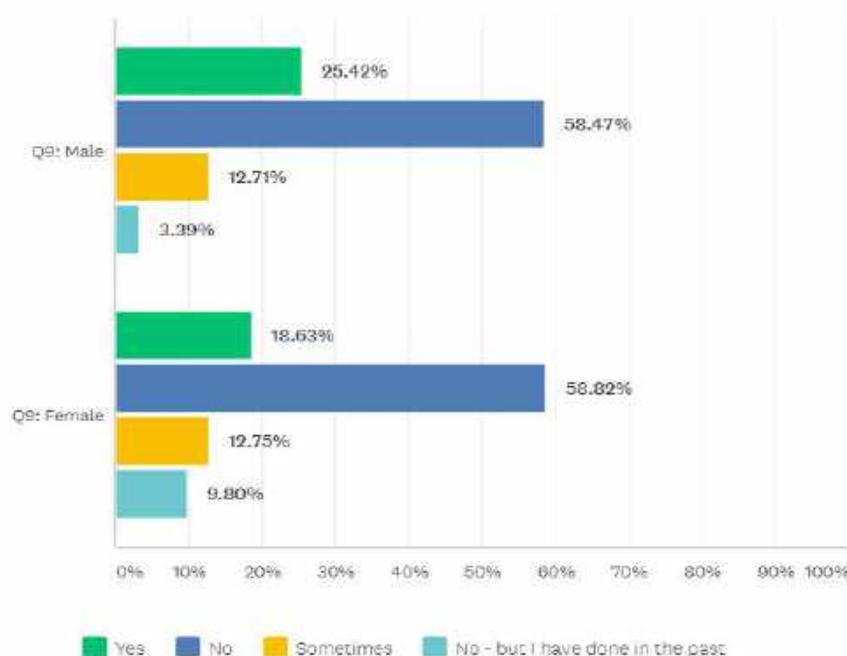
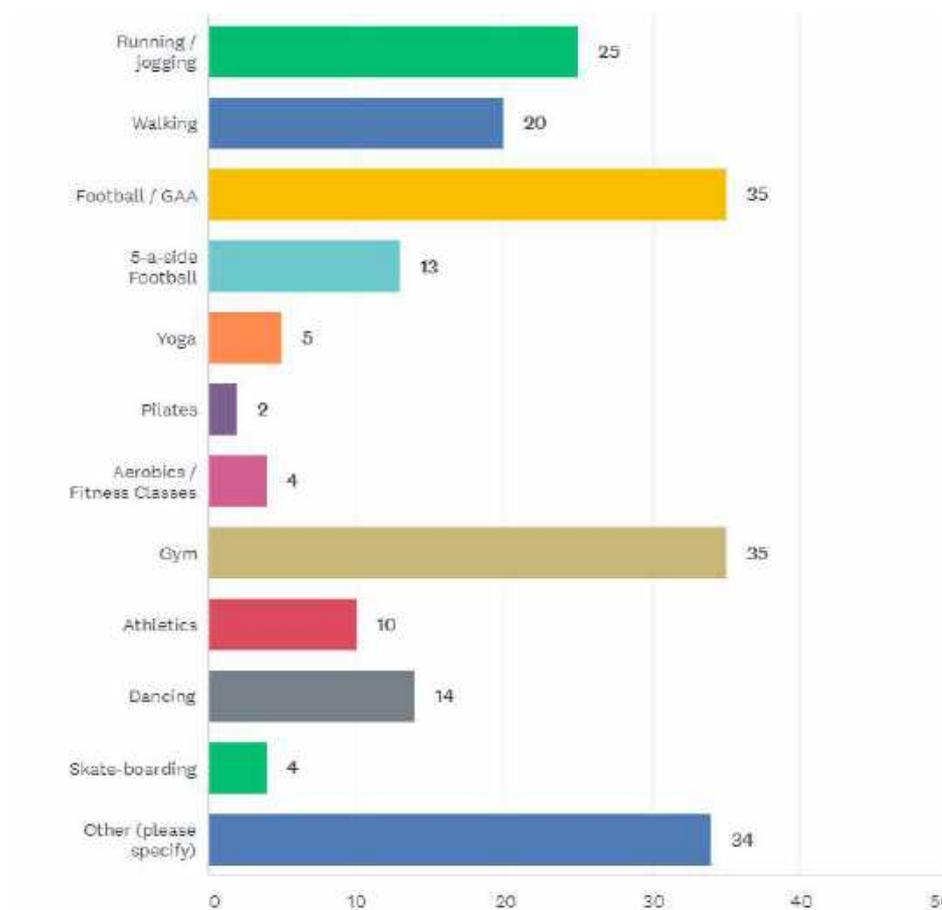


Figure 3 highlights the type of activities which children and young people are currently involved in, within and beyond the Ballyogan area (shown in absolute terms). Additionally 12 respondents indicated that they do participate in sports and physical activity but not within Ballyogan. The results show higher levels of participation in (a) Football/GAA, (b) Gym/Gymnastics, and (c) walking/ running/jogging with other areas of participation in dancing, five-a-side football and basketball

Figure 3: What sport / activity are you involved in?



The question provided for additional responses in an ‘other’ category in order to ascertain additional activity. Responses in the **Other** category (32 valid responses) included engagement in:

Type of Activity	Respondents	Type of Activity	Respondents
Basketball	7	Rugby	3
Gymnastics	5	Swimming	3
Boxing	4	Tennis	2
Football	3	Scouting	1
Karate	3	European Hand Ball	1

Table 3: Individual responses to participation in additional activities (beyond those offered as answers in Figure 3)

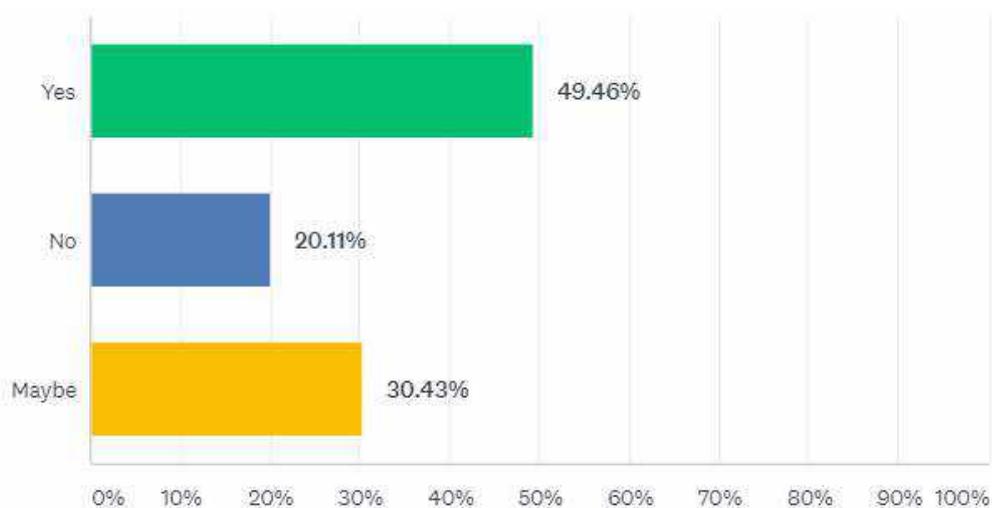
Activity	Male	Female
Running / Jogging	29.4%	21.2%
Walking	11.8%	33.3%
Football / GAA	39.2%	12.1%
5-A-Side Football	17.7%	6.1%
Yoga	3.9%	3.0%
Pilates	2.0%	6.1%
Aerobics / Fitness Classes	3.9%	45.5%
Gym	29.4%	45.5%
Athletics	11.8%	9.1%
Dancing	5.9%	27.3%
Skate-boarding	3.9%	6.1%
Other	41.2%	36.4%

Table 4: What sport / activity are you involved in? – cross-tabulated by gender

Table 4 provides a gender breakdown of current types of activity in which respondents are involved. It highlights interest for males, primarily in gym / team sports and shows higher levels of participation for females in cardiovascular and gym / gymnastics.

