



DÚN LAOGHAIRE - RATHDOWN

SPORTS
PARTNERSHIP

SPORT IRELAND

NEWSLETTER

For an Active Dún Laoghaire-Rathdown



Healthy Ireland Tea Dance Series 2024



dlr Leisure
Celebrates 15 Years



THE
BIKE
HUB

The Bike Hub
Explore Our Inclusive Fleet

INFORMATION

EDUCATION

IMPLEMENTATION





DÚN LAOGHAIRE- RATHDOWN SPORTS PARTNERSHIP

Dún Laoghaire-Rathdown Sports Partnership was set up in 2008. DLR Sports Partnership works closely with the Dún Laoghaire-Rathdown County Council's Sports Development Office and other key partners to promote participation, inclusion and coordination in sport at a local level.

All those statutory bodies, organisations and groups operating in Dún Laoghaire-Rathdown with a responsibility for or interest in sports development are invited to participate in the Local Sports Partnership.

This includes the involvement of the Local Authority, Education & Training Board, HSE, third level sector, sports clubs, schools and local voluntary/community organisations.

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TRY TRACK AND FIELD



This fun, fully inclusive and active programme will be returning to DLR Primary Schools after Easter.

Try Track & Field is aimed at introducing staff and children in primary schools to the varied events of Track and Field Athletics.

The programme is delivered by experienced Athletics Ireland coaches with the assistance of the class teacher, forging links with their local athletics clubs.

At the end of the programme the students will come together in DSD for the Festival of Athletics to show off their new skills!

BALANCE BIKES!



A really simple but effective programme that sees us loaning 10 balance bikes and helmets to primary schools alongside tutorial videos that allows the junior and senior infants teachers teach the basics of balance bike cycling to their classes.

We have recently increased our fleet so the balance bikes will be rolling out to more schools in the near future!

NEWS FROM THE COMMUNITY SPORTS DEVELOPMENT OFFICER



*Louise Callan
Community Sports
Development Officer*

*“Hi,
My name’s Louise Callan and I’m the Community Sports Development Officer for DLR Sports Partnership. My job is to support and increase participation in sport and physicality in people of all ages across the county. Two of my main focus areas are schools and Women in Sport. “*



Her Moves: Is a really exciting initiative from Sport Ireland that aims to inspire and support more teenage girls to be active. We have been focusing on introducing girls to new sports that they might not otherwise get a chance to try in these programmes, combine the sporty element with a social element to redefine what sporty can look like for the girls.

Highlights of our Her Moves programmes so far have been our Skate & Create roller skating and content creation programme.

This school based programme is led by social media influencer and roller skater Grainne Binns and teaches the girls the basics of quad skating and content creation.

Healthy Ireland Tea Dances a Big Hit with the Older Adults



We had an absolute blast hosting our Healthy Ireland / Dún Laoghaire-Rathdown Sports Partnership Tea Dances at The Sallynoggin Inn & Taney Parish Centre.

The participants rolled back the years, Jived, Huckabucked and Twisted the afternoon away!

Dancing is a great way to stay active and social!

Huge thanks to Healthy Ireland for supporting these much loved Tea Dances.

Stay tuned on our website for more info on up and coming dances.

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HANG OUT IN THE FREE TEEN SPACE



Active Cities has been a part of the DLR Sport Partnership for approximately 3 years.

The purpose behind this fantastic initiative is to tie in with everything that the Sports Partnership already delivers and works towards, in terms of providing initiatives and programmes for members of the community.

In addition, it has specific focuses within the four Active Cities Key Pillars, such as Active Environments.

Active Environments relates to the environments in which we are active e.g. parks, green spaces, urban spaces.

A main aim of this pillar is to have more involvement in consultation process to help strengthen policy and design guidelines so new and existing infrastructure and spaces are “physical activity friendly”.

Active Cities Dublin is working hard to improve access to these facilities and spaces for all individuals across DLR. A fantastic example of this has been the development of a new Teen Space, located at dlr Leisure Centre Meadowbrook.

This recently installed facility is free to use and has been designed as a place for teenagers to “hang out”, allowing them to meet up and connect with friends and/or be physically active.

The area includes a multi skills wall, a traversing section, 3x3 basketball court, a calisthenics zone, a short sprint track and a seating zone.

The importance of strong working partnerships and collaboration is highlighted in this project as it was part funded by Active Cities Dublin, alongside DLRCOCO and dlr Leisure.

The Teen Space is open to the public at all times, so why not go check it out?



dlr Leisure Celebrating 15 Years

DELIVERING FITNESS TO THE COUNTY



dlr Leisure manages and operates three leisure facilities located at Loughlinstown, Meadowbrook and Monkstown.

Its mission and vision is to improve the quality of life for the communities it serves, by inspiring and encouraging everyone to become more active.

