



# NEWSLETTER

*For an Active Dún Laoghaire-Rathdown*

Dún Laoghaire Rathdown  
Sports Partnership



[www.dlrsp.com](http://www.dlrsp.com)

*Our Balance Bike Programme  
Just Got Bigger! See inside...*

*Clara Clark - Volunteer  
Cycling without Age...*

*Astra Handball  
Get Involved...*

INFORMATION

EDUCATION

IMPLEMENTATION



# HER<sup>8-9</sup>

## OUTDOORS WEEK

↑ ↑ ↑ ↑





## 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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## SHOOT EDIT DESIGN CREATE

### *Capturing the Magic...*

I think the best part of my job is the incredible team I work with on a daily basis. As a Communications Officer, I get to tell their story.

Their story is getting people active in our community, supporting sports clubs and groups, providing training and offering guidance.

What's really important is that we all capture participant impact and feedback.

Our recently updated website reflects the impact of the work captured and gives the viewer a sense of the supports on the ground, undertaken by DLR Sports Partnership. Scan the QR below to view our work.



## AS GAEILGE



We are now working towards using inclusive language and are producing flyers in both Irish and English, front and back. These are available at all our flagship events.

# NEWS FROM THE COMMUNICATIONS OFFICER



Declan McMahon  
Sports Marketing & Information Officer

*"Hello readers,  
My name's Declan McMahon,  
I'm the Sports Marketing &  
Information Officer for  
DLR Sports Partnership.  
I started in this role in October 2022  
and am overseeing significant  
changes for the Sports Partnership  
including; marketing strategy,  
branding and raising  
awareness of the Sports Partnership."*

## FOCUS ON BRANDING



A focus for DLR Sports Partnership as part of our communications plan is to increase brand awareness. We are investing in equipment that carries our logos and website URL. We are also investing in information leaflets which carries our contact details.

## Newsletter Success

The welcomed return of our newsletter has been a great success! Currently, we have over 2400 digital downloads per edition on average from our website.

We distribute over 750 physical copies between all dlr Libraries, Councillors, dlr Leisure Centres and dlr County Hall.

We have grown our email database from scratch with the rejuvenated newsletter and we are closing in on 1000 subscribers. Pop over to our website to sign up - [dlrsportspartnership.ie](https://dlrsportspartnership.ie)



# BALANCE BIKES, A REAL HIT IN THE SCHOOL YARD



Earlier this year, marked the exciting launch of the dlr Balance Bike Programme, with an additional 20 balance bikes and helmets provided to children at Scoil Cholmcille Junior National School in Ballybrack.

This initiative is part of the widely popular Dún Laoghaire-Rathdown Sports Partnership Balance Bike Programme, which aims to promote cycling among young children in local Primary Schools.

To date, 850+ students have availed of the balance bikes and 3 DEIS schools have used them for their July Provisions Programme.

*"We really enjoyed using the bikes. Our Junior Infant and Senior Infant classes got great use of them. We noticed major improvements in the children's balance, coordination and confidence. The videos were very helpful when delivering the lessons".*

**Maggie Doyle Good Shepherd NS**

*"The classes thoroughly enjoyed them. Great benefits for gross motor, children's coordination, auditory processing skills (when following commands), concentration and focus. They also benefitted individual children who required planned movement breaks during the school day outside of P.E lessons in our 1st class".*

**Holy Family NS**



*"This project is proving a huge success among primary schools and a great introduction to cycling for children"* - **Louise Callan - Community Development Officer**



# Kilbogget Athletics Track

## Open for Public Bookings



*Dún Laoghaire-Rathdown County Council is proud to announce the completion of the renovation works to the 8 - lane World Athletics running track at Kilbogget Park.*

*The running track features an 8 - lane World Athletics standard design, complete with long and triple jump facilities integrated.*

*There are slots available to book outside of club bookings for the public to use.*



*Scan the QR Code to take you to the Booking Page for Public Bookings.*



*Scan the QR Code to watch the dlr Opening Ceremony of the race track.*



# The Right to Wind in Your Hair

## CYCLING WITHOUT AGE.IE



**Cycling Without Age** offer people who cannot walk or cycle themselves, the opportunity to enjoy free slow cycling spins on our special trishaws piloted by trained volunteer pilots.



