



DÚN LAOGHAIRE - RATHDOWN  
**SPORTS**  
**PARTNERSHIP**  
SPORT IRELAND

# NEWSLETTER

*For an Active Dún Laoghaire-Rathdown*

### HER OUTDOORS WEEK

HER Outdoors Week celebrated and encouraged more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity. See inside what we put on!

### BOXUP

Over the past nine months, 8 LSPs have been working with the Swiss-based company, BoxUp, to bring the first lockers to Ireland.

Find out more about this Active Cities initiative inside!

### CLUB FOCUS

Every edition we will be honing in on a club or organisation that is doing great work like many in the community! Have a look inside to see who's doing stellar work today!



**dlr Inclusive Water Camps 2023 inside**

INFORMATION

EDUCATION

IMPLEMENTATION



8+9



4



10-11



5



12



7



6



## DEVELOPMENT OF 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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## SPORTS CAPITAL LAUNCH



Details of the 2023 Sports Capital and Equipment Programme have been announced by Minister Thomas Byrne, Minister for Sport and Physical Education.

The registration for this grants scheme is now open. This programme offers sports projects grants up to €200,000, and regional project grants up to €500,000 with a specific focus on climate action, sustainability and gender equality.

The deadline for registration is 5pm on Friday 25th August 2023.

**Full details and a 2023 Guide to Making an Application are available at <http://gov.ie/sportcapital>**

## EUROPEAN WEEK OF SPORT

The new #BeActive campaign is ready to start and European Week of Sport 2023 is coming soon!

Save the date:

**23-30 September.**

**#BeActive**, the EU campaign that promotes an active and healthy lifestyle in Europe and beyond, is back in its 9th edition.

Sport in any form, at all ages and for everybody, this is the message of **#BeActive**, for healthier citizens and happier people.

40 countries will be hosting events of people getting together and having fun!

# NEWS FROM THE COORDINATOR



Shane McArdle  
Sports Partnership Coordinator

“I’d like to welcome all readers to this new look Newsletter from us here in Dún Laoghaire - Rathdown Sports Partnership.

We hope it will keep you informed of both the work we are delivering in local communities, but also other opportunities to be active and supports available for clubs and their volunteers.”

## Snapshot

“It’s been a busy summer so far with inclusive camps, activity programmes and innovative new projects supported by our Dun Laoghaire Rathdown Sports Partnership Board and other local partners. All of these aim to facilitate and provide opportunities for all ages, abilities and backgrounds to be active. With Her Outdoors Week this month, European Week of Sport in September and many more targeted participation programmes being delivered across the county, we really are looking forward to an active second half of 2023.

A key piece of work that the Sports Partnership will be involved in over the next number of months will be supporting the development of a Local Sports Plan for the County.

This will be led by Dun Laoghaire Rathdown County Council and will seek to bring together the various partner agencies and stakeholders to identify the challenges, needs and opportunities in getting people active.

An essential part of this process will be to hear from the public, clubs and those we are seeking to reach, so please do engage with the consultation process when it starts later in the year.”

Thanks,

Shane

# SO WHAT'S BOXUP?



**“BoxUp is an outdoor locker system situated in public parks that holds various sports and leisure equipment that can be borrowed for free through a dedicated app. “**



**Active Cities  
Dublin Officer,  
Angela Monaghan said,**

*“BoxUp is a great example of strong collaboration, driven by our Active Cities initiative. The Sports Partnership, dlr County Council and Active Cities have come together to deliver a much-needed resource in these areas, encouraging more ways for people young and old to get active in Dún Laoghaire-Rathdown.”*

***BoxUp Lockers will be stationed at Marlay and Kilbogget Parks. Included will be sports equipment such as Boules, Pickle Ball, Yoga Mats and Tennis Rackets and many more. For more info; [amonaghan@dlrcoco.ie](mailto:amonaghan@dlrcoco.ie)***



# Inclusive Water Camps



Our dlr Inclusive Water Camps are one of our favourite programmes of the year! This programme saw 70 kids with disabilities get 1:1 tuition in the water at The Royal St. George Yacht Club, across 4 weeks in June/July.

Councillor Denis O'Callaghan, Cathaoirleach of Dún Laoghaire-Rathdown said;

***“We in the council recognize the importance of this program, and that is why dlr County Council 100% fund the programme and will ensure that that continues into the future”.***

This programme is a fantastic collaboration between our Sports Partnership, Active Connections, Royal St George Yacht Club and of course 100% funded by dlr County Council.