The award-winning centres are fully accessible offering inclusive programmes in both wet and dry activities.

The centres are family friendly, boasting highly qualified and experienced staff who are always happy and on hand to assist with any query you may have.



Fóillíochta dlr
dlr Leisure



CEO of dlr Leisure, Niall Cull says he is proud of the journey the company has undertaken in its first 15 years



“During my time the many challenges and obstacles the company has faced including a recession, a pandemic and most importantly the view of people in Ireland on health, fitness and leisure has seen dlr Leisure constantly evolve and change with the requirements of its large customer base to ensure provision of modern facilities with a wide-ranging suite of programme options to suit all ages and abilities. dlr Leisure facilities have never looked better or more aligned than in 2024”.

“I’m very proud of the entire valued team of employees who have rebuilt the company post pandemic”.



Book a Class at dlr Leisure

dlr Leisure was established in 2009 and is celebrating its 15th anniversary this year. To commemorate, dlr Leisure are having a celebratory Open day of activities on Saturday the 13th of April from 12pm to 5pm.

Like many businesses, dlr Leisure was heavily affected by the pandemic and took this time to refocus on improving facility offerings, researching and implementing new ideas and opportunities to increase participation numbers and inclusivity.

Some of the projects undertaken.

- Retiled Meadowbrook Swimming Pools.
- Refurbished all centres appearance.
- Upgraded all gym equipment to Technogym ranges.
- Installed Community Workspace and Coffee Shops at Meadowbrook and Loughlinstown locations.
- In partnership with DLR Sports Partnership, installed Inclusive Pool Pod.

dlr Leisure Greener Focus

dlr Leisure procured and entered into an energy performance contract (EPC) with Lawlor Sustainability which focuses on modernizing and upgrading plant equipment as well as energy efficiency and focusing on reductions in energy consumed.



Astro pitches to hire at all locations



THE BIKE HUB

One of the strongest collaborations DLR Sports Partnership engages in is with Dun Laoghaire - Rathdown County Council, The Bike Hub and Cycling Without Age.

Older adults and people with a disability can book a range of inclusive bikes to cycle along the Coastal Mobility Route (CMR) in Dun Laoghaire through The Bike Hub.

Our inclusive fleet includes two electric trishaws which are designed to carry one or two people with a mobility issue at the front and piloted by a trained volunteer cyclist (Cycling Without Age), allowing passengers to enjoy the sensation of cycling with the wind in their hair.

Older adults and people with limited mobility now have the opportunity to go on a cycle at an easy pace, taking in the sights and sounds of the coastline, whatever the weather.

Our inclusive bike fleet also has a range of other bikes including a wheelchair bike, tandem bike, handcycle and specialised trikes for hire by children or adults with a disability.

*These bikes can be booked through the Bike Hub's online portal and hired for **free**.**

The Bike Hub staff will then be on site to facilitate this as well as assist with the correct use of these bikes.

To Book an Inclusive Cycle
www.thebikehub.ie/dun-laoghaire
or scan the code here.

** Please note all bikes must be booked in advance.*





Beginners Welcome

Shankill Bowling Club is a club formed for the social and competitive enjoyment both indoor and outdoor lawn bowling.

Membership is open to adults, men, and women equally.

Our clubhouse facility can host three mats for club and league indoor competitions.

Our six-rink outdoor green is on a woven synthetic mat suitable for playing all year round.

New members are particularly welcomed and will receive plenty of advice and encouragement if beginners.

How to join?

Ideally call in to the club in person any morning of the week where you will be welcomed and offered an introductory lesson in either Indoor mat bowling or outdoor lawn bowling.

You can try out the bowls and get a feel for the nature of the game. Experience of other sports is an advantage but not essential.

Alternatively, you can phone **Michael Dixon, Club President on 01) 282 0683** for more information, or to arrange to meet.

CLUB FOCUS *Shankill Bowling Club*

Every Newsletter edition we will focus on highlighting great work done by many local sports clubs and organisations. This edition we look at Shankill Bowling Club, who celebrate their 30th anniversary this year.



Shankill bowling club started with a small gathering of friends who had an interest in the game of lawn bowls at a place to be on long winter evenings, a chance to have a chat over a cup of tea - keeping active with a sense of community. From 1994 'till 2000 they were solely an indoor bowls club based in a local school and restricted to two nights play per week. The venue, Scoil Mhuire. Shankill indoor bowling club was the cradle of a young bowling club that was ready to challenge for honours in the sport of bowling, by joining the Eastern indoor bowling association.

Some years later with lots of hard work and determination and liaison with Dún Laoghaire-Rathdown County Council they managed to find a suitable site where the club could progress and improve their standing in the community, and subsequently provide a means of housing a permanent venue where an extension of their facilities would benefit all.