Since our launch at in July 2021, many hundreds of passengers have enjoyed the experience of cycling along the wonderful Coastal Mobility Route, chatting with their pilot, and even getting a free ice-cream from the very generous **Teddy's Ice Cream store!**

We offer people who cannot walk or cycle the chance to feel the wind in their hair!



Clara Clark from Cycling without Age Ireland, receives her award from Minister of State for Sport and Physical Education, Thomas Byrne TD, at the Volunteers in Sport Awards at The Crowne Plaza in Blanchardstown, Dublin. Sponsored by DLRSP

Founded in Copenhagen in 2012, **Cycling Without Age** is a global initiative that offers older people and those with mobility issues, the chance to experience the fun and freedom of cycling as a sustainable means of transport and activity.

The initiative runs 'chapters' locally trained pilots of trishaws in over 39 countries worldwide, with over 3,000 chapter locations.

Clara is the founder of the Irish chapter of the initiative, with the first trishaw arriving in Blackrock, Dublin, in March 2017. She has worked with care homes, local authorities, and sponsors to establish a network of trishaws around Ireland.

Clara has trained hundreds of volunteer pilots how to safely use their trishaws in their chapters.

A big thank you to Clara for her continued drive and volunteerism with **Cycling Without Age Ireland**, from all of us here at DLR Sports Partnership.

To book a spin on a trishaw, people can log onto

[www.thebikehub.ie/book-online](http://www.thebikehub.ie/book-online),  
or

phone **01-2641000**

or

Scan the QR Code below





# HER OUTDOORS 2024



**HER Outdoors** week aims to celebrate and encourage 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.

This week is all about providing more opportunities for **ALL** females to escape to the outdoors and try something new. For such a tiny island, there are so many incredible outdoor activities on offer and this should be celebrated to the fullest!

HER Outdoors Week will take place from August 12th - 18th, 2024 and what a week it will be! We have organised lots of programmes for the week, see our HER Outdoors Schedule on the next page.

***See our schedule to find #FindYourOutdoors***



# HER OUTDOORS SCHEDULE 2024

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**HER OUTDOORS WEEK**

DÚN LAOGHAIRE - RATHDOWN

**SPORTS PARTNERSHIP**

SPORT IRELAND

SPÓRT ÉIREANN  
FAOIN SPÉIR

SPORT IRELAND  
OUTDOORS

**12Ú - 18Ú LÚNASA**

**#FIND YOUR OUTDOORS**

**AUGUST 12TH - 18TH**

Monday 12th	Kayaking	West Pier	7:00 pm	
Monday 12th	Stronger by the Sea	Green @ Irish Lights	7:00 pm	
Tuesday 13th	Lacrosse	dlr Meadowbrook	7:00 pm	
Wednesday 14th	Yoga with Jane	Fernhill	6:15 pm	
Wednesday 14th	Padel	dlr Meadowbrook	10:00 am	Fully Booked
Wednesday 14th	SUP Teens	West Pier	5:00 pm	
Wednesday 14th	Mountain Biking	Ticnock - Biking.ie	6:30 pm	
Friday 16th	SUP Adults	West Pier	7:00 pm	
Friday 16th	All Inclusive Orienteering	Cabinteely Park	5:00 pm	
Saturday 17th	Zumba	dlr Baths	11:00 am	
Saturday 17th	She Summits	Carrickgollogan	9:00 am	
Saturday 17th	WIS Leadership Kayaking	INSS	1:00 pm	Fully Booked
Sunday 18th	Hiking Yogis	Carrickgollogan	11:00 am	





**All events can be booked here:**

[dlrsportspartnership.ie/national-campaigns/her-outdoors-week/](https://dlrsportspartnership.ie/national-campaigns/her-outdoors-week/)

