



2021 ANNUAL REPORT

Dun Laoghaire Rathdown Sports Partnership (DLRSP) works with a range of partner organisations in the County to improve access to participation for all, increase the quality of the activity experience, promote the greater utilisation of facilities and implement local initiatives for target groups that have lower participation rates.

In 2021 DLRSP organised and delivered a wide range of training courses, workshops and targeted physical activity programmes for all ages, abilities and sporting types. DLRSP continued to develop and provide activity opportunities for all, communicate information and provide funding/supports to develop sustainable initiatives. Over 6,700 people were directly engaged across the year in initiatives delivered across key target population groups.



Staffing

In 2021 there were four full time staff employed in Dun Laoghaire Rathdown Sports Partnership - Coordinator, Administrator, Sports Inclusion Disability Officer (SIDO), and Community Sports Development Officer (CSDO). The position of SIDO became vacant in December 2021 and will need to be filled as a matter of urgency in early 2022.



Participation Programmes & Events (3,370 Participants)

- **Active Dublin** – linking with the other Dublin Local Authorities to promote Dublin as an active place to be and improve access for all. Initial consultations and awareness raising carried out. National Lead Officer in place and a marketing company contracted to develop communications and branding.
- **Stepping Out Together** – delivered a 6-week pilot initiative that targeted older adults who had been cocooning for a prolonged period of time. Combination of individual supports, walking, core stability and social interaction (50 participants).
- **Hola Summer** – new online activity programme for busy mums with yoga, pilates, cardio and strength sessions (53 participants).
- **Woodlands For Health** – two programmes delivered in 2021 with weekly walks for adults experiencing mental health difficulties (36 participants).
- **Skipping Introduction Programme** – fun physical literacy initiative teaching the basics of skipping and group activities to 1,270 pupils across 12 schools.
- **Interval Walking Programme** – 5-week online programme in January designed to help people gradually work their way up to a 5km walk (33 participants).
- **Men On the Move** – delivered two 12-week activity programmes for men looking to return to exercise. Mix of online and outdoor (50 participants).
- **Operation Transformation** – linked into the National TV programme with a range of physical activity initiatives.
- **Couch To 3K** – delivery of a 6-week online walk to jog programme for adults looking to get active (160 participants).
- **3K To 10K** – 8-week progression programme for those who completed our 3K and 5K programmes in 2020 (93 participants).

- **Online Older Adult Activity Classes** - delivered a range of online classes (Strength & Balance, Mobility & Stretch) for older adults that included fun and social interaction in partnership with Siel Bleu (175 participants).
- **Outdoor Older Adult Activity Classes** - 4-week park based Strength & Balance as well as Zumba Gold classes during the summer/autumn (103 participants).
- **Introduction to Yoga** – delivery of two online 6-week Yoga programmes with one for families and one for older adults (83 participants). Followed up by an outdoor Yoga programme in Dun Laoghaire (40 participants).
- **Walking For Health** – 4-week walking programmes delivered in Marlay Park and Dun Laoghaire (36 participants).
- **Her Outdoors Week** – in August delivered programmes targeted at females in yoga & dip (SWAN), sailing (Crosscare) and paddleboarding (adult women) (98 participants).
- **European Week of Sport** – a range of taster activities (hiking/walking, kayaking, yoga, rock climbing, paddleboarding) delivered to target groups (130 participants).
- **The Daily Mile** – promoting this initiative among schools and providing medals for participants as well as supporting an event on site (485 pupils).
- **Let's Get Back Campaign** – supported this national Sport Ireland campaign in October/November to promote the return to sport and activity.
- **Swimmin Women** – new programme with Swim Ireland that utilises aquatic exercise to enhance quality of life during the menopause (20 participants).
- **Marathon Kids** – 8-week programme for 5th & 6th classes with regular running sessions as well as learning about the benefits of physical activity. Starting delivery in February with over 800 pupils across 13 schools.
- **Get Going Get Rowing** – this introduction programme continued to be delivered to girls in DEIS secondary schools across DLR (236 participants).
- **Ultimate Frisbee** - 4-week introductory programme rolled out in St Tiernan's, St Laurence's and Cabinteely CS (90 students).
- **Gaelscoil Phadraig** – worked with the school to deliver dance and basketball sessions to 5th and 6th classes as well as sports equipment (120 participants).
- **Crosscare Sandyford** – supported the delivery of a 4-week Kickboxing programme for teenage boys using their service (6 participants).
- **Map My Park** – new information maps designed for Clonmore and Loreto parks maps for display cabinets installed. Maps for 4 other parks also now updated with additional user information.