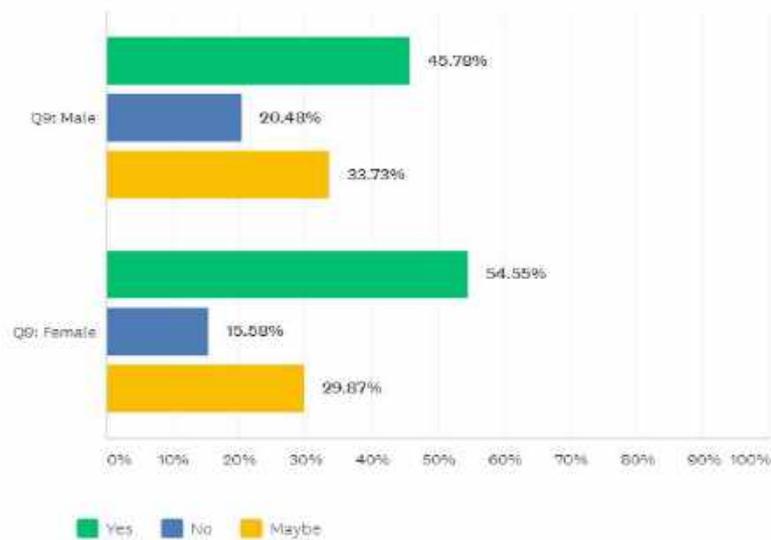
For those respondents who indicated that they were not currently taking part in sports and physical activity, the survey asked whether they would be interested in getting involved in activities in their area. Of the 184 responses received **a fraction less than 50% stated that they would be interested**, just over 20% said they would not be interested and a further 30% answered ‘maybe’. Figure 4 suggests a high proportion of those surveyed as having an interest in locally-provided activities and programmes, offering a good indicator for support of the DLRSP Hub in Ballyogan.

Figure 4: Would you be interested in getting involved in sports and physical activity in your neighbourhood?



We further broke down these responses by gender (Figure 5) and found that females are somewhat more likely to get involved and with a lower percentage overall (15.58%) of all females indicating no interest.

Figure 5: Interest in getting involved in sports and physical activity in neighbourhood by gender



4.2.3 TYPES OF ACTIVITY FAVOURED

A total of 146 respondents gave insights into the types of sports and physical activity that would interest them. The top activities being:

- Football / GAA
- Gym
- Running / Jogging
- 5-a-side football
- Athletics
- Sports Activity 'Taster' days

Figure 6: What type of activities would interest you?

ANSWER CHOICES	RESPONSES	
▼ Football / GAA	43.84%	64
▼ Gym	37.67%	55
▼ Running / Jogging	28.08%	41
▼ 5-a-side Football	26.03%	38
▼ Athletics	21.23%	31
▼ Sports / Activity "Taster" or "Try Out" days	20.55%	30
▼ Yoga	17.81%	26
▼ Walking	17.12%	25
▼ Aerobics / Fitness Classes	17.12%	25
▼ Pilates	11.64%	17
Total Respondents: 146		

These favoured activities overlap to a large degree with the activities of those currently participating in sports and physical activity, with the addition of athletics and sports 'taster' events.

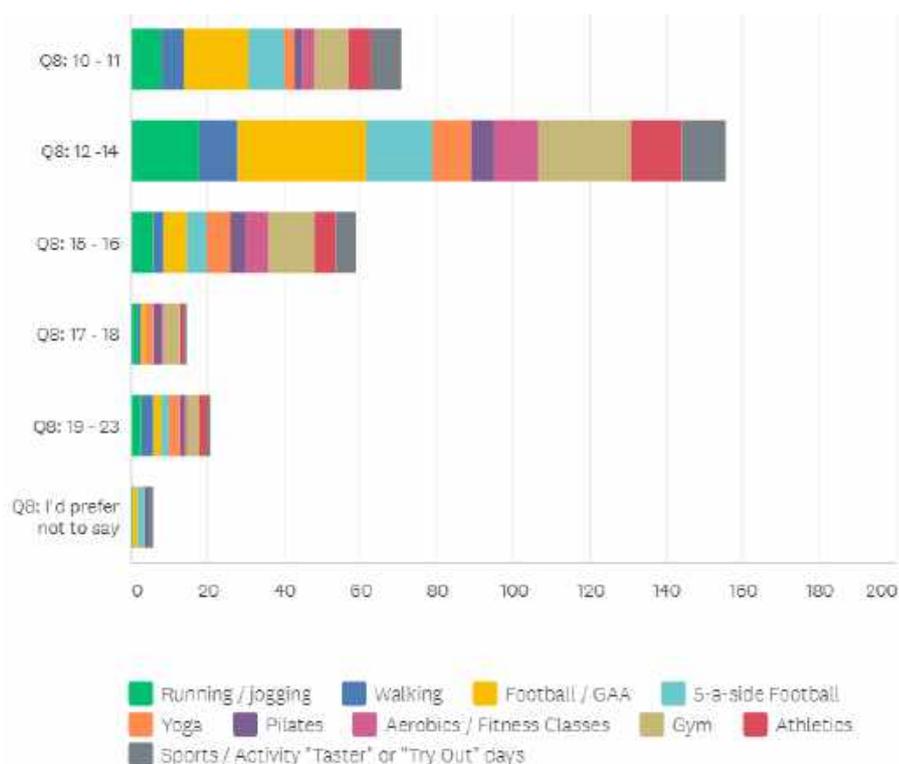
The table below breaks down these findings by gender, highlighting Football/ GAA is popular with both males and females, team sports in general having appeal for males and gym-based and cardiovascular activities (gym, yoga, Pilates, aerobics, running, walking, jogging) popular with females.

