



2022 ANNUAL REPORT

Dun Laoghaire Rathdown Sports Partnership (DLRSP) works with a range of partner agencies 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 rates of participation.

In 2022 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 10,200 people were directly engaged throughout the year in initiatives delivered across key target population groups.



Staffing

In October 2022, three new members of staff were added to the existing Dun Laoghaire Rathdown Sports Partnership team of three. The following are the positions now in place:

- Coordinator
- Programmes Officer
- Community Sports Dev. Officer
- Active Cities Officer
- Sports Inclusion Disability Officer (Acting)
- Sports Marketing & Info. Officer

The Administrator is currently carrying out the role of Sports Inclusion Disability Officer (SIDO) in an Acting capacity, with the general admin tasks spread across the team while this is the case. However, the position of SIDO needs to be permanently filled as a matter of urgency in early 2023.



Participation Programmes & Events (over 7,600 Participants)

- **Active Cities Dublin** – working with Sport Ireland and other Active Cities LSP's to deliver agreed actions and work on joint projects to promote Dublin as an active place to be and increase participation for all. Common branding and messaging in place and Active Cities Officer recruited. National launch in November.
- **Marathon Kids** – 8-week programme for 5th & 6th classes with regular running sessions as well as learning about the benefits of physical activity. Two programmes were delivered starting in Spring and Autumn (2,234 pupils across 31 schools). Included school visits with David Gillick and an end of programme event in Fernhill for participating schools (815 participants from 12 schools).
- **Operation Transformation** – public walk event held on the 16th January in Cabinteely Park as part of national initiative (60 participants).
- **Walking For Health** – two 5-week walking programmes delivered in Cabinteely Park and Dun Laoghaire (40 participants).
- **Couch To 2K** – delivery of two 6-week online walk to jog programme for adults looking to get active (138 participants).
- **Men On the Move** – delivered two 10/12-week activity programmes for middle-aged men looking to return to exercise (Ballyogan and Dalkey) (47 participants).
- **Swimmin Women (WIS)** – delivery of programme that utilises aquatic exercise to enhance quality of life during the menopause (20 participants).

- **Get Going Get Rowing** – introductory programme for teenage girls in DEIS secondary schools (TY) with Rowing Ireland (408 participants & 65 TY students across 4 schools). One school participated in an Islandbridge Blitz (28 students).
- **Table Tennis Leadership Programme** – worked with Table Tennis Ireland to deliver this programme to TY girls in St. Raphaela's secondary school (16 trained for leadership and are still actively engaged with their Breakfast Club Sessions).
- **Online Older Adult Activity Classes** – two strength & balance programmes delivered (27 participants) as well as an one for over 55's yoga (40 participants).
- **Women in Sport Week** – took place from 7th - 13th March and organised a range of initiatives, workshops and webinars to promote female participation (217 participants across 7 events).
- **Urban Outdoor Initiative** – delivered an orienteering, climbing and kayaking programme with Holy Child Community School in Sallynoggin. An indoor bouldering wall was also installed in the hall as part of the project (40 students).
- **National Governing Bodies** – collaborated with a range of smaller NGBs to deliver participation initiatives including Swim Ireland, Rowing Ireland, Table Tennis Ireland, Orienteering Ireland, Olympic Handball Ireland.
- **Ballyogan Sports & Physical Activity Hub** - collaborating with local partner agencies/schools/groups to identify and deliver targeted projects for children and young people in the area. Included assisting with camps/events, providing sports equipment, and delivering a successful Learn To Cycle initiative for pre-schools.



- **ExWell** – weekly programme for older adults with chronic illnesses as part of the Active Cities initiative. Based in Sandyford Community Centre (36 participants).
- **Ukraine Refugee Supports**
 - Compiled and circulated the various opportunities available in sports clubs
 - 200 sport packs distributed to families as they leave the Ballyogan Rest Centre (football, frisbee, skipping rope and bean bags in draw string bag)
 - Playground markings installed in both areas of the Ballyogan Rest Centre and purchased 4 x outdoor basketball posts to create an activity area.
 - Joint funding gym visits to the dlr Leisure Ballyogan centre for adults staying in the Rest Centre (2,512 visits).
- **Skipping Introduction Programme** – fun physical literacy initiative teaching the basics of skipping and group activities in primary schools (400 pupils in 3 schools).
- **Woodlands For Health** – weekly walks for adults experiencing mental health difficulties delivered with the DMP and Cluain Mhuire (16 participants).