## We Put On..

- Pilates & Dip
- Mountain Yogis
- Zip It
- Kayaking Queens
- Dippers to Swimmers
- Sofa to Saddle
- Zumba Gold
- Paddle Boarding
- Over 55's outdoor sessions
- Mindfulness Yoga
- Come and try Softball
- Skate in the Park
- Teen Paddle Boarding
- Over 18's Paddle Boarding
- Come and try Mountain Biking

We had lots of activities taking place across the county from August 14th-20th! HER Outdoors Week celebrated all the outdoors has to offer, as Sport Ireland are encouraging the women and girls of Ireland to...

#FindYourOutdoors!



**238**  
Women & Girls  
Participated  
over  
**7 Days**



# Website Relaunch for DLR Sports Partnership



*"A website that was cognitive of all users needs, this was central to development and design."*

The upgrading of the DLR Sports Partnership website was a big undertaking for all involved. BlueScopeTechnologies was the web design company we used for the overhaul.

Our goal was to create a website that was cognitive of all users needs. This was central to development and design.

We have made this website more accessible using alt text where possible on images for visually impaired users. We also have added accessibility tools such as increasing text size and readable font.

We are committed to improving other aspects of the website with accessibility in mind over the coming months.

We have added an in-house event booking portal that lets the participant book their favourite programs with relative ease.

We are now able to create effective landing pages that are campaign based and this has

been a huge success with the HER Outdoors campaign driving strong leads to our Sport Development Officers inbox.



We have introduced a pop up box to capture users details signing up for our new newsletter.

This newsletter will be distributed via users e-mails, social media some physical copies will be distributed in high target traffic areas such as pharmacies, libraries and GP Surgeries.

*“Navigation needed to be a more user-friendly experience and so we introduced a “3-click strategy” essentially sending the user where ever they want on the website in three clicks or less.”*

We have added a video section and upgraded the galleries.

We want to showcase the work the DLR Sports Partnership do on the ground.

We also want to show participant feedback and also highlight clubs, government bodies and associations that we partner with.

We use You Tube as our video host, keeping the new website as light as possible!

### Marathon Kids



To view our website [dlrsportspartnership.ie](http://dlrsportspartnership.ie)

## CLUB DIRECTORY WITH PARTICIPANTS IN MIND...

With our new website designed, we are focused on making sure the DLR commny have a database that's easy to use and navigate.



With the new search tools in the directory, users can quickly find their chosen club, organisation or sport.

No heavy scrolling, no tedious long searches.

Better still, they can find clubs in their area also.

This is a great resource for the population of Dún Laoghaire - Rathdown.

So you can search by; Category (Sport), by location, or by Keyword.



We now have a dedicated Active Cities section on our website highlighting projects and how you can get involved!

[dlrsportspartnership.ie/active-cities/](http://dlrsportspartnership.ie/active-cities/)

Any queries about our new website

E: [declanmcmahon@dlrcoco.ie](mailto:declanmcmahon@dlrcoco.ie)

WHAT IS WELLBEING?

# 5 WAYS TO WELLBEING



Mental Health  
Ireland



*The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing. The New Economics Foundation developed the set of evidence-based actions in 2008. The project examined research from across the world on proven actions that can help us to feel good and function well.*

## What is Wellbeing?

Wellbeing is feeling good about yourself, the world around you and functioning well in everyday life, most of the time. Being resilient and coping with the normal stresses of life is also an important attribute of wellbeing.

There are many things that can influence your wellbeing.

These include exercise, diet, sense of belonging, relationships, career, self-care, spirituality, money, where we live, and sense of purpose.

Wellbeing is much broader than simply how happy you are. It also includes how satisfied you are with your life, your sense of purpose, and how in control you feel.



Mental Health  
Ireland

*If you need help now [mentalhealthireland.ie/need-help-now/](https://www.mentalhealthireland.ie/need-help-now/)*

# 5 Ways to Wellbeing

## **Connect**

Make time each day to Connect. Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving us a better sense of purpose.

## **Be Active**

Look for ways to be active everyday. Go for a walk or a run. Step outside. Cycle, play a game, garden or dance. Discover a physical activity you enjoy which suits your lifestyle and level of mobility and fitness. Research has shown being physically active can improve your mental health and wellbeing.