Table 5: Activities favoured by gender

	Running / Jogging	Walking	Football / GAA	5-A-Side Football	Yoga	Pilates	Aerobics / Fitness Classes	Gym	Athletics	Sports activity taster days
Male	16.7%	6.1%	51.5%	33.3%	4.6%	3.0%	4.6%	24.2%	12.1%	12.1%
Female	36.5%	27.0%	36.5%	17.5%	30.2%	20.6%	30.2%	50.8%	28.6%	27.0%
Total respondents	34	21	57	33	22	15	22	48	26	25

Figure 7 highlights the activities favoured filtered by age group. In particular the age group with the highest lack of interest (12 – 14 years) have indicated their potential interest in team-based sports and gym-based activities and with athletics featuring prominently for this age group also.¹⁴

Figure 7: Activities favoured filtered by age



An additional 45 individual responses were collected in the ‘other’ category for this question and are shown in the table below. What is of interest in this table is the number of children and young people playing Basketball and given the availability of a basketball

¹⁴ This figure potentially represents both gymnastics and gym-based activities available locally.

court at the local Gaelscoil, it highlights the need to further develop a working relationship with this facility for shared resources.

Table 6: Participation in activities beyond answers provided

Type of activity	Number	Type of activity	Number
Basketball	17	Tennis	2
Dancing	7	Camogie	1
Badminton	3	Hiking	1
Swimming	3	Horse Riding	1
Rugby	3	Irish dancing	1
Volleyball / Handball	3	Roller skating	1
Cycling	2	Taekwondo	1
Gymnastics	2		

4.2.4 REASONS CITED FOR NON-PARTICIPATION

For those respondents who had indicated non-participation in sports or physical activity earlier in the survey, we were interested to find out their reasons and presented the question – *Is there a reason why you do not participate / or are not interested in participating in sports or physical activity?* The question was designed as a checkbox response, so that participants could indicate more than one reason for their non-participation as appropriate. The answers are shown in Figure 8 below.

Figure 8: Is there a reason why you do not participate / or are not interested in participating in sports or physical activity?

ANSWER CHOICES	RESPONSES	
▼ I'm just not interested	27.65%	47
▼ I don't know what activities happen in Ballyogan	26.47%	45
▼ I don't know how to get involved	5.88%	10
▼ My friends / family would laugh at me	6.47%	11
▼ It's too expensive	10.00%	17
▼ There is nothing available that I would be interested in	15.29%	26
▼ I don't know what sports or activities I'd like to do	12.94%	22

Table 7: Reasons cited for non-participation by age

Answer Choice	(%) Percentage by Age		
	10 – 11 years	12 – 14 years	15 + years
I'm just not interested	18	34.2	21.4
I don't know what activities happen in Ballyogan	38.5	19.7	41.8
I don't know how to get involved	10.3	6.6	10
My friends and family would laugh at me	10.3	4	33.9
It's too expensive	10.3	7.9	25
There is nothing available that I would be interested in	12.8	10.5	48
I don't know what activities/ sports I'd like to do	7.7	14.5	36.4

When broken down by age range (Table 7) we see that between the ages of 12 – 14 years there is a distinct disinterest in participation with **over 34% showing a lack of interest** and which permeates into young adulthood. What is disturbing is that 18% of those aged between 10 -11 years are already indicating disinterest in engagement and participation. These response rates show **high percentages across all age ranges** that children and young people don't know what activities are taking place locally. **48% of those in the 15 years plus age group indicate that there is nothing available locally that would interest them.** The same age group is also unsure of the activities that would interest them.

Figure 9 shows these findings broken down by gender with a higher percentage of females either not having knowledge of what is happening locally or perceiving that nothing is available locally for them.

Figure 9: Reasons cited for non-participation by gender

	I'M JUST NOT INTERESTED	I DON'T KNOW WHAT ACTIVITIES HAPPEN IN BALLYOGAN	I DON'T KNOW HOW TO GET INVOLVED	MY FRIENDS / FAMILY WOULD LAUGH AT ME	IT'S TOO EXPENSIVE	THERE IS NOTHING AVAILABLE THAT I WOULD BE INTERESTED IN	I DON'T KNOW WHAT SPORTS OR ACTIVITIES I'D LIKE TO DO
Q9: Male	25.00% 19	25.00% 19	3.95% 3	2.63% 2	6.56% 5	6.56% 5	14.47% 11
Q9: Female	28.38% 21	31.08% 23	9.46% 7	8.11% 6	12.16% 9	21.62% 16	12.16% 9
Total Respondents	40	42	10	8	14	21	20

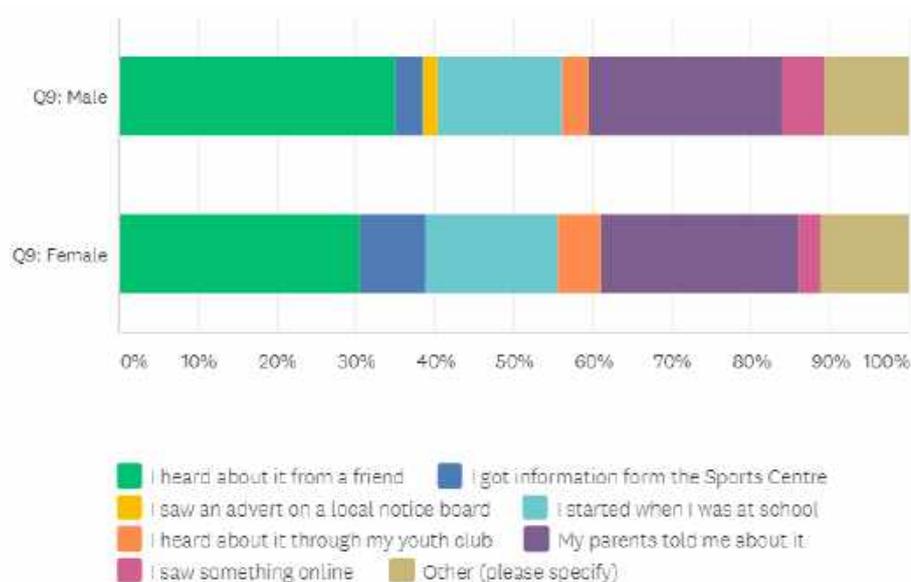
Additional individual responses indicated 12 further young people participating in soccer and other sports outside of the Ballyogan area. Other reasons cited for lack of interest included:

- I just don't go out
- Too busy playing Fort Knight
- Not enough time
- Shyness
- Special needs
- Injury which prevents participation

4.2.5 ROUTES TO PARTICIPATION AND ENGAGEMENT IN SPORTS AND PHYSICAL ACTIVITY

The survey enquired, of those who are currently participating in sport and physical activity, how they got involved in the first instance. Of the 101 responses received the answers showed that peer interaction and association plays an important role in becoming involved, as does information received from friends and family with more than 56% of all those currently active getting involved as a result of these two information channels combined.

Figure 10: How did you get involved?



Reasons for engagement vary little by gender, with the three main reasons for participation across both genders being;

- (a) I heard about it from a friend,**
- (b) I started when I was at school and,**
- (c) Parental involvement in their participation.**

In terms of taking up sport while at school the research shows **15.8% of males and 16.8% females identifying in-education sporting activity as their starting point for participation.** While these numbers are small, they highlight the value of participation in sports and physical activity in educational settings as a route to continued participation in later years.

The potential therefore to continue and develop connectivity between the DLRSP Hub and education partners is evident, enabling the planned development of complementary activities within The Hub (which respond to those indicated as being of interest to children and young people) with sports and physical activity in the school context.