- **Primary Schools Basketball** – delivered fun introductory basketball sessions to a number of local primary schools (120 children). Also ran Basketball Ireland's Green Shoot programme with UCD Marian in 5 local primary schools (500 children).
- **Her Outdoors Week** – delivered a range of taster/intro sessions for girls and women in outdoor based activities from 8th to 14th August as part of the national initiative (241 participants across 12 different programmes).



- **Boules Courts** – worked with the Parks Dept. to install new free to use Boules courts in Marlay and Kilbogget Parks as part of the Active Cities project.
- **Yoga in the Park** – outdoor 6-week programme for over 55s in Dun Laoghaire (50 participants).
- **dlr Community 5K 2022** – organized this annual flagship event for all ages and abilities on the 8th October as part of the Festival of Inclusion (850 participants).
- **European Week of Sport** – a range of activities were delivered to target groups as part of this initiative in September including hill walking, kayaking, rock climbing, yoga, roller skating and seminars/workshops (171 participants).
- **Dippers Programme (WIS)** – set-up and delivered a 4-week learn to sea swim initiative for adult women at Killiney Beach (15 participants).
- **Yoga & Dip (WIS)** – a 4-week programme for women combining outdoor yoga and a sea swim with members of a local women's support group (24 participants).
- **Indiafest** – supported this social inclusion event in Kilbogget Park on the 17th September to have fun a fun physical activity element.
- **Winter Initiative** – linked into this national initiative to roll out a range of participation programmes and awareness-raising activities to increase people's activity levels during the winter months (365 participants).
- **Santa Dash 2022** – fun event held on the 4th of December in Cabinteely Park as part of the Winter initiative with participants who have recently completed DLRSP programmes (148 participants).
- **Siel Bleu at Home** – established a new online activity programme for older adults who are sedentary and not ready to join in-person sessions (31 participants).
- **Map My Park** – working with the Parks Dept. to highlight and promote the use of Blackrock, Clonmore, Cabinteely, Killbogget, Shanganagh and Loreto parks by means of user friendly and visible information boards and signage.
- **No Excuses November** – a new weekly exercise class for adult men returning to being active (14 participants).
- **Ultimate Frisbee** – taster sessions with 2 post primary schools (190 Participants)
- **Blazing Wheel's Roller Skating** – delivered a weekly learn to roller skate initiative for adult women with a fun social focus (20 participants).



Disability Sports Inclusion (1,580 attendees)

- **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 (70 participants).
- **Inclusive Bike Fleet** – a free hire service of a fleet of bikes (trishaws, adult & kids trikes, tandem, handcycle, wheelchair bike) suitable for older adults and people with disabilities in Dun Laoghaire along the Coastal Mobility Route. Collaboration with DLRCC The Bike Hub and Cycling Without Age (470 bookings in 2022).
- **Multi-Sports IWA Club** – weekly activity club for children with a physical disability re-started. Partnership with IWA Sport and South Dublin LSP (22 participants).
- **Poolpod** – installation of a new hoist in dlr Leisure Loughlinstown to facilitate all abilities to access the pool which was launched in March (approx. 300 users).
- **Happy Hooves** – delivered a therapeutic horse-riding programme in Ballyowan Meadows (24 children).
- **SwimAbility Programme** – quite swim hours for children with additional needs in each of the 3 dlr Leisure pools in collaboration with DLR Co Co (623 visits).
- **MayFest** – supported Vision Sports Ireland in this national event.
- **NRH Spinal Championships** – supported this national event in Dun Laoghaire.
- **Xcessible Award** – working towards meeting the Bronze Award for inclusion of people with disabilities in sport through CARA.
- **Hockey Inclusion Camps** – collaboration with Hockey Ireland to deliver 2 weeks of disability camps in early August in 2 locations (36 participants).
- **Multi-Sports Autism Camp** – linked with Active Kids Academy to support delivery of a camp for children on the Autism Spectrum in Sandyford (32 kids)
- **Choices For Health** – programme for adults suffering mental ill-health with visits to dlr Leisure Monkstown (8 participants).
- **Dublin SportsAbility Day** – working with the other Dublin LSPs to organize a joint sports inclusion awareness/taster day in Abbotstown.



