



Dun Laoghaire Rathdown Sports Partnership

2018 REPORT

In 2018 DLR Sports Partnership organised and delivered a wide range of training courses, workshops and targeted physical activity programmes for all ages, levels of ability and sporting types. Working with a range of partner agencies, in total nearly 9,000 people were engaged with across the year with highlights listed below.

Participation Programmes & Events (7,100 Participants)

- **dlr Community 5K** – 10th year of this mass participation event, which attracted 980 people of all ages and abilities.
- **Older Adult Activity** – Active Exercise open mornings held in the 4 dlr Leisure centres (115 participants) linking into re-launch of weekly older adult programme. Coordinated parks walking sessions with local Active Retirement Groups as well as visits to Larch Hill (251 participants).
- **Operation Transformation** – public walk event in January held in Cabinteely Park with 180 participants returning to exercise.
- **Active Dance** – TY girls programme with a mix of dance & education. 320 girls from 8 secondary schools and 3 Crosscare Youth Services in 2018. Included final dance events in UCD.
- **Bike Week** – Street Velodrome event in Dundrum Shopping Centre (250 participants). Also supported Bikefest in Cabinteely Park.
- **Walking Programmes** – rolled out a 5-week walking programme based in Dun Laoghaire (40 participants).
- **Couch to 5k** - 10-week programme rolled out through DSD Athletics Club (27 participants).
- **Woodlands for Health** – two 10 week programmes targeting adults with mental health difficulties using weekly woodlands walks to manage symptoms (34 participants).
- **Buggy Brigade** – 6-week programme rolled out in 3 dlr Leisure centres for new parents and their babies (65 participants).
- **Junior Parkrun**- supported establishment of Junior Parkruns in Deerpark (534 unique attendees, average of 57 children weekly) & Marlay Park (1,300 unique attendees, average of 155 children weekly).
- **Mini Movers Equipment** – purchase of equipment to support roll out of the DLRCC Mini Movers physical literacy programme.
- **The Daily Mile** - Promoting this initiative among local Primary schools where pupil's run/jog/walk for 15 minutes daily (approx. 1,200 pupils). Included event held as part of Active Schools Week with 430 pupils.

- **Go For Life Games** – promotion of Games locally and management of DLR Team to take part in National GFL Games.
- **Athletics For Primary Schools** – assisted in coordinating an athletics event in the National Indoor Arena for 340 children across 25 schools.
- **Primary Schools Basketball** – supported 2 Mini-Basketball events to promote & develop the sport amongst primary schools (120 children).

Volunteer Training & Development (1,010 volunteers)

- **Sports Forum** – two meetings held in 2018 with one focusing on strategic planning and consultation and the other around club issues and future working of the Sports Forum (69 attendees).
- **GDPR Seminar** – information session on requirements and impacts resulting from new legislation with 120 club volunteers in attendance.
- **Child Protection in Sport-** (548 volunteers)
 - Safeguarding 1 – 34 workshops (468 attendees)
 - Safeguarding 2 – 3 workshops (44 attendees)
 - Safeguarding 3 – 3 workshops (36 attendees)
- **Disability Awareness Training** - 2 workshops with 22 participants.
- **Autism in Sport** – 3 workshops with total of 56 participants.
- **Youth Sports Leader** – delivered to TY students in 4 local DEIS schools (75 participants).
- **Sports First Aid** – two 1-day courses held in 2018 (24 participants).
- **Coaching Children**–three 4-week courses completed (46 participants).
- **Sport Development Networking** – information sharing session with Development Officers across 30 sports/agencies in DLR.
- **Walk Leader Training** – workshop for leaders of local community walking groups in collaboration with South Dublin LSP (20 participants).

Disability Sports Inclusion (421 Participants)

- **Autism Outdoor Activities Camp** – 2 day outdoor activity camp held in Larch Hill for children on the Autism Spectrum (15 participants).
- **School Sports Hall Athletics** – 8 week indoor athletics coaching for children in Ballyowen Meadows National School (30 participants).
- **NRH Spinal Championships** – supported this annual event held in house in 2018 event as new sports hall is being built (20 participants).
- **Dance for All** – 6-week programme for adults with visual/hearing impairments, physical disabilities & chronic illness (10 participants).
- **DLR TAKEI International Tournament 2018** – event took place in May in the Shankill Tennis Club with 60 players with vision impairments from 12 different countries competing.