4.2.6 COMMUNICATIONS

In order to ascertain the most likely channels of communication for support and take up of the activities and programmes of the DLRSP Hub on the target group, we posed the question, *What do you think are the best ways we can let you know what is happening in DLRSP Hub?*

Figure 11: What do you think are the best ways we can let you know what is happening in DLRSP Hub?

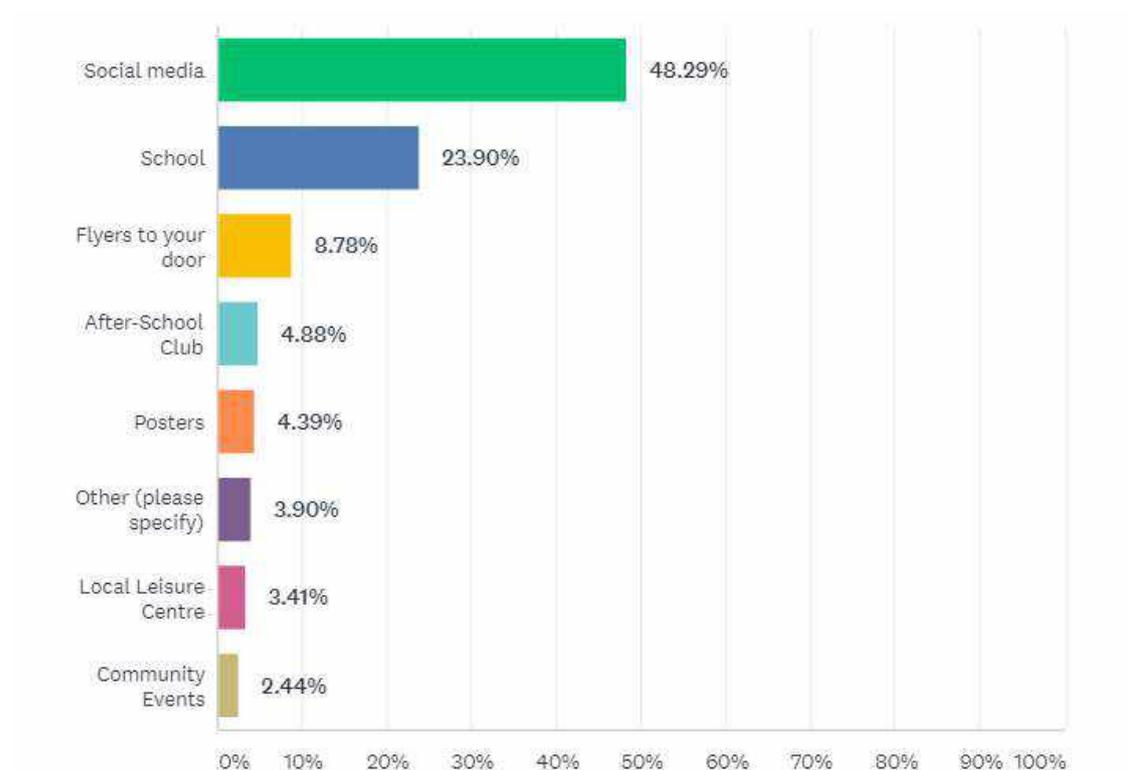
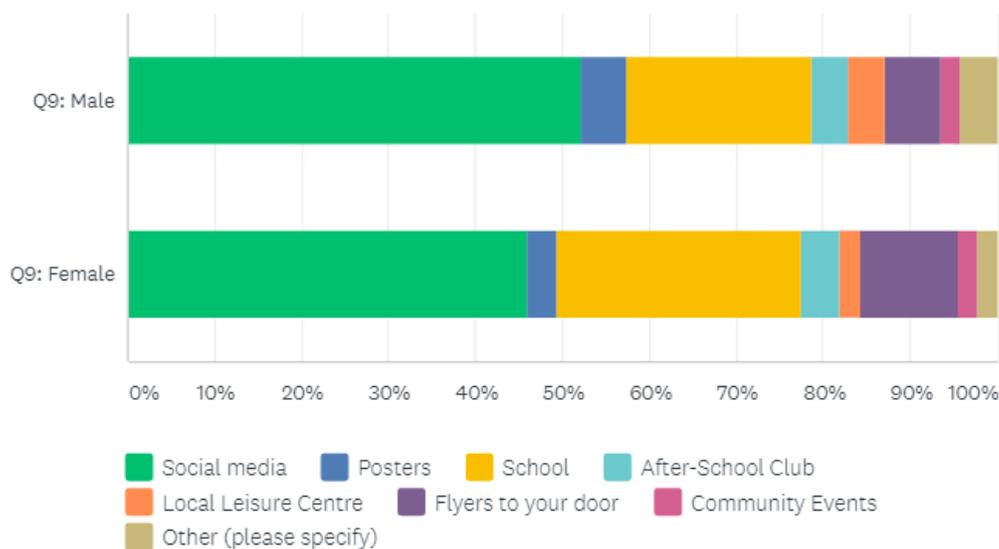


Figure 11 shows that overwhelmingly almost 49% (99 respondents) opted for communication via Social Media followed by communications received in school and directly to their door as the top three options chosen.

These communication channels did not alter significantly when broken down by gender barring a slightly higher preference for social media as the chosen communication channel by male respondents and a lesser impact of flyers and in-school communications.

Despite the small numbers involved male respondents indicate a slightly higher response to information available in the dlr Sports Centre and also in posters (which would for the most part also be displayed in the local sports centre).

Figure 12: What do you think are the best ways we can let you know what is happening in DLRSP Hub? – by gender



4.3 WORLD CAFÉ ENGAGEMENT EVENT WITH CHILDREN AND YOUNG PEOPLE

This event was held in the late afternoon at the Samuel Beckett Civic Centre during May 2018. Albeit that this event was well-flagged both within the secondary schools context and also locally through agency partners, furthermore it was incentivised to provide free passes to a local sports facility; the attendance at the event was rather poor with no more than 10 children and young people participating and the age range of participants was between 9 – 13 years.

Five tables were positioned around the room with a single question posed at each table. Participants discussed the table question and used the paper covering on the tables to collect their answers. Each question was given 8 minutes and participants then moved to another table to answer the next question. Each table move provided different groupings of children and young people thereby providing an opportunity for all voices to be heard in the process. The conversation at each table was facilitated by a table host – connecting and collating ideas discussed by each group. The questions posed in the session were:

Table 1 What type of activities do you think should be included in The Hub?

Table 2 What are the best ways of getting young people to use The Hub?

Table 3 What reasons would prevent you or other young people from using The Hub?

Table 4 What are the best ways for us to get news about Hub activities and programmes to you?

Table 5 What will be better in Ballyogan by having a sports / physical activity Hub in your local area?

TABLE 1 RESPONSES

What type of activities do you think should be included in The Hub?

- Football
- Tennis
- Cycling
- Saturday morning run
- Basketball
- Skate Park
- Running Swimming
- Kids Yoga
- Bench Ball
- Racing
- Camogie
- Dancing
- Hockey
- Gymnastics
- Laser Tag



TABLE 2 RESPONSES

What are the best ways of getting young people to use The Hub?

