



NEWSLETTER



For an Active Dún Laoghaire-Rathdown

DLR Sports Partnership Santa Dash 2023 see inside

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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IRISH SPORTS INDUSTRY AWARDS 2023 INCLUSIVE CYCLING FOR ALL

Our Inclusive Cycling for All Programme won the award for best initiative to promote inclusivity in sport and physical activity in 2023.

The Inclusive Cycling for All Programme is a cross collaboration between dlr County Council, DLR Sports Partnership, The Bike Hub and Cycling without Age and allows older people and people with a disability to book for free, a range of inclusive bikes, to cycle along the Coastal Mobility Route in Dún Laoghaire.



DISABILITY AWARENESS TRAINING & SEMINARS

Regular workshops were held in 2023 which are designed to equip participants with the knowledge, competence and skills necessary to include people with disabilities in sport and physical activity, and increase quality provision.

More than 350 people attended our workshops and seminars in 2023.

SPORTSABILITY NEWS FROM GWEN



Gwen O'Looney
Acting Sports Inclusion
Disability Officer

Hi,

My name's Gwen O'Looney and I'm the Sports Inclusion Disability Officer for DLR Sports Partnership.

I work to increase participation and involvement of people with a disability over all areas in sport and activity such as participation, volunteering, coaching / instructing, committee and advisory roles for sports leaders.

About My Role...

I work closely with local clubs, schools, services, participants & families, National Governing Bodies and other stakeholders to build important links and cultivate positive relationships. From here, I can help create opportunities for people with a disability that are meaningful and sustainable. Another part of my role is to identify the training needs across the sport sector within the county that are specific to the participation of people with disabilities in sport and physical activity.

I'm happy to admit, I love my job. It's rewarding, satisfying, dynamic, flexible....the list goes on! For me, the most satisfying part is seeing the positive effects sport and activity have on people's lives. The physical and mental wellbeing benefits of being active are well known but even more important, is community connection, belonging and the social benefits and rewards that stem from these.

My future goal is to create an all-inclusive philosophy here in DLR and do myself out of a job! So that whatever your ability, you will be able to approach your local club or activity group and find its fits your needs and you feel welcomed.

I'm looking forward to 2024 and all the new and exciting initiatives and opportunities that will bring.

Gwen



Schedule

Where : Cabinteely Park

When: Sunday 10th Dec

Sign In: 2:30pm

Fun Warm Up: 3:10pm

Santa Dash Start: 3:30pm

DLR Sports Partnership Santa Dash 2023

Run, walk or roll your way through our Winter Wonderland!

The DLR Sports Partnership is inviting families and friends to embrace their inner Santa and take part in the fun 2k Dash which we are running as part of our Winter Initiative that has included many programmes such as Get Stronger in Sallynoggin, Men on the Move, CouchTo2K, Winter Walks & Hikes!

This event itself is fully inclusive, suitable for all ages, abilities and fitness levels.

The run / walk / roll will take you through Cabinteely Park with some festive fun along the route!

We will supply everyone who registers with free festive Santa Hats!

We encourage everyone please wear your, Christmas jumpers or whatever Christmas festive attire you have.

Mr Clause (Shane McArdle, Coordinator) with DLR Sports Partnership, commented; "We're delighted to be able to hold this inclusive, festive community event.

It's a great way to bring everyone together in the lead up to Christmas!"



MAP MY PARK



Active Cities Dublin Officer,
Angela Monaghan.



What better way to get active in in Dún Laoghaire - Rathdown than to get out into your local park for a walk or run on your own, with friends or with a new group of people!

We are blessed with many beautiful and very well-maintained parks in the area and more and more people are realising the benefits of getting out in nature and going for a walk or a run.

Map My Park is a project funded by Active Cities Dublin and Healthy Ireland to support people all ages and abilities to be more active in their daily lives.

Through the project we have updated information boards and installed distance markers across five different parks (Loreto, Clonmore, Cabinteely, Kilbogget and Shanganagh). The idea is to provide communities and visitors with clear, visible and up-front information on their local park.

This information will help to inform decision making and allow for improved awareness and usage of the parks.

The boards include information on the size of the park, route distances, inclines and locations of benches, toilets and matters of interest. There are also directional distance markers located around the parks at various intervals (marked on the maps) making it easier to plan for your visit.

Simple things like knowing where benches are located could make it easier for someone getting back to activity or recovering from an injury, to know where a place is to rest, if needed.