Volunteer Training & Development (864 volunteers)

- **Women In Sport Leadership Programme** – new 8-week leadership programme for female coaches/administrators/volunteers in DLR with nominations via clubs (17 participants).
- **Coaching Teenage Girls** – new Sport Ireland workshop designed to support coaches of girls aged 12-17yrs. 3 workshops delivered in 2021 (40 participants).
- **Child Protection in Sport (online)** – 40 x Safeguarding 1 workshops (480 participants), 2 x Safeguarding 2 workshops (21 participants), 2 x Safeguarding 3 workshops (25 participants).
- **Cycle Training for Supporting People with Disabilities** – delivered 3 online Cycling Ireland training workshops to support adults to teach children with a disability to cycle (45 attendees).
- **Disability Awareness Training** – 3 workshops provided for coaches/volunteers involved in the delivery of sport (45 participants).
- **Autism in Sport** – delivery of 3 workshops upskilling coaches /volunteers to include children on the Autism Spectrum in activity and sport (44 participants).
- **Sports Forum** – regular communications and information sharing to all clubs. No public meetings held in 2021 due to Covid-19 restrictions.
- **Youth Leadership**– working with both Leinster Rugby and LIFT Ireland to deliver leadership training through sport to TY students (120 Participants).
- **Sports First Aid** – delivered two separate 1-day workshops to club volunteers in managing injuries in a sporting environment (26 participants).



Disability Sports Inclusion (736 Participants)

- **Disability Summer Camps** – delivered 5 weeks of inclusive camps on the water in Dun Laoghaire. Each week catering for a different disability type with a focus on children who would otherwise not have an opportunity (60 children).
- **Autism Outdoor Adventure Camp** – annual activity camp based in Larch Hill for teenagers on the autism spectrum took place in August (22 participants).
- **Wheelchair Basketball Camp** – joint project with IWA Sport, South Dublin LSP & Basketball Ireland for children who are wheelchair users (15 participants).
- **Inclusive Bike Fleet** – launched a new free hire service with bikes suitable for older adults and people with disabilities in Dun Laoghaire. Collaboration with DLRCC The Bike Hub and Cycling Without Age (356 users).
- **Inclusive Family Activity Classes** – weekly inclusive online activity sessions for children with a disability and their families (32 families).

- **Carmona Services** – weekly online fun activity class to residents (26 participants). Followed up with an outdoor summer basketball programme (17 participants).
- **Inclusive Playground Equipment** – installed an inclusive swing and roundabout in Cabinteely Park playground for wheelchair users.
- **Woodlands For Health** – delivered two programmes with weekly walks on trails for adults experiencing mental health difficulties (36 participants).
- **Xcessible Award** - started the process and actions for the Bronze Award for inclusion of people with disabilities in sport through CARA.
- **Swimability Programme** – quite swim hours for children with additional needs now in place in each of the 3 dlr Leisure swimming pools (56 children).
- **Wheelchair Multi-Sports Club** – weekly activity club for children with a physical disability re-started. Partnership with IWA Sport and South Dublin LSP (18 children).
- **Poolpod** – purchase and installation of a new hoist in dlr Leisure Loughlinstown to facilitate all abilities to access the pool.
- **Urban Outdoor Adventure Project** – completed delivery of introductory sessions in a range of outdoor activities (orienteeing, rock-climbing and kayaking) for teenagers on the autism spectrum with Open Spectrum (42 participants).
- **Choices For Health** – programme with Southside Partnership and Cluain Mhuire around Healthy eating & activity (12 participants).
- **Autism Inclusion Initiatives** - linked with Open Spectrum to deliver activities (inc. yoga, athletics) for teenagers with Autism (44 children).
- **Activities For All Brochure** – promoting & circulating this resource booklet 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 (1,709 Participants)

- **Steering Group** – regular meetings of local stakeholders collaborating to increase participation of children & young people in the Ballyogan area.
- **Participation Initiatives** – ongoing work with local partners, clubs and schools to identify opportunities and deliver initiatives as restrictions lifted.
- **Sports Equipment** – provided 3 local primary schools and youth groups with a bag of inclusive sports equipment to facilitate activity and access.
- **Primary Schools** - linked with local schools to deliver programmes including:
 - Gaelscoil Sliabh Rua – dance, basketball, Daily Mile, cycle skills (175 pupils)
 - Stepside Educate Together – skipping (266 pupils)
 - Holy Trinity – basketball, skipping (463 pupils)
- **Secondary Schools** - delivered participation programmes in local schools to target teenagers from the Ballyogan area.