- Have a range of activities that suit children and young people.
- Connect with the Mini World Cup
- Have some 'try out' days
- Make it free
- Do what we do in school
- Have a park run on a Saturday

TABLE 3 RESPONSES

What reasons would prevent you or other young people from using The Hub?

- After-school activities
- Late home from school
- Addicted to your phone
- Nothing of interest to take part in
- Someone you don't like being there

Some of the above responses highlight the hidden difficulties in participation between the transition ages of 10 – 14 years. It will be important to drive service delivery models that take account of social issues and challenges for children and young people. An issue which was raised across a number of respondents and partner agencies was that within the areas there are children and young people who are worried about going outside or connecting with the social scene locally. In other instances issues of anti-social behaviour

towards individuals and family groups were cited as reasons for not using the parkland or existing leisure services.

TABLE 4 RESPONSES

What are the best ways for us to get news about Hub activities and programmes to you?

Despite the young age range of participants in the session social media came up as the method of communication most likely to attract their attention. The creation of a dedicated Facebook page and sharing information via Instagram, WhatsApp and Snapchat being the most widely used social media platforms for connectivity. A local Newsletter, community radio, information through schools and in the Family Resource Centre, a leaflet drop and information at the Dún Laoghaire-Rathdown Leisure Services were also seen to be good places to let people know what is going on.

TABLE 5 RESPONSES

What will be better in Ballyogan by having a sports / physical activity Hub in your local area?

- | | |
|-------------------------------------|--------------------------------|
| ▪ More interesting things to do | ▪ More of what we like to do |
| ▪ Things happening more often | ▪ A football team for girls |
| ▪ You don't have to travel for them | ▪ A park run |
| ▪ Some of them can be free | ▪ More fun in the park |
| | ▪ More people getting involved |

These responses can be built into programme delivery and offer insights into how children and young people might perceive the hub should it provide activities which respond to their stated needs.

5 RECOMMENDATIONS

5.1 COMMUNICATIONS

- 5.1.1. Ensure delivery of key messages for the DLRSP Hub to all relevant agencies and partner organisations for clarity of messaging across all platforms.
- 5.1.2. Develop a logo for the DLRSP Hub and hold a formal launch in Ballyogan.
- 5.1.3. Set up appropriate social media channels for DLRSP Hub to include Instagram and YouTube. Develop a voting poll on Instagram etc for activities.¹⁵
- 5.1.4. Promote ongoing proactive relationship with schools specifically in relation to programme development / alignment and in extending opportunities to review Hub impact through in-school evaluation with children and young people.
- 5.1.5. Create display board with location map at relevant navigation points across DLRSP Hub area to create awareness of Hub to local people.
- 5.1.6. Develop quarterly E-Zine to communicate DLRSP Hub news, upcoming programmes and opportunities for children and young people to get involved as part of the Youth Committee.
- 5.1.7. Reduce barriers to participation by creating a DLRSP Hub presence at Ballyogan Festival providing information on upcoming activities and sign up opportunities for children and young people.

5.2 HUB STRUCTURE

- 5.2.1. Ensure continued commitment to effective resourcing of the Hub by relevant agency partners.
- 5.2.2. Develop a focussed Implementation Action Group comprising key agency partners in the area to commence implementation of the recommendations of the research process in the immediate term.
- 5.2.3. Work with Dún Laoghaire-Rathdown County Council Community Department to establish a Youth Committee to ensure voice of children and young people is maintained in relation to decision-making for the DLRSP hub implementation and continuity.¹⁶
- 5.2.4. Ensure continued measurement and evaluation of the impact of the DLRSP Hub to provide learning for potential replicable models.
- 5.2.5. Audit and map the external space that has been identified as forming the core of DLRSP Hub to ensure that it is 'fit for purpose' –including an examination of the existing navigation of the space.

¹⁵ Recognition will be given to the appropriate use of social media for relevant target age groups and content to be developed in accordance with GDPR and relevant policies and guidelines for the protection of young people.

¹⁶ Representation to this working group should be self-selecting and assisted by dlr Community Department

- 5.2.6. Audit potential for storage of Hub equipment within existing dlr Sports Centre
- 5.2.7. Provide adequate training for staff members of dlr Sports Centre to ensure clarity of purpose for DLRSP Hub and for their communication and engagement with the Hub as a complementary facility to the dlr Leisure Centre in Ballyogan.

5.3 WORKING IN PARTNERSHIP

- 5.3.1. Hold quarterly Steering Group meetings to ensure open communication and information sharing and best practice between agency partners working locally to support sports and physical activity development in Ballyogan.
- 5.3.2. Establish Memorandums of Understanding or informal working relationships with individual agency partners for clarity in delivering the DLRSP Hub.
- 5.3.3. Seek to establish a youth committee with the assistance of the DLR LCDC and DLR CYPSC to embed the voice of children and young people in the Hub development and ongoing programming.

Organisation	Possible synergies / working relationship
An Garda Síochána	Continued communication with Community Gardaí to ensure relevant structures are put in place to involve children and young people in a greater level of activity locally thus reducing the potential for escalating anti-social behaviour in the area.
Ballyogan Community Centre	Utilise community network for communications as channel for Hub communications, meetings and facilities
Ballyogan Family Resource Centre	FRC connected and rooted in the community. Opportunity to leverage the trust built around this entity to create additional buy-in from local parents and carers.
Children and Young People's Services Committee, Tusla Child and Family Agency	Continue to work together to support and progress participation in sport and physical activity among children and young people in the County.
Crosscare – Whitehouse Youth Services	Possibility to develop programmes with after school club as part of Hub development and awareness building locally and especially for children and young people age range 10 years.
Dún Laoghaire-Rathdown County Council dlr Community Department	Work together to provide assistance in developing a local committee for ongoing management and continuity of the DLRSP Hub. Connect with the committee who look after the Ballyogan Festival as these already committed individuals are likely to be able to bring additional insights ways of working to the process.
dlr Leisure Services – Ballyogan	Drive awareness of the DLRSP Hub and provide information to Dún Laoghaire-Rathdown Leisure Staff for seamless communication about DLRSP Hub between Dún Laoghaire-Rathdown Leisure Services and the Dún Laoghaire-Rathdown Sports Partnership. Work in tandem with Sports Worker for Ballyogan as there is