We will be using these maps and routes in some of our walking programmes in the New Year.

BOX UP COMES TO DLR



Have you heard of BoxUp?

Dún Laoghaire-Rathdown have officially launched BoxUp with two units, one in Kilbogget Park (main entrance by Sea Point Rugby Club) and one Marlay Park (beside Putting Green and Boules Court). Both stations have already proven popular with people of all ages, getting well used since their installation over 3 months ago.

"BoxUp" is an outdoor locker system that allows the public to access and use sports and leisure equipment for up to three hours, through a dedicated app and best of all...its free! To access the equipment, users can download the BoxUp app and register their account. All that is required is a form of identification. QR Codes provided below.

Each station has 6 lockers with a variety of equipment to suit various needs and abilities, such as Boules, Spikeball, Exercise equipment and more.

It's easy to get started, just open the app, select the location by zooming in on the map to Ireland and the area you are in and then select the station.

You then choose which locker you want to open, follow the prompts to open the door, remove the equipment and close the door afterwards.

Once you are finished with the equipment you reopen the box using the app as your SmartKey. Replace the equipment and close the door and you will be asked to take a photo of the equipment inside the locker and once that is confirmed, your session is over.

Remember if you have any issues, questions or suggestions regarding BoxUp you can leave feedback on the app or of course contact us at sportpartnership@dlrcoco.ie



Apple Store



PlayStore





New edition of annual dlr Age-Friendly Magazine available from early January 2024.

The Age-Friendly Programme of Dún Laoghaire-Rathdown (dlr) County Council and the County Age-Friendly Alliance are delighted to announce that the new edition of the 2024 dlr Age-Friendly Magazine will be available free of charge to the public from January 2024.

This will be the fourth year this free 84 page, full-colour magazine packed with information on Age-Friendly activities, services and supports available in dlr will be available to the public.

The theme this year of our Age-Friendly magazine is 'Good Brain Health' and along with information on the many services available and activities taking place, there will also be creative writing, articles, recipes, puzzles and much more.

You will be able to pick up your free copy from early January from dlr County Council Offices, all 8 dlr Library branches, community centres, primary care centres, nursing homes, day care centres and shopping centres around the county and sincere thanks to the Community Gardaí, dlr Volunteer Centre volunteers, many Age-Friendly groups and organisations and Elected Members for distribution of the dlr Age-Friendly Magazine 2024 around the county.

*If you would like a copy sent to you in the post, contact the **Community Section of Dún Laoghaire-Rathdown County Council**, Marine Road, Dún Laoghaire, Co. Dublin on **(01) 205 4893** / email **community@dlrcoco.ie**.*

The 2024 dlr Age-Friendly magazine is produced by the dlr Age-Friendly Programme, the Community Section of dlr County Council and dlr Libraries and is funded by Creative Ireland and dlr County Council.

We hope will enjoy reading the Age-Friendly Magazine and that you will find it informative and engaging and a useful resource for all.



DLR SPORTS



PARTNERSHIP

COMING JANUARY 2024

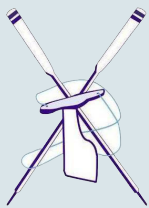
Tea Dances

**MIDWEEK TEA DANCES STARTING EARLY JANUARY
CONTINUING THROUGH TO MARCH. THESE FUN
SOCIAL EVENTS WILL BE RUNNING IN TWO
LOCATIONS ACROSS THE COUNTY.**

TEA, SCONES, MUSIC AND DANCING!

**TO REGISTER YOUR INTEREST CONTACT KEVINA
ON KMALONE@DLRCOCO.IE OR 0877201720**



ST. MICHAEL'S
ROWING CLUB

DÚN LAOGHAIRE

The Club's Mission is to represent the sport of coastal rowing in Dún Laoghaire and beyond by promoting skiff rowing primarily, as well as other forms of coastal rowing at competitive and non-competitive levels.



2019 World Rowing Coastal Championship

Get Involved

Facebook:

<https://www.facebook.com/dunlaoghairerowing>

Instagram:

st.michaels_rowing

Email:

info@dunlaoghairerowing.com

Website:

www.dunlaoghairerowing.com

CLUB FOCUS

St. Michaels
Rowing Club

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 St. Michael's Rowing Club, Dún Laoghaire.



