

DUN LAOGHAIRE RATHDOWN SPORTS PARTNERSHIP



2020 ANNUAL REPORT

In 2020 Dun Laoghaire Rathdown Sports Partnership (DLRSP) organised and delivered a wide range of training courses, workshops and targeted physical activity programmes for all ages, abilities and sporting types. Working with local clubs and a range of partner agencies, DLRSP continued to develop and provide activity opportunities for all, communicate information and provide funding/supports to develop sustainable initiatives. Over 10,000 people were engaged with across the year with approximately half of these taking part in initiatives delivered across key target population groups.

Participation Programmes & Events (3,944 Participants)

- **Operation Transformation** – public walk event held on 18th January in Marlay Park as part of National initiative (185 participants).
- **Walking Programmes** – 2 x 5-week Back to Basics programmes delivered in Dun Laoghaire and Marlay Park (52 participants).
- **Men On the Move** – delivered two of these activity and fitness programmes for men looking to return to exercise (40 participants).
- **Athletics for Primary Schools** – event held in the National Indoor Arena in February for 640 primary school children.
- **Skipping Programme** – rolling out this fun physical literacy programme in 5 primary and 3 secondary schools (449 participants).
- **COPD Activity & Support Group** – weekly programme with local partners (16 participants). Suspended in March due to Covid-19.
- **The Daily Mile** – promoted this initiative among primary schools with medals and Certificates presented to pupils that took part (920 pupils).
- **Couch To 2K** – delivery of 4 x online programmes for adults looking to get active through the beginner walk to jog initiative (566 participants).
- **Couch To 3K** – 4 Dublin LSPs rolled out this initiative (192 participants).
- **Couch To 5K** – delivery of 2 x online programmes for adults who wanted to progress from the 2K programme (193 participants).
- **Virtual dlr Community 5K** – 620 participants took part this year doing a 5K in their local area over a week period with t-shirts and medals posted out to all.
- **Map My Park** – working with DLRCC Parks Dept. to roll out this way marking project in 6 local parks (funded through Healthy Ireland).
- **DLRCC Staff Couch To 5K** – delivered an 8-week programme targeted at County Council staff (71 participants).
- **National BeActive Day** – took place on the 28th June with resources and supports for all ages and abilities to be active with their families.
- **European Week of Sport & Bike Week** – supported and promoted these National initiatives that took place in September.
- **Men Over 45 Activity Campaign** – promotion of this National initiative in November to encourage men to become active.
- **Active Dublin** – linking in with the other Dublin Local Authorities to promote Dublin as an active place to be and deliver access for all.

COVID-19

- All scheduled LSP programmes, events and workshops were suspended from the 13th March due to Covid-19.
- Successful transition from office to remote working during this period.
- **Activity Challenges** - design and roll out of fun challenges to encourage all ages and abilities to exercise at home with their family:
 - Grandparents 15 Minute Challenge
 - Move to the Rhythm Dance Challenge
 - Fighting Fit Challenge
 - Scrambled Leg Challenge
- **You-Tube Channel** - development of a DLRSP channel with online videos & appropriate content for all ages & abilities (over 5,000 views).
- A detailed **Covid-19 Risks and Opportunities register** for DLR Sports Partnership actions was completed.
- A **Covid-19 Protocols & Procedures** document has been developed including onsite safety Checklist to be used for all DLRSP initiatives.
- **DLR Health & Wellbeing Group** – represented on this inter-agency group that supported the In This Together and Keep Well campaigns.
- Liaising with partner agencies to identify programmes and events that could be rolled out where government guidelines are met.
- **Website & Social Media** – utilised our online platforms to provide positive and useful information on keeping active during the pandemic.
- **Motivational Videos** - production and promotion of 6 short videos of local sports personalities highlighting the importance of keeping active.
- **Activity at Home Brochures** – circulating our printed older adult and disability inclusion user-friendly brochures throughout the community.
- **DLRSP Flyer** - design and circulation of an information flyer on DLR Sports Partnership and how we can help you to get/keep active.