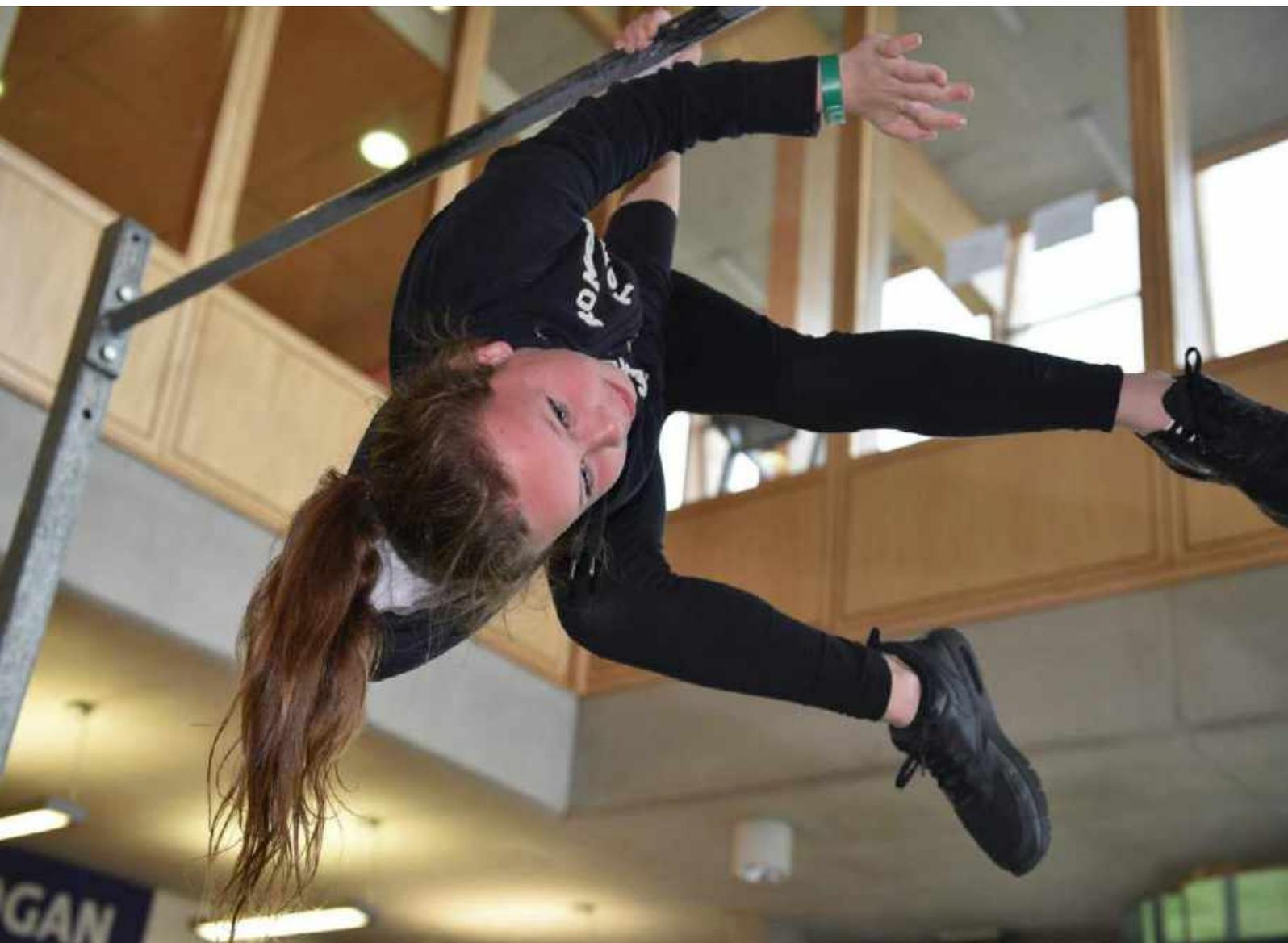
<p>dlr Arts Office</p>	<p>synergy in target markets with the DLRSP Hub. Develop opportunities to work together as delivery agents for programme elements as part of the DLRSP Hub associated with and linked to DLR Leisure services. E.g. programme development for specific target groups.</p> <p>Provide space for equipment storage as required for the DLRSP Hub within Dún Laoghaire-Rathdown Leisure Services premises.</p> <p>Develop relationship with dlr Arts Office specifically in relation to potential opportunities with their Exit 15 Arts Programme e.g. to develop video blogging, photographic diary of Hub activities during development and roll out etc.</p>
<p>Education Partners</p>	
<p>St. Tiernan's Community School</p>	<p>Continue to work with St. Tiernan's and explore possibility to connect the Sports Leaders' programme with local young people - who could then form part of the DLRSP Hub Young Person's Committee. Maintain relationship to ensure opportunity to revisit same class groups within 6 - 12 months to identify differences in attitudes, engagement and behaviours since the DLRSP Hub's introduction.</p>
<p>Holy Trinity National School</p>	<p>Develop relationship to explore opportunities for greater connectivity and engagement between Holy Trinity and DLRSP Hub. Advise wish to revisit same class groups within 6 - 12 months to identify differences in attitudes, engagement and behaviours since the DLRSP Hub's introduction.</p>
<p>Queen of Angel's National School</p>	<p>Maintain relationship to revisit same class groups within 6 - 12 months to identify differences in attitudes, engagement and behaviours since the DLRSP Hub's introduction.</p>
<p>Gaelscoil Sliabh Rua,</p>	<p>Establish working relationship with potential to share sports resources in first instance and to seek to include the voice of children and young people attending this school in DLRSP Hub use. In the case of all education partners – work together to promote awareness of DLRSP Hub within school environment towards increased participation and engagement in sports and physical activity.</p>
<p>Local Sports Clubs</p>	
	<p>Work with existing local sports clubs and programme providers to ensure no overlap in programme delivery.</p> <p>Explore potential to further communicate the message around DLRSP Hub via these clubs.</p>
<p>Samuel Beckett Civic Campus</p>	
	<p>Maintain relationship with Samuel Beckett Civic Campus and continue to utilise this facility as a meeting space for DLRSP Hub development.</p> <p>Utilise community network as DLRSP HUB communication channel.</p>
<p>Sport Ireland</p>	
	<p>Maintain relationship with Sport Ireland via DLRSP. Work in partnership to evaluate and analyse the impact of the DLRSP Hub at regular intervals, to provide learning for similar Hub development in other locations.</p>

5.4 PROGRAMME DEVELOPMENT

- 5.4.1. Utilise the outcomes of the research to deliver a range of sports and physical activity programmes for different age ranges to be provided by the DLRSP Hub and which aim to increase the percentage of children and young people who are currently not participating or engaging in sports or physical activity, to include:
- 5.4.1.1. A response to the almost 80% of those who indicated an interest in engaging with the Hub, specifically addressing the types of activities which interest them. E.g. team sports (GAA, soccer and basketball), gym-based activities (gym, yoga, aerobics / fitness and Pilates) and cardiovascular activities (running, athletics and walking). Table 3.
- 5.4.1.2. Reduce barriers to engagement by delivering programmes which develop upon existing levels of interest, and activities which have appeal to different genders e.g. cardiovascular and gym-based activities for girls and team-based sports and gym for boys.
- 5.4.2. Explore the potential to create 'free programmes and activities' for those living locally via possible 'DLRSP Hub Ballyogan Family Card' or similar.
- 5.4.3. Develop a communications and information presence at the Ballyogan Festival in August 2018 to include 'try out' opportunities.
- 5.4.4. Seek to develop a targeted programme for those aged 10 – 14 years to address the high percentage of inactivity in this age group – possibly in conjunction with participating schools and potentially in the development of an athletics activity programme.
- 5.4.5. Develop formal linkages for programme development between youth services, Dún Laoghaire-Rathdown Leisure Services Sports Worker for Ballyogan and seek to leverage potential engagement through existing programmes.