St. Michael's Rowing Club has had a presence in the Dun Laoghaire harbour since 1920, and specifically in Coal Harbour for more than two decades.

Historically, they have been rowing traditional Irish clinker built east coast skiffs, keeping alive the heritage of the hobblers of old.

The hobblers rowed their boats out to incoming ships to pilot them to Dublin port through the shifting sands of Dublin Bay.

What was a lucrative endeavor for many decades enabled a rich tradition of rowing specific to the Irish east coast, which is honoured today through the many skiff regattas during summer.



The O'Connell Centenary Cup was presented by the Cathaoirleach of Dún Laoghaire- Rathdown, Denis O'Callaghan

Achievements

Winners of the Ocean to City Competition 2023 (skiff).

Winning Senior Ladies Crew and Under 18 Boys; Second Placed Junior Men crew in the East Coast Regattas 2023 (skiff).

Winners of the Celtic Challenge in an all-female crew 2017 and 2019 (Longboat).

Qualified for the World Championships in the Offshore - 2019 and 2021.

Irish Indoor Rowing National Championships 2022 - 1 Gold, 2 Silver and 1 Bronze medals, (erg machines).

Revival of the O'Connell Centenary Cup race first held in 1875 after a gap of more than 70 years (skiff).

Want your club in the next edition?
E-mail
declanmcmahon@dlrcoco.ie

For the past decade, the club has experienced a dynamic and consistent growth of both membership (102 adult members and 54 youth rowers in 2023, spanning 10 to over 60 years old, welcoming more than 12 nationalities) and fleet (from two boats to ten).

The club offers the opportunity to row traditional skiffs primarily, as well as Celtic longboat, Celtic Yawl and offshore boats.

Members also have the opportunity to train on ergs (rowing machines).

WHAT CAN DLR SPORTS PARTNERSHIP DO FOR YOUR CLUB?



Dun Laoghaire Rathdown Sports Partnership provides support for the establishment of new sports clubs and the development of existing clubs.

*Contact us at **01-2719502** or email **sportspartnership@dlrcoco.ie** for more information.*

Coaching / Volunteer Training

- **Safeguarding (Child Protection in Sport)** – 3 hour Sport Ireland workshops in Basic Awareness, Children's Officer, Designated Liaison Person.
- **Sports First Aid** – 1 day workshop covering the range of first aid issues that can arise in a sporting environment.
- **Coaching Children** – Understanding children's sport and physical activity and best ways to optimise their enjoyment, participation and positive outcomes.
- **Disability Inclusion Training** – provide participants with the knowledge, skills and ideas on how to adapt and modify your sport sessions to make them more accessible and inclusive for people with disabilities.
- **Autism in Sport** – provide attendees with an understanding of Autism focussing on the delivery of sport. Recognise and understand key areas of difference as well as looking at practical strategies to include people with autism in sport.
- **Sports Leader** - The programme targets young learners aged 12 years up to develop leadership skills through sport.

Development and Support

- **Sports Forum** – increasing communication among the various clubs and sports in the County to share information and assist in maximising resources.
- **Sports Partnership Board** – club representation on the Dun Laoghaire Rathdown Sports Partnership Board (through the Sports Forum) to increase participation among all.
- **Grants & Funding** – awareness and advice on grant programmes that arise and how best to make your application successful.
- **Conferences & Seminars** – organised for a range of important topics including; Mental Health.
- **Website & Social Media** – information source and one stop shop on sport/physical activity in the County.
- **Promotion of your Club** – for individuals looking for club contacts and local availability through website, social media, database etc.
- **Increasing Participation** - promoting sport in the Dun Laoghaire-Rathdown County especially among target groups.
- **Event Equipment Pack** – availability of a range of equipment and tools for clubs hosting a large event



A MARATHON EFFORT FROM DLR SCHOOLS



The Marathon Kids Final Mile Event for DLR Schools was held at the brand-new DSD grounds in Tibbradden on Friday 24th of November. The exciting event was the culmination of eight weeks of hard work for 550 students in fifth and sixth class from seven different schools in the area. It was an opportunity for them to come together to celebrate their fantastic achievement in completing the programme!

Marathon Kids is an 8-week school based running programme. The aim of which is to run the distance of a marathon which is 42.2km over the course of the 8 weeks. Throughout the programme, students participate in four running sessions each week to achieve this goal and learn about the benefits of physical activity along the way.