- Ballinteer CS (250 pupils) - dance (60), rugby (40), ultimate frisbee (30), rowing (30), skipping (30), yoga (20), LIFT (40)
- St. Tiernans (279 pupils) - tag rugby, athletics (12), Intro to Gym (12), rowing (170), dance (25), skipping (30) ultimate frisbee (30)
- St. Laurence's (92 pupils) - yoga (12), basketball (40), basketball (20), ultimate frisbee (20)
- Cabinteely CS (90 pupils) – calisthenics, ultimate frisbee, rugby
- Stepside Educate Together – supporting new school to deliver sport.
- **Crosscare** - collaborated with the local youth services to deliver a range of targeted initiatives for local children and young people (45 participants).
 - Online 4-week dance programme for teenage girls (8)
 - 4-week boys football programme (12)
 - Introduction to volleyball for teenage girls programme (8)
 - Mixed beginners kickboxing programme (12)
 - Intro to Gym programme for teenage girls (5)
- **Family Resource Centre** – 4-week multisport taster sessions in June and November for 10 to 12 year old's (24 children). Developing a new pilot learn to cycle programme for roll-out in early 2022.
- **Ballyogan Community Day** – delivered an activity element to the community clean-up day in July (25 children).
- **Information Point** - Installed a display cabinet in front of the Samuel Becket building that is available for all partners to promote local activities.
- **Balance Bikes** - purchased 10 balance bikes suitable for 4 to 6 year olds to facilitate learn to cycle programme in 2022.



Administration & Other Key Actions:

- **COVID-19 Club Small Grants Scheme** – administration of this scheme to assist local clubs with Covid-19 costs. Round 1 grants finalised to 36 clubs and 6 local Parkruns (total of €48,000). Delivery of Round 2 scheme to an additional 16 clubs (total of €20,100). Funding secured for Round 3 (€44,600) in Quarter 1 2022.
- **Club Participation Grants Scheme** – 21 grants awarded to local clubs across Women In Sport, Disability Inclusion and Volunteer Training (€25,400). New 2022 scheme opened for applications (€35,000 available).
- **Dormant Accounts Funding** – secured €132,000 in funding for 5 separate projects in 2021 (Active Dublin, Urban Outdoor Adventure, Disability Sport Capital, Volunteer Supports, Community Sports Hub).

- **Communications** – ongoing and informative posts on social media platforms (total of 5,640 followers), managing the website and regular e-bulletins.
- **The Governance Code** – the DLRSP Board have registered its compliance with The Governance Code with Sport Ireland following 18 months of detailed work.
- **Staffing** – funding secured for 3 new positions (Active Cities Lead, CSDO and Communications Officer). Recruitment to start in early 2022.
- **Database Management** – updated the contact details and list of clubs, facilities and schools in the County.
- **Board Review** - Skills Audit and Board Effectiveness Review carried out with Board members and all resulting recommendations now actioned.



DLRSP Board Membership

The Board (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 including the Local Authority and sports clubs in the County. The Board represents the views of relevant local agencies and groups with its priorities decided in consultation with its constituent members. The Board also sets the strategic priorities for the work of the Sports Partnership. The following table sets out the membership of the DLRSP Board, their attendance at meetings and membership of Sub-Groups where relevant.

Name	Organisation	Role	Meetings Attended	Sub-Group
Pat Smith	Sports Forum	Chairperson	6	
Niall Cull	dlr Leisure	Vice-Chairperson	5	Governance & WIS
Shane McArdle	DLR Sports Partnership	Secretary	6	Governance & Grants
Barry Dempsey	DLR County Council	Member	5	Grants
Suzanne Bailey	UCD Sport	Member	6	Governance
Suzanne Tyrrell	Dublin & Dun Laoghaire ETB	Member	5	Grants
Kirk St. Lewis	HSE	Member	3	
Cllr. Una Power	Councillor	Member	2	
Cllr. Deirdre Donnelly	Councillor	Member	5	
Kelly McGrory/Joanne Wall	IWA Sport	Member	4	WIS
Derek McArdle	Sports Forum	Member	5	Grants
Kiera Brown	Sports Forum	Member	4	WIS
Liam Madden	DLR Chamber of Commerce	Member	6	Governance
John O'Neill	Network of Older People	Member	5	
Susan Gibney/Niamh Murray	Blackrock Education Centre	Member	2	
Eibhear Donnellan	An Garda Síochána	Member	3	

County Sports Participation Strategy 2018-2022

DLRSP and its partners are the driving force behind this 5-year strategic plan, which focuses on working with all interested agencies and groups to increase participation in physical activity and sport in the County. The strategy aims to build and further enhance all of the positive work already taking place and to particularly work with all partners across the County to deliver the best possible outcomes for all local communities. The projects and actions listed in this report are in line with the Goals and Objectives as set out in this document. A full copy of the strategic plan can be found here

http://www.dlrsportspartnership.ie/images/Final_DLRSP_County_Sports_Participation_Strategy_2018-2022_Low_Res.pdf

County Sports Participation Strategy Executive Summary 2018 – 2022

Fostering Active Communities

Dún Laoghaire Rathdown Sports Partnership

Working in conjunction with partner organisations we will advocate, network, lead, coordinate, deliver, research and communicate the sustainable opportunities for sport and physical activity development and participation in the County.