**#EMBRACE YOUR SPACE**

# SportsAbility Updates with Gwen



*Gwen O'looney is the Acting SIDO for DLR Sports Partnership.*

*She is the point contact of contact for all of our inclusive programmes, events and information.*  
**GOLOONEY@DLRCOCO.IE**



## dlr Inclusive Water Camps

*Our dlr SportsAbility Water Summer Camps finished mid-July after 4 weeks.*

*With over 70 children with additional needs receiving one to one support on the water playing fun activities such as kayaking, swimming, exploring the harbour and ball games.*

*The water has a calming and therapeutic affect, and the kids enjoy every minute.*

*This project is fully funded by dlr County Council and in collaboration with DLR Sports Partnership, Active Connections and the Royal St George.*



## We Go Inclusive Swing Installation

*We were delighted to partner with dlr County Councils Parks Department and Active Cities Dublin to install the 'We Go Swing' in Kilbogget Park which was launched earlier this year. This inclusive swing allows up to 8 children of all abilities to play together while enjoying the thrill of swinging.*

*A great feature of this swing, is that once in motion, the handlebars, which can be raised to allow wheelchair access, can be used to maintain continual momentum.*

*The response from the public has been very positive and it is a great asset to the playground.*



## Woodlands for Health

The DLR Woodlands for Health is a 10 week woodland-based guided walking programme for adults availing of mental health services with St John Of Gods. Taking place each week from August we visit a different woodland location. The first 5 weeks are spent in our local parks and then we progress onto our mountain trails for the final 5 weeks. This project is made possible through a collaboration of partners- DLR Sports Partnership, Mental Health Ireland, Dublin Mountains Partnership, St John Of Gods & the HSE.







ASTRA  
HANDBALL

### Join the Community

Astra Handball Club is always open to new members and encourages everyone to try Olympic handball. Whether you are a seasoned player or a curious beginner, Astra offers a supportive and engaging environment.

For more information about the club, visit [astrahandball.com](http://astrahandball.com) or follow the club on Facebook and Instagram. You can also reach out via email at [Astrahc@gmail.com](mailto:Astrahc@gmail.com). Or contact Andrea Ongaro at 0876626017



## Training Schedule

**Junior Training**  
Tuesday 7-8pm

**Senior Training:**  
Tuesday and  
Thursday 8-10pm

**Senior Men Training:**  
Tuesday 8-10pm,  
Thursday 7-9pm

# CLUB FOCUS *Astra Handball Club*

Every Newsletter edition we will focus on highlighting great work done by many local sports clubs and organisations. This edition we look at Astra Handball Club.

*In Autumn 2022 the Ballinteer-based Astra Handball Club celebrated its 15th anniversary, marking a significant milestone in its journey of promoting Olympic handball in Ireland.*

*Founded in 2007 by alumni and former members of the Olympic Handball Club, Astra Handball Club has grown from its humble beginnings into a and influential sports club.*

*Celebrating its legacy the name "Astra" serves as a nostalgic tribute to the club's origins at University College Dublin (UCD).*

*The founders, drawing on their rich experiences and deep passion for handball, established Astra with a vision to advance the sport in the Dún Laoghaire-Rathdown County.*

*Over the years, the club has become a cornerstone for the development of Olympic handball in the region, playing a crucial role in fostering player development, coaching education, and the training of referees, sports administrators, and volunteers.*



## Success

*Astra Handball Club has consistently demonstrated excellence on the court.*

*The women's team, in particular, has been a dominant force in the Irish Senior League, winning its eighth consecutive national championship this year. Their success extends beyond national borders, as they proudly represented Ireland in the European Challenge Cup in 2009, remaining the only Irish female team to compete at this prestigious international level.*



*Unfortunately, entering this high-level competition comes with a financial commitment that the club can't afford. The club is constantly looking for financial support to maintain and expand its activities and hopefully get back onto the International stage.*

*For Sponsorship Opportunities - [Astrahc@gmail.com](mailto:Astrahc@gmail.com).*

***How about your club in our next edition?***  
***Email: [declanmcmahon@dlrcoco.ie](mailto:declanmcmahon@dlrcoco.ie) for more info.***

# Time to Say Goodbye

**DLR Sports Partnership bids farewell to one of its favourite sons as Derek McArdle retires from the dlr Sports Partnership Board.**



Dun Laoghaire Rathdown Sports Partnership by its nature is only as strong or impactful as the people and partners who support it.