Volunteer Training & Development (451 volunteers)

- **Child Protection in Sport** – 29 Safeguarding 1 workshops (350 participants), 1 Safeguarding 2 workshop (12 participants).
- **Disability Awareness Training** – 4 workshops for coaches/volunteers involved in the delivery of sport (49 participants).
- **Coaching Children** – delivery of 1 course, but had to be suspended before completion (14 participants).
- **Sports Forum** – regular communications and information sharing to all clubs, but no meetings held in 2020 due to Covid-19.
- **Sports First Aid** – no training delivered in 2020 due to Covid-19.
- **Autism in Sport** – delivery of 2 workshops upskilling coaches /volunteers to include child on the Autism Spectrum (26 participants).

Disability Sports Inclusion (132 Participants)

- **Outdoor Adventure Camp** – in August organised a 2-day camp for teenagers on the Autism Spectrum in Larch Hill (17 participants).
- **Multi-Sport Junior Club** – new club for children with a physical disability and their siblings launched in February, but had to be suspended in March due to Covid-19. In partnership with IWA Sport and South Dublin LSP (25 participants).

- **Eco-Therapy Programme** – roll out of a walking programme targeting adults who had been cocooning in collaboration with DLRCC Libraries Dept. (52 participants).
- **Choices For Health** – programme with Southside Partnership and Cluain Mhuire around Healthy eating & activity (12 participants).
- **Outdoor Athletics Programme** with Open Spectrum for teenagers on the Autism Spectrum in Marlay Park (12 participants).
- **Woodlands For Health** – weekly walking programme with Cluain Mhuire for adults with severe mental health difficulties (6 participants).
- **Multi-Sport Programme** – weekly activity sessions for adults with an intellectual disability in St John of God Service (8 participants).
- **Sports Wheelchairs** – procured 4 chairs and a hand cycle through to be used in the Inclusive Club and other programmes.
- **Inclusive Playground Equipment** – installing an inclusive swing in Cabinteely Park playground for wheelchair users. Also, installing a Communications Board to assist children with a learning disability.
- **Activities For All Brochure** – promoting & circulating this resource demonstrating a range of inclusive activities that can be done at home.
- **Awareness Raising & Support** - working with local leisure centres, clubs, teachers and services in the area of inclusive physical activity.

Ballyogan Sports & Physical Activity Hub (286 Participants)

- **Steering Group** – regular meetings of local stakeholders collaborating to increase participation of children & young people in Ballyogan.
- **Capital & Equipment** – equipment available to be rented for free by to make sport more accessible (inclusive gym stations, table tennis table, tag rugby kits, imagination playground, indoor athletics equipment).
- **Hub Mid-Term Review**– an external research process and review carried out to measure progress to date & guide future development.
- **Schools** – ongoing communication and liaising with local schools in relation to supports on offer and initiatives that could take place through COVID-19.
- **Get Going Get Rowing** – 4-week beginner programme rolled out in four local secondary schools introducing the sport (150 students) and Try Coaching course for TY classes (98 pupils).
- **Activity Programmes & Sports Camp** - local 10-12 year old children involved in various taster sessions and week of activities organised with the Family Resource Centre and dlr Leisure (15 participants).
- **Crosscare Youth Services** – basketball camp rolled out for teenagers in August. 2 x 4-week basketball skills programmes in September as well as fitness sessions and soccer (16 participants).
- **Women on the Move** – programme for local women with the objective of raising awareness and identifying future champions (7 participants).

Administration & Other Key Actions:

- **COVID-19 Club Small Grants Scheme** – administration of this scheme to assist local clubs with Covid-19 costs (36 successful clubs totaling €43,000). Also secured €15,000 to support 6 parkruns in DLR.

- **Club Participation Grants Scheme** – 21 grants awarded to local clubs across Women In Sport, Disability Inclusion and Volunteer Training initiatives (total fund of €25,000).
- **Dormant Accounts Funding** – secured €124,500 in funding for 5 separate projects in 2021 (Active Dublin, Urban Outdoor Adventure, Disability Sport Capital, Volunteer Training, Sports Leadership).
- **Communications** – ongoing and informative posts on all social media platforms (total of 4,608 followers) as well managing the DLRSP website and quarterly e-bulletins.
- **Activity at Home Brochures** – circulation of printed older adult and disability inclusion user-friendly brochures throughout the community.
- **The Governance Code** – the Board of DLR Sports Partnership are working through the various Principles set out for Type C organisations with the objective of full compliance in late 2021.
- **Healthy Dun Laoghaire Rathdown** – LSP represented on the County Steering Committee for this inter-agency group.
- **Office Move** - The Sport Unit staff have moved from the County Hall to the Harbour Lodge building in Dun Laoghaire.
- **Event Equipment** – range of equipment (marque, gantry, sound system etc.) loaned to clubs/groups with to use at their events.

