

DUN LAOGHAIRE RATHDOWN SPORTS PARTNERSHIP



2019 REPORT

In 2019 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 local sports clubs (over 300 in the County) and a range of partner agencies, nearly 9,100 people were engaged with across the year with initiatives and highlights listed below.

Participation Programmes & Events (6,700 Participants)

- **Operation Transformation** – public walk event in January held in Dun Laoghaire for people returning to exercise (230 participants).
- **dlr Community 5K** – flagship participation event with a number of local partners, which attracts all ages and abilities (750 participants).
- **The Daily Mile** - supporting this initiative among 13 Primary schools including local launches and promotions as well as events during Active Schools Week and at the Ballyogan Sports Hub (2,380 participants).
- **Athletics For Primary Schools** – assisted in an athletics event in the National Indoor Arena for 28 schools (500 participants).
- **COPD Activity & Support Group** – weekly programme established in Balally Resource Centre with HSE & local partners (19 participants).
- **Active Dance** – TY girls fun activity programme in 7 secondary schools. Included final dance events in UCD (324 participants).
- **Schools Table Tennis** – pilot WIS programme in Rockford Manor TY class with Table Tennis Ireland & Dun Laoghaire TTC (55 participants).
- **Walking Programmes** – rolled out 3 x 5-week walking programmes based in Dun Laoghaire and Cabinteely (79 participants).
- **Parkrun** - supporting the three parkruns (total weekly average 711) and three junior parkruns in DLR (total weekly average 253).
- **Go For Life** – weekly sessions in 4 locations for older adults building to a joint event with a team sent to the National Games (85 participants).
- **Primary Schools Mini-Basketball** – Mini-Basketball event held in dlr Leisure Loughlinstown for local Primary schools (128 participants).
- **Open House Walk** – public walk in Fernhill Park and the surrounding woods as part of this National Day in October (17 participants).
- **Couch to 5K** – programme with DSD Athletics Club with participants completing their first 5k in Marlay Parkrun (21 participants).
- **Women in Sport** – working with a small number of minority sport NGBs to identify participation projects that will link into our support of 20 x 20 Campaign - Sailing, Boxing, Calisthenics (45 participants).
- **National Initiatives** – supported and promoted Bike Week, European Week of Sport and Active Schools Week (1,100 participants).

Volunteer Training & Development (917 volunteers)

- **Sports Forum** – three meetings held in 2019 focusing on participation, disability inclusion and club insurance (total of 143 attendees).
- **Coaching Children** – 2 x 4-week courses rolled out (32 trained).
- **Child Protection in Sport** – Safeguarding I – 33 x workshops (424 trained), Safeguarding II – 3 x workshops (44 trained), Safeguarding III – 3 x workshops (43 trained).
- **Sports First Aid** – 2 x 1-day courses held in 2019 (22 trained).
- **Disability Awareness Training** – 5x 2hr workshops (59 trained).
- **Disability Inclusion Training** – 1x 6hr CARA course (15 trained).
- **Autism in Sport** – 1 x 3hr workshop (20 trained).
- **Youth Sports Leader** – delivered to TY students in 2 local DEIS schools (46 trained).
- **Sport Development Officer Networking** – information sharing session with RDO's across 13 sports/agencies in DLR (20 attendees).
- **Insurance Seminar** – information workshop on issues and potential solutions around this key topic area (49 attendees).

Disability Sports Inclusion (467 Participants)

- **Disability Inclusion Open Evening** – 3rd year of this information day for children with a disability and their families hosted by Explorium on showcasing sports & activity options available (210 attendees).
- **Woodlands for Health** – 2 x 10 week programmes targeting adults with mental health difficulties using weekly woodlands walks to manage symptoms and increase activity (46 participants).
- **Autism Outdoor Activities Camp** – 2 day outdoor activity camp in Larch Hill in July for children on the Autism Spectrum (18 participants).
- **Choices for Health** – 12 week physical health and nutrition interventions for adults with mental health difficulties (12 participants).
- **Multi Sports Club** – started a new inclusive club for children with a physical disability in Loughlinstown with IWA Sport, now developing into a joint South Dublin project in 2020.
- **Cycling Skills Training** – 2 x Learn to Cycle programmes for children with additional needs (24 participants). 4 week lead on programme highlighted safe cycle routes in the County.
- **Sports Wheelchairs** – procured 4 chairs and a hand cycle through Dormant Account funding to be used in inclusive programmes.
- **Dementia Friendly Walking** – 8 week guided walking programme for patients & Carers of people with dementia (18 participants).