## **Take Notice**

Be aware of the world around you and what you are feeling. Be Curious. Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Pay attention to the present moment – to your thoughts, feelings and to the world around you.

## **Keep Learning**

Try something new. Rediscover an old interest. Sign up for that course. Cook a new recipe. Take on a new responsibility. Setting yourself a new challenge and learning a new skill will increase your confidence which can improve your mental health and wellbeing.

## **Give**

Giving to others is good for you. Do something nice for someone else. Thank someone. Volunteer your time or join a community group. See yourself and your happiness linked to the wider community can be incredibly rewarding and create connectedness with the people around you.



Ballinleer St Johns was founded in 1982. Since then, it has grown into a vibrant community based GAA Club situated on the edge of Marlay Park in South Dublin. Its' catchment area covers Ballinleer, Churchtown, Rathfarnham, Dundrum and beyond. Currently, Ballinleer St Johns has over 3,861 members, 165 teams, 2300 players covering girls, boys, mens and ladies Gaelic games.

# CLUB FOCUS *Ballinleer St. Johns*

Every Newsletter edition we will focus on highlighting great work done by many in the community by clubs and organisations. This edition we look at Ballinleer St Johns GAA Club.



The Club has many representatives on a wide range of Dublin squads and continues to develop and grow. Ballinleer St Johns has 165 teams playing every week during the season throughout the county including players from our Ladies and Gents All Ireland winners 2023.

The club's thriving Nursery section sees over 300, 5-7 year olds get introduced to our sports every weekend ensuring the future is bright for Ballinleer St Johns.

Our recent Mini All Ireland saw over 500 children participating!

Club pitches are in Marlay Park, Broadford, Nutgrove, Ballinleer Community School (All Weather Pitch) and Good Shepherd National School.

These are perfectly positioned and visible in the heart of the community. The club's main pitch in Marlay Park was recently upgraded to Championship grade and was reopened in Summer 2020. The clubhouse is the home of regular social & cultural events, and a buzz of activity.

## Get Involved

Ballinleer St. Johns GAA  
Grange Rd,  
Rathfarnham,  
Dublin 16,  
D16 YF75

E: secretary.ballinleerst-johns.dublin@gaa.ie  
T: 01 406 1373

W: ballinleerstjohns.com

Register your interest by filling out this form located here <https://bit.ly/3ZuWlsc>



## VOLUNTEERING AT BSJ'S

To ensure we continue to develop and progress as a club we need your help, by getting involved and bringing new ideas or expertise to Ballinleer St Johns.

There are many volunteer roles at team level and by their nature, they are the most visible volunteers – mentors, coaches, team admins, etc.

Our work is not all on the pitch. Behind the teams and their

volunteers there are Committees and individuals who look after all aspects of managing a club like BSJ.

The central functions are vital to ensuring our teams have the facilities where they can train and compete.

You do not need to be a sports expert to offer your time. Whatever skills you can bring, you can guarantee there are some interesting challenges they can be applied to.

A look back at some of the programmes  
DLR Sports Partnership delivered during

# COASTIVAL



Dún Laoghaire County Council ran Coastival 2023 from the 1-9th of July.

As part of the festival DLR Sports Partnership delivered a range of programmes for all ages and abilities including, Yoga, Roller Skating, Swimming, Kayaking and Paddleboarding! There really was something for everyone!



## CATHAOIRLEACH PAYS A VISIT



During Coastival, Cathaoirleach, Councillor Denis O'Callaghan visited the Irish National Sailing & Powerboat School.

DLR Sports Partnership in collaboration with the Irish National Sailing & Powerboat School delivered a family Kayaking session on the West Pier, Dún Laoghaire on Sunday 2nd of July.

# COMING DOWN THE TRACK



*School Programmes*  
*Men on the Move*  
*European Week of Sport*  
*Walking Programmes*  
*Safeguarding (Online)*  
*Sports First Aid*  
*India Day*  
*Winter Initiative*  
*Inclusive Cycling*  
*Autism in Sport (Online)*



There are a lot of events, programmes and initiatives coming soon from DLR Sports Partnership.

To find out more check out our events page at

[dlrsportspartnership.ie](http://dlrsportspartnership.ie)



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