Staffing

There are 4 full time staff employed in Dun Laoghaire Rathdown Sports Partnership - Coordinator, Administrator, Sports Inclusion Disability Officer, and Community Sports Development Officer.

Steering Committee Membership

The Steering Committee of Dún Laoghaire-Rathdown Sports Partnership is made up of representatives of those agencies regarded as key influencers in local sports participation and development. The Steering Committee represents the views of local agencies and groups with its priorities decided in consultation with its constituent members. The Committee also sets the strategic priorities for the work of the Sports Partnership.

| Name | Organisation | Role | Meetings Attended | Sub-Group |
|------------------------|----------------------------|------------------|-------------------|---------------------|
| Pat Smith | Sports Forum | Chairperson | 5 | |
| Niall Cull | dlr Leisure | Vice-Chairperson | 5 | Governance (Chair) |
| Shane McArdle | DLR Sports Partnership | Secretary | 5 | Governance & Grants |
| Barry Dempsey | DLR County Council | Member | 4 | Grants |
| Suzanne Bailey | UCD Sport | Member | 5 | Governance |
| Suzanne Tyrrell | Dublin & Dun Laoghaire ETB | Member | 3 | Grants |
| Michelle Hardie Murphy | HSE | Member | 2 | Grants (Chair) |
| Clr. Una Power | Councillor | Member | 3 | |
| Clr. Deirdre Donnelly | Councillor | Member | 5 | |
| Kelly McGrory | IWA Sport | Member | 1 | |
| Derek McArdle | Sports Forum | Member | 5 | Grants |
| Kiera Brown | Sports Forum | Member | 4 | |
| Liam Madden | DLR Chamber of Commerce | Member | 4 | Governance |
| John O'Neill | Network of Older People | Member | 2 | |
| Susan Gibney | Blackrock Education Centre | Member | 4 | |
| Eibhear Donnellan | An Garda Síochána | Member | 1 | |