- **NRH Spinal Championships** – supported this annual event that took part on 6th September for hospital patients (21 participants).
- **Inclusive GAA** – worked with 3 local GAA clubs to expand new inclusive sessions for children of all abilities (44 participants).
- **Inclusive Gym** – 6 week programme in dlr leisure Ballyogan with Enable Ireland for children with physical disabilities (6 participants).
- **Inclusive Kayaking** – 4 week taster programme for adults with intellectual disabilities (4 participants).
- **Inclusive Boxing** – new programme with IABA and Carmona Services for adults with an intellectual disability to try boxing (10 participants).
- **Inclusive Athletics** – Ballyowan Meadows (24 participants) supported in Athletics for Primary Schools event, Open Spectrum have a new introduction to athletics programme.
- **Enjoy Tennis** – started 3 new tennis programmes in DLR and helped consolidate a number of on-going groups (30 participants).
- **Inclusive Activities Brochure** – compilation of inclusive clubs and activity opportunities in DLR into a user friendly printed brochure.
- **Supporting On-going Programmes** – Access Sailing, Multi Activity, Special Needs Tag Rugby, Parahockey, Wheelchair Basketball etc.
- **Awareness Raising & Support** - working with local leisure centres, clubs, teachers and services in the area of inclusive physical activity

Ballyogan Sports & Physical Activity Hub (1,010 Participants)

- **Hub Steering Group** – bi-monthly meetings of local stakeholders collaborating to increase participation of children & young people.
- **Be Active in Ballyogan** – family sports taster event with Yoga, Cricket, Table Tennis, Archery, Rugby & fun games (160 participants).
- **Ballyogan Junior Parkrun** – weekly children’s 2km initiative launched led by local volunteers and supported by the LSP (124 participants).
- **The Daily Mile** – 3 local primary schools to taking part in the initiative and hosted a joint event in November (355 participants).
- **Gym Introduction Programme** – weekly sessions for young people with dlr Leisure Ballyogan linked with the hub (12 participants).
- **Cycle Safety Programme** - 6 week learn to cycle afterschool programme working with the Family Resource Centre (20 participants).
- **Get Going Get Rowing** – 4-week programme being rolled out in 3 secondary schools to introduce the sport and develop leadership /coaching skills (159 participants).
- **Basketball Development** – introductory/skills sessions for 4 x groups of young people with the aim to develop a local club (64 participants).

- **Sports Tasters & Introductory Sessions** – rolled out tasters in a range of minority sports including Table Tennis, Calisthenics, Laser Run & Hockey (95 participants).
- **Buggy Brigade** – weekly programme in dlr Leisure Ballyogan for new parents and their babies (20 participants).
- **Location of Volunteer Training/Development** – Coaching Children, Safeguarding and Sports First Aid based in the Hub.
- **Schools** – working with local primary (Holy Trinity, Gaelscoil Sliabh Rua & Stepside Ed. Together) and secondary schools (St. Tiernans & St. Laurence's) around promotion of the Hub & participation.
- **Pitch Maintenance** – necessary repairs to the soccer and Gaelic pitches in front of Samuel Beckett Centre to allow for matches.
- **Development Review** – initiated a research process to review progress to date and remaining issues to be advanced.
- **Communications Plan** - developing a strategy to improve public and partner agency knowledge of & engagement with existing opportunities.
- **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).

Other Key Actions:

- **Communications** – increased recognition of the importance of the LSPs role in this area with range of channels utilised.
- **Active Schools Flag** – working with a number of local schools in their application journey.
- **Event Equipment** – providing clubs/groups with range of equipment (marque, gantry, sound system etc.) for free to use (27 events).
- **Healthy Dun Laoghaire Rathdown** – LSP on the County Steering Committee and strategy launched in May.
- **Single Item Measure** – putting into practice this Sport Ireland evaluation tool for programmes and events where appropriate.

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.

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