- **GAA Inclusion** – worked with local GAA clubs to start new inclusive sessions for children of all abilities. This has coincided with the GAA’s development of their “Fun & Run” inclusive game (32 participants).
- **Multi Sports Club** – working with IWA Sport to start a new inclusive club for children with a physical disability in dlr leisure Loughlinstown.
- **Monkstown Special Olympics Club** – assisted in establishing a new swimming club for children & adults (12 participants).
- **Rhythm Club** - A new dance and rhythm based group for people with visual and hearing impairments in Stillorgan. In partnership with DLRCC Arts Office (22 participants).
- **Inclusive Gym** – 6 week programme in dlr leisure Ballyogan providing activities for children with physical disabilities (8 participants).
- **Enjoy Tennis** – started 2 new tennis programmes in DLR and helped consolidate many on-going groups (14 participants).
- **Choices for Health** – 2 x 12 week physical health and nutrition interventions for adults with mental health difficulties (24 participants).
- **Disability Inclusion Open Evening** - showcasing 20 sports & activity options available for people with a disability in DLR (120 attendees).
- **Cycling Skills Training** – 2 Learn to cycle programmes for children with additional needs (24 participants).
- **Foroige Group** – 6 week Ultimate Frisbee programme based at the Grainstore in Cabinteely (9 participants).
- **Dementia Friendly Walking** - 8 week guided walking programme for patients & Carers of people with dementia (15 participants).
- **Supporting On-going Programmes** – Access Sailing, Multi Activity Groups, Special Needs Tag Rugby, Parahockey, Wheelchair Basketball.
- **Awareness Raising & Support** - working with local leisure centres, clubs, teachers and services in the area of inclusive physical activity

Ballyogan Sports & Physical Activity Hub (370 Participants)

- **Be Active in Ballyogan** – family sports taster event with Cricket, Ultimate Frisbee, Archery, Rugby & fun games (94 participants).
- **Hell & Back Girls Programme** - worked with dlr Leisure & Youth Services to run a 6 week fitness training programme (12 participants).
- **Boy’s Fitness Programme**- worked with dlr Leisure and Youth Service to run a 6 week intro programme to health & fitness (9 participants).
- **Cycle Safety Programme** - 6 week learn to cycle afterschool programme working with the Family Resource Centre (17 participants).
- **Ultimate Frisbee** - taster sessions with the Family Resource Centre Summer Programme (15 children).
- **Get Going Get Rowing** - 5 week indoor rowing programme for second level students across 2nd, 3rd & 4th years (120 participants).

- **Martial Arts As Gaelige** - 4 week Martial Arts programme for local Primary school (100 children).
- **Junior Parkrun** – initial work carried out to set up a Ballyogan Junior Parkrun with its first run being planned for early 2019.
- **Establishment of Hub Steering Group** – representation from local stakeholders attending meetings and collaborating to develop the Hub.
- **Research Report** – research, consultation and completion of a detailed document on the current participation rates, issues and opportunities around sport and physical activity in the Ballyogan area.
- **Hub Launch** – official launch of the new Hub and promotion of the upcoming opportunities for children and young people in the area.
- **Capital & Equipment** – purchased equipment to be used by local children, schools and groups to make sport and activity more accessible (inclusive gym stations, table tennis table, tag rugby kits, imagination playground, indoor athletics equipment).

Other Key Actions:

- **County Sports Participation Strategy 2018-2022** – development and launch of a new 5-year strategy to increase participation in DLR.
- **DLR Participation Report** – circulation of new report on participation of those over the age of 16 years based on Irish Sports Monitor results.
- **Healthy County** – partner agency in County Steering Group and development of new Healthy County Plan.
- **Grants & Funding Opportunities** - Increasing awareness amongst clubs of available grants programmes and supporting applications.
- **Promotion of Walking**- Promoted walking within the county with Get Ireland Walking working with a variety of target populations groups).
- **Point of Contact for Sport & Physical Activity** - information source for sport in DLR – clubs, facilities, grants/funding, club development, programmes & events.

Staffing

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

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