On the day of the event, the students arrived at DSD via buses and some took a walk around the grounds before hitting the track. The event started with a motivational talk from Olympian and Marathon Kids ambassador, David Gillick, followed by a fun group warm-up.

An Cathaoirleach of Dun Laoghaire Rathdown, Denis O'Callaghan, served as the honorary starter for the day. As soon as the hooter went off, the students set off for three laps of the state-of-the-art DSD track. There was lots of encouragement and celebration as each student crossed the finish line to completed their marathon and receive their Marathon Kids 2023 medal!

A big thank you to DSD for the use of their fantastic facilities and their help on the day. Thank you and well done to the students and their teachers from all of the schools that took part in the programme!

Marathon Kids in DLR is funded through our Active Cities programme and is delivered by all 4 Dublin areas.

#BEACTIVE

EUROPEAN WEEK OF SPORT
23 - 30 September



Dlr Sports Partnership & Active Cities Dublin hosted #BeActive Night 2023, Family Adventure Fest on Saturday 23rd September to celebrate European Week of Sport in The Gap, Glencullen Adventure Park.

#BeActive Night Family Adventure Fest is an all-inclusive and multi activity taster event with a variety of activities to engage all members of the community. Taster sessions included Mountain Biking, Forest Kids Adventure Trail and Family Walking Trails in the beautiful forest as well as Yoga, Archery and Frisbee on the green.

It was a festival atmosphere with face-painting, DJ, mountain biking, skills demonstrations, fun garden games such as Giant Jenga, Connect4, Lego and balance bike trails.



DLR SPORTS PARTNERSHIP

THAT WAS 2023..



Shane McArdle
Coordinator

"It has been another action-packed year with lots of new and fun opportunities to be active delivered throughout the county. Our three key functions as a Local Sports Partnership are to Inform, Educate and Enable targeted populations throughout Dún Laoghaire -Rathdown and I wanted to give you a snapshot of how we set out to deliver on this in 2023.."

Over the past 12 months our dedicated and passionate team have delivered a wide range of innovative, inclusive, and progressive initiatives to over 9,000 individuals across all ages, abilities and backgrounds.

These included everything from teenage learn to roller skate programmes, walking programmes in the parks, inclusive water camps and this month the return of our Santa Dash in Cabinteely.

All of the programmes and events that we deliver are co-designed with our participants and in collaboration with a range of local partners to make sure they are both effective and sustainable.

Our volunteer training and education opportunities offerings continue to be very popular with over 900 attendees across our Child Safeguarding, Sports First Aid, Disability Inclusion and other upskilling workshops.

It is always great to see the high level of appetite across the clubs and community groups to increase the skills of their volunteers and standard of the activities that they offer. In addition, our Board has just approved grants to 34 clubs.

Our Active Cities Dublin project is going from strength to strength with lots of new innovative initiatives being developed to increase opportunities to be active as well as develop a culture of physical activity being the norm. (contd.) ..

DLR SPORTS PARTNERSHIP

THAT WAS 2023..



We are constantly looking for new ways to reach out to everyone in the county to keep them informed including a total revamp of our website, ongoing messaging across our social media pages, publication of a new quarterly newsletter and circulating printed versions of our promotion material.

In line with the requirement by all Sporting Bodies funded through Sport Ireland, Dún Laoghaire-Rathdown Sports Partnership achieved continued compliance with the Governance Code for Sport in 2023. I would like to sincerely thank the Board of Dun Laoghaire Rathdown Sports Partnership for their ongoing investment and support of our work.

We will continue to support people to be active in 2024 by using a variety of communications and delivery platforms, focusing on what is needed within communities and helping those individuals and groups most in need to be active at a level that suits them and have fun doing it.

On a final note, I would like to thank our dedicated staff team of Louise, Gwen, Declan, Angela and Kevina as well as our hugely supportive partner agencies across the County who make the work we do possible. This is particularly the case for Sport Ireland and Dún Laoghaire-Rathdown County Council, to whom we are very grateful.

Shane



COMING IN 2024



School Programmes

Tea Dances

Walking Programmes

Safeguarding (Online)

Marathon Kids

Club Focus

Sports First Aid

Winter Initiative

Inclusive Cycling

Autism in Sport (Online)

Sofa to Saddle

Woodlands for Health

Sports Forum

Flagship Events

Opportunities for All



Comhairle Contae County Council



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



Comhairle Contae County Council





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: 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