For over a decade Derek McArdle has been one of these key supporters at all levels of our work. Whether it be as a voice for local clubs on our Sports Forum, Chairing meetings of the Sports Partnership Board or volunteering in various clubs and roles around the county.

Let's hear a bit of his story...



## Derek, what is your background in sports?

*Hailing from Scotland, and living in the north, my first contact in the sporting field was the game of shinty (the tame man's hurling!) where I played on the school team for a few years.*

*While still in school I had the opportunity to take up skiing, with the Cairngorm mountains on my doorstep.*

*My love of skiing was fostered when we moved to Switzerland in the 90s, and had the chance to ski virtually every weekend during the winter months.*

*On leaving university I discovered squash when I joined my first company, Rowntrees, a very fashionable sport during the 80s in the UK.*

*The company also had a very large tennis fraternity so it was not too long before I was playing in one of their teams.*

## How did you get involved with the Sports Partnership?

*I had undertaken a variety of positions within the club when I came across correspondence from the LSP who were holding a meeting for local clubs in the county.*

*I went along as our club representative, and I suppose I was also curious to find out who this other Mr. McArdle was in charge of the organisation!!*

*So I came in via the Sports Forum.*

*Having chaired it for a few years I was invited onto the LSP Board, I believe around 2011.*



### What did the Chairman role of the Sports Partnership Board look like for you?

*I had only been on the Board for a short period of time when the Chair vacancy arose. Knowing that Shane would hold my hand in the beginning, and give me the support I needed, made my work much easier and extremely enjoyable.*

*I was in anyway at the deep end as the 5 Year Sports Participation Strategy 2012 was starting; the workload for all Board members and stakeholders was immense but must admit, pretty exciting too.*

*As Chair I had to ensure that together with the co-ordinator, the agenda was relevant and current and everything we had agreed upon was followed up.*

### What are the benefits of the Sports Partnership Board?

*The make-up of the Board is quite diverse from partners such as DLR Leisure, Councillors, UCD Sports, DLR Sport, the HSE, IWA Sport and several others. Discussions around the table are lively and vibrant.*

*Now that the LSP staff complement has significantly increased, there is so much more going on under the heading, sport and participation, and sub-committees have evolved to deal diligently with the important issues.*

*Topics like Governance, GDPR, Women in Sport, Disability Sport, Gender Equality, perhaps not around a few years ago, now feature prominently.*

### What now for Derek McArdle?

*A large part of my day is still taken up with volunteering duties, less so now with the GAA down at Kilbogget Park but in Carrickmines Tennis where I look after the Seniors weekly sessions and leagues, 3 times a year. I also chair the tennis sub-committee, and have just finished an exhausting week as Tournament Director for their popular Senior Open tournament.*



With his upcoming retirement from the Board, the members and staff wanted to highlight how much of his time and expertise he has given to our work and helped to provide opportunities for all ages and abilities to be active.

Huge thanks to you Derek and the very best of luck in your new volunteering chapter...

*The DLR Sports Partnership Board & Team.*

# Download, Walk & Win!

*Active Cities Dublin and the 4 Dublin Local Authorities are joining forces for the Dublin Parks & Trails Challenge!*

*The aim of the initiative is to encourage people to explore parks and trails in their local area the greater Dublin area.*

*This is the first time such an event has been held across the 4 council areas throughout July/August.*

*As an incentive for taking part in this free challenge, participants will be entered into draws to win some amazing prizes.*

*There are a total of 24 walks to choose from, a mix of parks and trails have been chosen in each area, with 6 locations in Dún Laoghaire-Rathdown:*

- Kilbogget Park
- Shangannagh Park
- Loreto Park
- Deerpark
- The Fairy Castle Loop
- The Scalp Look-Out Trail



**PARKS & TRAILS CHALLENGE**

Scan code & download the **Dublin Discovery Trails app**

Available on the App Store | GET IT ON Google Play

**Active Cities DUBLIN**

**WORKING TOGETHER**

Coillte, DLR, Dublin Mountains, Leave No Trace, DECATHLON, and other partners.