Our Vision

That everyone in Dún Laoghaire Rathdown has the opportunity to be 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.

Our Mission

To work in partnership with stakeholders to improve access to participation for all and to create, deliver and promote a diverse range of local programmes and initiatives aimed at encouraging target groups that have lower participation rates.

Our Goals

Strategic Goal One

Strengthen & Develop Community Capacity To continue to improve the capacity of communities to facilitate sustained increases in sport and physical activity levels and, thereby, enhance wellbeing and improve quality of life.

Strategic Goal Two

Promote Equality of Opportunity To contribute to equality of opportunity by supporting people of all ages and abilities to access sport and physical activity.

Strategic Goal Three

Communication & Promotion To communicate the benefits, opportunities and pathways for sustainable sport and physical activity.

Strategic Goal Four

Partnership & Collaboration To work in partnership with all stakeholders to increase participation in sport and physical activity.

Strategic Goal Five

Targeted Events & Programmes To coordinate and support a range of appropriate sports and physical activity participation programmes in response to the identified needs of the community.

Strategic Goal Six

Governance & Management To operate to the highest standards of openness, transparency, good governance and accountability.

CONTACT US

One of our key roles is to communicate the range of sport and physical activity opportunities available in the County.

We do this through the following links

Twitter @DLRSportsTeam

Facebook @dlrsportspartnership

Phone: +00 353 (1) 2719502

Website: www.dlrsportspartnership.ie

Email: sportspartnership@dlrcoco.ie



2021 Financial Report

	Total	SI 2021	Notes
INCOME			
Balance brought forward from 2020	€521,949		Reserves & ringfenced funding
Sport Ireland - Core & Programme 2021	€332,044	€332,044	
Sport Ireland - Women In Sport	€5,000	€5,000	
Covid Grants - Round 3	€44,600		Club Grants Scheme in 2022
Dormant Accounts 2020	€12,000		Final 10%
Dormant Accounts 2021	€120,260		90% of total
DLR County Council	€33,723		Inc. 50% SIDO Salary
Dept. Children	€21,000		Disability Water Camps for 2022
HSE Funding	€10,500		Targeted participation programmes
Coillte	€1,000		Grant -Woodlands For Health
Course Fee Receipts	€9,408		Workshops and training
Total Income	€1,111,484	€337,044	
EXPENDITURE			
Staff Salaries	€217,886	€260,944	4 x full time staff
Non-Staff Administration		€6,500	
Travel & Subsistence	€890		Limited travel due to Covid-19
Marketing	€5,817	€18,600	Delay in recruiting Comms Officer
Mobile Phones	€550		Staff x 3
Website	€122		Maintenance
Insurance	€3,463		
Eventbrite Fees & Charges	€277		Online Registration Portal
Meetings	€929		Zoom & monday.com
Printing & Stationery	€1,044		
Training	€3,790		Board & Staff
Federation of Irish Sport	€700		Membership fees for 2021 & 2022
	€17,582	€25,100	
Sport Ireland National Programmes & Training			
Safeguarding 1, 2 & 3	€3,788	€3,000	
Women in Sport (WIS)	€3,989	€5,000	
Covid-19 Club Grants	€23,261		Final 10% Round 1, 75% Round 2
Club Development Grants	€6,026	€35,000	Grants Scheme in Q1 2022
Active Dublin	€59,603		Dormant Accounts Funding
Urban Outdoor Adventure	€17,049		Dormant Accounts Funding
Youth Leadership	€1,845		Dormant Accounts Funding
SIDP Capital (Poolpod)	€20,306		Dormant Accounts Funding
Ballyogan Sports & Physical Activity Hub (BSPA)	€7,879		Dormant Accounts Funding
	€143,746	€43,000	
Targeted Programmes & Events		€8,000	
Disability Sport Initiatives	€12,321		
Coaching Children/Teenagers	€690		

Sports First Aid	€1,548		
Older Adult Activities	€5,150		
Schools Skipping	€9,585		
Map My Park	€9,165		
The Daily Mile	€1,430		
Yoga Programmes	€2,300		Supp Programme Funding
Stepping Out Together	€999		Supp Programme Funding
Hola Summer Programme	€1,100		Supp Programme Funding
Her Outdoors	€1,450		Taster sessions
European Week of Sport (EWOS)	€3,080		Taster sessions
Schools Basketball	€606		
Active Dance	€2,212		
Woodlands For Health	€5,340		
Walking Programmes	€400		
Couch To 2K/5K	€3,761		
Men On the Move	€3,759		
	€64,896	€8,000	
Total Expenditure	€444,110	€337,044	
Net Income / Expenditure	€667,374		Carried forward to 2022