- 5.4.6. Seek cross-sectoral input to animate DLRSP Hub activities and drive awareness. E.g. connectivity with the Exit 15 Arts Programme to create awareness for those who currently do not have an interest in sport but could be brought into a sporting context via their creative input.¹⁷
- 5.4.7. Explore opportunities around the Mini World Cup event towards the establishment of a youth soccer team for Ballyogan including a girl's soccer team.
- 5.4.8. Develop Taster Sports Events to be held throughout the latter half of 2018 (a) engage target groups, in (b) reduce perceptions that there is nothing available locally and (c) provide opportunities 'test out' activities which they have indicated are of possible interest to them.
- 5.4.9. Link the Sports Leaders Programme with the DLRSP Hub development to increase visibility of the DLRSP Hub and include the voice of interested children and young people from the outset.
- 5.4.10. Develop a mentorship model over time, possibly using youth sports committee to coach, support activities associated with the DLRSP Hub.



6 CONCLUSION

The development of a Community Sports and Physical Activity Hub in Ballyogan shows a commitment from the DLR Sports Partnership to working with communities to increase participation and engagement in sporting activities in context. It leverages work carried out to date in building awareness of the value of such engagement for its target audiences and is providing leadership through its re-imagining of engagement at an existing site and with a living community at its heart.

Given the disadvantaged status of the local area, with an additional Small Area in Ballyogan being identified in the 2016 Census; Affordability will be an important factor in the DLRRSP Hub's success and innovative ways of delivering programmes which have some 'free' elements will be vital.

What will also be important and should be communicated frequently in the implementation phase is the understanding that the impact of the DLRSP Hub will only be realised over time. It will be a 'slow burner'. It is not anticipated that The Hub will dramatically change perceptions, engagement or participation of children and young people in sports and physical activity in the short term, but as it becomes embedded in the community, as trust and awareness is built for all stakeholders, the real impact will be felt, and levels of participation and engagement will rise accordingly.

Development of the DLRSP Hub requires careful, sensitive and participatory planning, focussing on where good practice models have achieved success. The sustained commitment of agency partners and the local community, the provision of adequate resources over time to include personnel, capital and programming expenditure, and the delivery of a long-term plan for the Hub should not be underestimated; without these in place the realisation of the Hub and its potential to positively impact participation of children and young people in sports and physical activity in Ballyogan will not be possible.

Contextualising this against the backdrop of Ballyogan will enable the DLRSP and its funding partners to realise their vision. Central to this success is the integrated community aspect of the development process and in their ongoing ownership of the DLRSP Hub over time. The value in embedding the voice of the communities and particularly children and young people living in the area (now and tomorrow) is an imperative. Creating a framework which gives voice to their needs, aspirations and potential in relation to this development will present a socially-inclusive Hub which is co-developed by its residents, which provides access to, engagement with and participation in sports and physical activity, leading to a more vibrant and animated Ballyogan.

7 APPENDICES

7.1 APPENDIX 1 - LIST OF THOSE CONSULTED / INCLUDED IN THE RESEARCH PROCESS

Individual Interviews

Name	Organisation	Role
Sharon Bradley	Dún Laoghaire-Rathdown County Council Community Department	Area Community Officer
Marion Cronly	Barnardos	Project Leader
Áine Crowley	DLRCC Arts Programme	Project Manager
Cllr Chris Curran	Ballyogan Football Club	Coach
Dan Downey	DLR Leisure Ballyogan	Centre Manager
Petra Eaglesfield	Ballyogan Family Resource Centre	Youth Development Worker
Ciarán Smith	Crosscare - White House Youth Services	Social Worker
Fiona Hickey	Crosscare - White House Youth Services	Social Worker
Michelle Hardie-Murphy	HSE Health Promotion	Health Promotion Officer
Lorna Kerin	Dún Laoghaire-Rathdown Children & Young People's Services Committee	Coordinator
Alan Lindsay	dlr Leisure Services	Sports Worker
Shane McArdle	dlr Sports Partnership	Coordinator
Louise McLoughlin	Ballyogan Family Resource Centre	Support/Development Worker
Sgt Billy Molloy	An Garda Síochana	Community Gardaí
Kern Morgan	Individual	Local skateboarder/Formal resident
Aileen Mulligan	Crosscare	Local Manager
Fíarcha Ó Mathúna	Ballyogan Community Centre	Manager
Rachel Sinnott	DLR Sports Partnership	Community sports Development Officer
Peter Smyth	Sport Ireland	Director of Research
Sandra Campbell	Southside Partnership	Programme Manager

7.2 APPENDIX 2 - DOCUMENTATION ACCESSED DURING THE RESEARCH PROCESS

- **Dún Laoghaire-Rathdown County Sports Participation Strategy 2013 – 2017**
- Delaney, L. & Fahey, T. **Social and Economic Value of Sport in Ireland**. ESRI, 2005
- Haase and Pratschke, **Pobal HP Deprivation Index 2016**.
- **Better Outcomes Brighter Futures - The national policy framework for children & young people 2014 – 2020**, Dept of Children and Youth Affairs, Government Publications, 2014
- **Dún Laoghaire-Rathdown Children and Young People’s Services Committee, Evidence Baseline Report 2017**. All Island Research Observatory (AIRO), National University of Maynooth, 2017. <https://www.cypsc.ie/d%C3%BA-laoghaire-rathdown/resources.293.html>
- **A Framework for Improved Health and Wellbeing 2013 – 2025**. Healthy Ireland.
- **Get Ireland Active! National Physical Activity Plan**. Healthy Ireland.
- **Irish Sports Monitor, Annual Report 2017**. IPSOS MRBI and Sport Ireland, 2017
- **Local Economic and Community Plan 2016-2021**. Dún Laoghaire-Rathdown County Council.
- Lunn, P., Kelly, E. & Fitzpatrick, N. **Keeping Them in the Game -Taking Up and Dropping Out of Sport and Exercise in Ireland**. Irish Sports Council Research Series Number 33, September 2013.