Volunteer Training & Development (1,030 attendees)

- **Safeguarding (Child Protection in Sport)** – 41 x Safeguarding 1 workshops (460 participants), 2 x Safeguarding 2 workshops (27 participants), 2 x Safeguarding 3 workshops (25 participants).
- **Women In Sport Leadership Programme** – administered two 8-week leadership programmes for female coaches/administrators/volunteers in DLR with nominations through local clubs (36 graduates).
- **Coaching Children/Teenage Girls** – Sport Ireland workshops designed to support coaches of teenagers and girls aged 12-17yrs. 3 workshops delivered in 2022 (39 participants).
- **Sports First Aid** – delivered two separate 1-day workshops to club volunteers in managing injuries in a sporting environment (29 participants).
- **Autism in Sport** – delivered 1 workshop upskilling coaches /volunteers to include children on the Autism Spectrum in activity and sport (20 participants).
- **Sports Forum** – two meetings held in 2022 with one focusing on concussion (24 attendees) and the other Women in Sport (109 total attendees).
- **Orienteering Teacher Training** – a one day basic skills course was provided to secondary school teachers giving them the knowledge and equipment to deliver basic sessions in their own schools (6 teachers).
- **Youth Leadership**– working with LIFT Ireland to deliver leadership training through sport to TY students in 3 schools (280 participants).
- **2023 Calendar of Training/Workshops** – finalised details of the full schedule of DLRSP courses and workshops that have been widely circulated.



Administration & Other Key Actions:

- **Staffing** – funding secured for 3 new positions (Active Cities Officer, Community Sports Development officer and Communications Officer) with staff members in place since quarter 4.
- **The Governance Code** – DLRSP is listed as an organisation in compliance with The Code on the Sport Ireland. Provided our annual statements /reports to maintain this compliance for 2022.
- **Annual Reporting to Sport Ireland** – completed the required returns for Sport Ireland around the 2021 Operational Plan, KPIs, actions and spend.

- **Club Participation Grants Scheme 2022** – 21 grants awarded totalling €25,400 to local clubs across Women In Sport, Disability Inclusion and Volunteer Training.
- **Club Participation Grants Scheme 2023** – 35 grants awarded totaling €36,500 across Women In Sport, Disability Inclusion and Volunteering & Training.
- **COVID-19 Club Small Grants Scheme** – administration of this scheme to assist local clubs with Covid-19 costs. Secured €44,600 from Sport Ireland to deliver a 3rd Round of the Covid-19 Club Small Grants Scheme.
- **Dormant Accounts Funding** – delivered 5 separate projects in 2022 and secured €134,000 in funding for 4 new projects in 2023 (Active Dublin, Urban Outdoor Adventure, Disability Sport Capital, Volunteer Supports).
- **Communications** – ongoing and informative posts on social media platforms (total of 6,500 followers), managing the website and regular e-bulletins.
- **Database Management** – carried out a detailed updating of the DLRSP 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.
- **National LSP Planning** – attended consultation and planning meetings with Sport Ireland and other LSP's to frame a strategic planning document.
- **Event Equipment** – continuing to loan out generic equipment (marques, tables, inflatable finish gantry) to clubs for free to use at local events and open days etc.
- **IPA Professional Cert. in Governance** – the Coordinator and a Board member have completed and passed this course, facilitated through Sport Ireland.
- **Sports Partnership Website** – starting work on developing a new user-friendly website for all DLRSP information and projects.



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	6	Grants
Suzanne Bailey	UCD Sport	Member	3	Governance
Suzanne Tyrrell	Dublin & Dun Laoghaire ETB	Member	6	Grants
Michelle Hardie-Murphy	HSE	Member	4	
Cllr. Una Power	Councillor	Member	2	
Cllr. Deirdre Donnelly	Councillor	Member	5	
Joanne Wall	IWA Sport	Member	2	WIS
Derek McArdle	Sports Forum	Member	5	Grants
Kiera Brown	Sports Forum	Member	5	WIS
Liam Madden	DLR Chamber of Commerce	Member	6	Governance
John O'Neill	Network of Older People	Member	5	
Niamh Murray	Blackrock Education Centre	Member	3	
Eibhear Donnellan	An Garda Siochana	Member	2	

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](#)

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