On vacant ground at the end of Quinn's road adjacent to the Shankill tennis grounds was to be that new and permanent home. The hard work of appointed liaison officers Christy Short and Brian Tuite had harnessed the promises of the Dún Laoghaire Rathdown Co. Council, and finally got the job done laying a concrete base to cover with an all weather bowling surface outdoors, and a state of the art club house housing the original indoor bowling club, thus combining both sections which was to become Shankill Bowling Club.

Happy 30th Anniversary Shankill Bowling Club



In 2013 the new Clubhouse was opened by the Cathaoirleach of the DLR County Council, Carrie Smyth when she presented keys to the wonderful clubhouse to the then club President Mr Paddy Pegman. On that day in front of a large gathering of a very happy membership, Shankill's Bowling Club's dream was fulfilled.



DLR Sports Partnership BOARD

All statutory bodies, organisations and groups operating in Dún Laoghaire-Rathdown with a responsibility for or interest in sports participation and development are invited to participate in the DLR Sports Partnership.

This includes the involvement of the Local Authority, ETB, HSE, education sector, sports clubs/organisations and voluntary/community groups.

Organisation	Representative
DLR Sports Forum	Pat Smith (Chairperson)
dLr Leisure	Niall Cull (Vice Chairperson)
DLR Sports Partnership	Shane McArdle (Secretary)
DLR Sports Forum	Derek McArdle
DLR Chamber of Commerce	Vacant
UCD Sports Centre	Suzanne Bailey
Blackrock Education Centre	Niamh Murray
DLR County Council	Barry Dempsey
An Garda Síochána	Vacant
Dun Laoghaire-Rathdown Councillor	Cllr. Lauren Tuite
Dublin & Dún Laoghaire Education & Training Board	Aoife Heffernan
DLR Sports Forum	Kiera Brown
Dun Laoghaire Rathdown Councillor	Cllr. Deirdre Donnelly
Network for Older People	John O'Neill
HSE (Health Promotion & Improvement)	Michelle Hardie Murphy
IWA	Joanne Wall



Members at the March 2024 DLRSP Board meeting pictured left to right: Niall Cull (dlr Leisure), Suzanne Bailey (UCD Sport), Joanne Wall (IWA Sport), Pat Smith (Board Chair and Sports Forum), Shane McArdle (Coordinator), John O'Neill (Older Peoples Council), Michelle Hardie-Murphy (HSE Health Promotion), Niamh Murray (Blackrock Education Centre), Barry Dempsey (Dun Laoghaire Rathdown County Council).

DLR Sports Partnership Board Responsibilities

To govern through the proper administration of its affairs

To provide leadership for the organisation

To plan the strategy for the development of the organisation

Establish partnerships with other organisations who can help develop the LSP

To manage the people involved in running the organisation

To implement strategic plans and monitor their progress

To ensure a realistic programme of participation and performance in the organisation as a consequence of the previous six responsibilities



FIND US

Reach out to DLR Sports Partnership, subscribe and keep up to date with what's going on in the county. We are here to help get you active today...



The image shows a smartphone displaying the website for DLR Sports Partnership. The website header includes the URL 'dlrsportspartnership.ie', navigation links for 'News', 'What's On', and 'Contact', and social media icons for Facebook, Twitter, YouTube, and Instagram. The main content area features the organization's logo and a search bar. Below the logo is a photograph of a group of people in blue jackets standing in front of a large white building. A dark blue banner at the bottom of the phone screen reads: 'Welcome to Dún Laoghaire Rathdown Sports Partnership Fostering Active Communities'.

To the right of the phone, there is a white rounded rectangle containing contact information under the heading 'Contact us / Subscribe'. The contact details are as follows:

-  dlrsportspartnership.ie
-  (01) 271 9502
-  sportspartnership@dlrcoco.ie
-  Dún Laoghaire-Rathdown Sports Partnership
-  @dlrsportspartnership1
-  @dlrSportsTeam
-  @dunlaoghairerathdownsports1532

In the bottom right corner of the overall graphic, there is a cluster of colorful social media icons including hearts, thumbs up, and smiley faces.



Shane McArdle: Sports Coordinator - smcardle@DLRCOCO.IE

Gwen O'Looney: Acting SIDO Officer - golooney@DLRCOCO.IE

Kevina Malone: Programmes Officer - kmalone@DLRCOCO.IE

Louise Callan: Community Sports Development Officer - lcallan@DLRCOCO.IE

Angela Monaghan: Active Cities Officer - amonaghan@DLRCOCO.IE

Declan McMahon: Sports Marketing & Communications Officer - declanmcmahon@DLRCOCO.IE

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Comhairle Contae County Council

 **SPORT IRELAND**
LOCAL SPORTS PARTNERSHIPS