7.3 APPENDIX 3 - SCHOOLS VISITED FOR SURVEY RESPONSE COLLECTION

Holy Trinity National School

Glencairn Drive, Leopardstown, Dublin 18

School Size: 516 Pupils

Responses collected from students in 5th and 6th Classes (Mixed Gender)

Queen of Angel's National School

Blackthorn Drive, Wedgewood, Sandyford, Dublin 16

School Size: 271 Pupils

DEIS school

Responses collected from students in 4th, 5th and 6th Classes (Mixed Gender)

St. Tiernan's Community College

Parkvale, Ballawley, Dublin 14

School Size: 653

DEIS school

Responses collected from 1st – 4th Year Groups (Mixed Gender)

7.4 APPENDIX 4 - AUDIT OF SPORTS AND PHYSICAL ACTIVITY PROGRAMMES AND SERVICES AVAILABLE LOCALLY

Partner Agency	Activity	Activity name	Frequency	Day	Participants	Location	Paid / Free	Programme Duration	Participant age range	Gender
Stars of Erin	GAA	Stars of Erin GAA Club	Weekly	Thursday (and matches at weekend)	Children and Young People	Stepaside Astro	€170 per year	Ongoing for GAA season	7 - 16 years	All
Monkstown Boxing Club	Boxing	Beginners Boxing Course	Weekly	Thursday	Children	Mounttown, Dun Laoghaire	€2.00 per week	8weeks (May - July)	10 - 12 years	All
	Boxing	High Performance Boxing Class	Weekly	Monday, Wednesday, Thursday, Friday	Children and Young People	Mounttown, Dun Laoghaire	€2.00 per week under 16s and €3.00 per week 16+	Ongoing	10 - 16+ years	All
Trojan Gymnastics	Gymnastics	Recreational Gymnastics Classes	Weekly	Daily classes Monday - Saturday	Children	Trojan Academy, Ballyogan		Terms of 10 sessions (3 terms / year)	7 - 10 years	All
	Gymnastics	Recreational Gymnastics Classes	Weekly	Daily classes Monday - Saturday	Children	Trojan Academy, Ballyogan		Terms of 10 sessions (3 terms / year)	10+ years	All
	Gymnastics	Boys Club	Weekly	Daily classes Monday - Saturday	Children	Trojan Academy, Ballyogan		Terms of 10 sessions (3 terms / year)	7 - 10 years	Boys
	Gymnastics	Teen Gym	Weekly	Friday	Young People	Trojan Academy, Ballyogan		Terms of 10 sessions (3 terms / year)	13+ years	All
	Gymnastics	Adult Gymnastics	Weekly	Daily classes Monday - Thursday	Young People / Young Adults	Trojan Academy, Ballyogan		Terms of 10 sessions (3 terms / year)	18+ years	All
	Gymnastics	Gymnastics Summer Camps	Weekly	Monday - Friday	Children and Young People	Trojan Academy, Ballyogan		5 day programmes	7+ years	All
DLR Leisure	Football	Weekly Sports Coaching Programme	Weekly	Monday	Children	DLR Leisure Ballyogan	€3.50 per session	9 weeks (Apr - June)	7 - 10 years	All
	Basketball	Weekly Sports Coaching Programme	Weekly	Thursday	Children	GaelScoil Sliabh Rua		11 Weeks (Apr - June)	6 - 9 Years	All
	Gym	Teen Gym	Weekly	Tuesday, Thursday, Saturday	Young people	DLR Leisure Ballyogan	€4.00 per session - Value Pass €35.00 / 10 sessions	Ongoing	13+ years	All
	Gym skills and nutrition	Teen Fitness Bootcamp	Weekly	Monday - Friday (2 hour daily session)	Young People	DLR Leisure Ballyogan	€10.00 per day or €40.00 per week	4 weeks August	13+ years	All
	Circuit Training	Teen Circuit Training	Weekly	Wednesday	Young people	DLR Leisure Ballyogan	€4.00 per session - Value Pass €35.00 / 10 sessions	Ongoing	13+ years	All
	Football	Astro pitch	Year round	Daily	Young People and adults	DLR Leisure Ballyogan	From €25.00 per hour to €60.00 per hour peak times.€35.00 per hour for under 18s	Ongoing	13+ years	All
	Football	Pitch Use - Pay as You Go	Year round	Daily	Young People	DLR Leisure Ballyogan	€2.00 per hour per child	Ongoing	8+ years	All
	Mixed sporting activities	2018 Sports Camps	Weekly	Monday - Friday	Children	DLR Leisure Ballyogan			4 - 12 years	All

Partner Agency	Activity	Activity name	Frequency	Day	Participants	Location	Paid / Free	Programme Duration	Participant age range	Gender
St Joseph's Football Club	Football	Mini World Cup	Week-long event	Week-long event	Children	Sallynoggin	€30.00 per child	Annual event	7 - 12 years	All
	Football	Boy's Junior Academy	Twice weekly plus matches	Tuesday and Thursday	Children	Sallynoggin	€130.00 annual	During football season	U8 - U12	Boys
	Football	Boys Membership	Twice weekly plus matches	Tuesday and Thursday	Children	Sallynoggin	€275 - €300 annual	During football season	U8 - U12	Boys
	Football	Boys Membership	Twice weekly plus matches	Tuesday and Thursday	Young people	Sallynoggin	€300 - €315 annual	During football season	U13 - U18	Boys
	Football	Girls Membership	Twice weekly plus matches	Tuesday and Thursday	Children and young people	Sallynoggin	€250 annual	During football season	U8 - U18	Girls
	Football	Girls Teams - Short Season	Twice weekly plus matches	Tuesday and Thursday	Children and young people	Sallynoggin	€250 annual	Feb - May	U8 - U18	Girls
	Football	Girls Junior Academy	Twice weekly plus matches	Tuesday and Thursday	Young people	Sallynoggin	€ 30.00	May - June	U8 - U12	Girls
Cabinteely FC	Football	Mini World Cup	Week-long event		Children	Kilbogget Park, Cabinteely		June	U12	All
	Football	Football League	Twice weekly plus matches	Tuesday and Thursday	Young People	Kilbogget Park, Cabinteely		During football season	U7 - U19	All
Cuala GAA	GAA	Juvenile Girl's Gaelic Football	Twice weekly plus matches	Monday and Wednesday		Dalkey & Thomastown Park		During Season	U12 - U16	Girls
	GAA	Juvenile Boy's Gaelic Football	Twice weekly plus matches	Monday and Wednesday		Dalkey & Thomastown Park		During Season		
	GAA	Junior Academy	Twice weekly plus matches	Monday and Wednesday		Dalkey & Thomastown Park		During Season		
Naomh Olaf GAA	GAA	Hurling, Camogie, Gaelic Football	Twice weekly plus matches		Children and young people	Sandyford		During Season	U8 - U17	All
DLR Leisure	Skating / skateboarding	Ballyogan Skatepark	Year round	Year round no formal activities	All	Ballyogan Civic Facility	Free		All	All
DLR Leisure	Football	Open Pitches		Year round - weather permitting		Ballyogan Civic Facility		Year round - weather permitting	All	All
Ballyogan Celtic FC	Football	Mini World Cup	1 day event	Annual 1 day	Children	Ballyogan Park	€5.00 per child	1 day August	4 - 12 years	All

7.5 APPENDIX 5 - LIST OF SURVEY QUESTIONS

The following is a list of the questions posed to children and young people in the online survey which formed part of the research process. This survey was developed using 'piping' so the next relevant question was posed to each individual respondent, dependant on their previous answer. This results in different numbers of responses being received for different questions. The survey offered a mix of multiple choice and check box responses as well as opportunities to provide additional information at the respondent's choice.

1. Do you currently participate in sports or physical activities in Ballyogan?
2. What sport / activity are you involved in?
3. Would you be interested in getting involved in sports / physical activity in your neighbourhood?
4. What type of activities would interest you?
5. Is there a reason why you do not participate / or are not interested in participating in sports or physical activity?
6. How did you get involved?
7. How old are you?
8. What is your gender?
9. What do you are think the best ways we can let you know what is happening in DLRSP Hub?

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