Left to right: Darragh Conway (Active South Dublin), Angela Monaghan (DLR Sports Partnership), Carmel O'Callaghan (Dublin City Sport & Wellbeing Partnership), Ian Farrell (Fingal Sports Partnership) at the Parks & Trails Challenge Launch.

## Want to get involved?

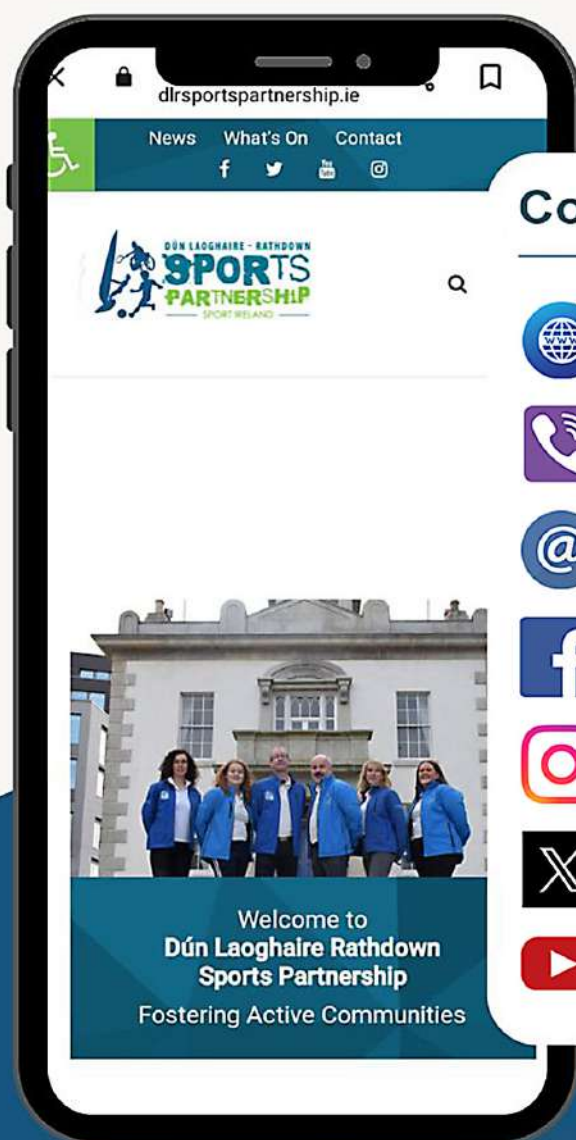
1. Download the Dublin Trails App (find it on the App Store or scan the QR code on our posters).
2. Go to the Active Cities Dublin Park & Trails Page.
3. Pick a park or trail and follow the map to the special QR code banner.
4. Scan the QR code to track your walk in the app.
5. Get walking and enter for fantastic prizes!

*Ready to take on the challenge? Get the app, start walking, and happy exploring!*



# 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...



## Contact us / Subscribe



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(01) 271 9502



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Dún Laoghaire-Rathdown Sports Partnership



[@dlrsportspartnership1](https://www.instagram.com/dlrsportspartnership1)



[@dlrSportsTeam](https://twitter.com/dlrSportsTeam)



[@dunlaoghairerathdown sports1532](https://www.youtube.com/channel/UCdunlaoghairerathdownsports1532)



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



Comhairle Contae County Council





**Shane McArdle:** Sports Coordinator - [smcardle@DLRCOCO.IE](mailto:smcardle@DLRCOCO.IE)

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