2020 Financial Report

| | Total | Sport Ireland | Notes |
|---|-----------------|-----------------|---|
| INCOME | | | |
| Balance brought forward from 2019 | €105,396 | | Reserves & committed spend |
| Sport Ireland - Core & Programme 2020 | €237,663 | €237,663 | Core funding 2020 |
| Sport Ireland - Covid-19 (Round 1) | €57,925 | €57,925 | Club Grants Scheme 2020 |
| Sport Ireland - Covid-19 (Round 2) | €275,000 | €275,000 | Active Cities & Club Grants 2021 |
| Sport Ireland - Keep Well Campaign | €10,000 | €10,000 | Skipping Programme 2021 |
| Sport Ireland - Supplementary Funding | €10,345 | €10,345 | Participation programmes 2021 |
| Sport Ireland - Operation Transformation | €750 | €750 | |
| Dormant Accounts 2020 - Active Cities | €63,000 | | For programmes in 2021 |
| Dormant Accounts 2020 - Youth Leader | €4,500 | | For programmes in 2021 |
| Dormant Accounts 2020 - Urban Outdoor Adventure | €13,500 | | For programmes in 2021 |
| Dormant Accounts 2020 - SIDP Capital | €13,500 | | For programmes in 2021 |
| Dormant Accounts 2020 - Sports Hub | €18,000 | | For programmes in 2021 |
| DLR County Council | €27,115 | | Inc. 50% SIDO Salary |
| HSE Funding | €9,500 | | Participation Programmes |
| Healthy Ireland | €3,456 | | Map My Park Project 2021 |
| Age & Opportunity | €1,300 | | Participation Programmes |
| Core Credit Union | €1,500 | | dlr Community 5K |
| Mountaineering Ireland | €1,000 | | Woodlands For Health |
| Course Fee Receipts | €3,473 | | Workshops and training |
| Total Income | €856,923 | €591,683 | |
| EXPENDITURE | | | |
| Salaries (4 staff) | €206,797 | €178,063 | |
| | | | Increment reached |
| Non Staff Administration | | €6,500 | |
| Travel & Subsistence | €1,004 | | Reduced mileage due to Covid-19 |
| Insurance | €1,941 | | |
| Marketing | €2,315 | €9,300 | New budget line in 2020 |
| Website & Online Media | €293 | | |
| Mobile Phones | €843 | | |
| LSP Board & Meetings | €698 | | |
| Printing & Stationery | €1,215 | | |
| Training | €550 | | |
| Covid-19 | €2,230 | | Signage, PPE |
| Misc. | €593 | | |
| | €11,682 | €15,800 | |
| Sport Ireland National Programmes & Training | | | |
| Safeguarding 1, 2 & 3 | €3,939 | €6,700 | Delivery limited & moved online |
| Women in Sport | €800 | €8,000 | Limited ability to deliver |
| Club Participation Grants Scheme 2020 | €17,667 | €19,100 | 75% of grant allocations paid |
| Covid-19 Club Small Grants Scheme 2020 | €35,996 | | 90% of grant allocations paid |
| Operation Transformation Walk | €1,933 | €2,000 | |
| Youth Sports Leader | €1,768 | | Dormant Accounts Funding |
| SIDP Capital - Wheelchair Swing | €15,004 | | Dormant Accounts Funding |
| Ballyogan Sports & Physical Activity Hub | €17,617 | | Dormant Accounts Funding |
| | €94,724 | €35,800 | |
| Targeted Programmes & Events | | €8,000 | |
| Disability Sport Initiatives | €2,994 | | Limited ability to deliver |
| Coaching Children | €300 | | Course halted due to Covid |
| The Daily Mile | €2,809 | | Primary schools initiative |
| dlr Community 5K | €1,017 | | Virtual event for 2020 |
| Walking Programmes | €2,262 | | Older adult programmes |
| COPD Activity Group | €138 | | |
| Choices For Health | €180 | | |
| Woodlands For Health | €422 | | |
| Couch To 2K/3K/5K | €7,299 | | Online and virtual |
| Online Activity Challenges | €500 | | Online initiatives due to Covid-19 |
| Schools Skipping Programme | €876 | | |
| Men On the Move | €2,975 | | |
| | €21,772 | €8,000 | |
| Total Expenditure | €334,975 | €237,663 | |
| Net Income / Expenditure | €521,948 | | Carried Forward into 2021 for committed projects & programmes |



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2020 HIGHLIGHTS

Fostering Active Communities

In 2020 DLR Sports Partnership organised and delivered a wide range of training courses, workshops and targeted physical activity programmes for all ages, abilities and sporting types. Working with local clubs and a range of partner agencies, Dún Laoghaire Rathdown Sports Partnership continued to develop and provide activity opportunities for all, communicate information and provide funding/supports to develop sustainable initiatives.

Over **10,000 people** were engaged with across the year with approximately half of these taking part in delivered programmes and events across key target population groups.

COVID-19 allowed us to transition online
7 virtual Couch to Jog programmes

1,571 participants



also Fun Activity Challenges online for all ages

Participation Programmes & Events



3,944 participants

Included Walking Programmes, Men on the Move, Schools-Skipping Prog

Volunteer Training & Development



463 trained in

Child protection, Disability awareness & Autism in Sport

Ballyogan Sports & Physical Activity Hub

286

local children and young people

Included Get Going Get Rowing, Activity Programmes & Sports Camp for children, Women on the Move



Disability

132

participated in over 11 programmes

Included Outdoor adventure camp, New Multi Sports Junior Club, Advocating inclusion of all disabilities

Communications

social media platforms

total of

4,608

followers

Information and resources through our website and quarterly e-bulletins



Grants

€68,000 to over 45 local sports clubs



Significant additional funding secured for sport in DLR including Dormant Accounts Funding secured for 5 separate projects totalling

€124,500



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