



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

NEWSLETTER

For an Active Dún Laoghaire-Rathdown



dlr Santa Dash 2024

Community Sports Officers
 Meet the lads on the ground..

Nutgrove Boxing Club
 Packing a Punch!

HER MOVES
 2024..

INFORMATION

EDUCATION

IMPLEMENTATION



6



4



10



11



5



7



12



COMHPHÁIRTÍOCHT
SPÓIRT
DHÚN LAOGHAIRE-RÁTH AN DÚIN
SPÓRT ÉIREANN

Our new logo is here...



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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.

CONTENTS

- 4 **News from Kevina**
A word from our Programmes Officer
- 5 **HER MOVES Updates**
What the girls got up to in 2024
- 6 **Community Sports Officers**
On the ground with Paul and David
- 7 **dlr Santa Dash 2024**
Our third visit from Santa at Cabinteely Park
- 8 **SportsAbility Updates**
Gwen has the news on Sportsability
- 9 **Club Focus**
Nutmeg Boxing Club
- 10 **Active Cities**
Dublin Trails Challenge and Play Innovation
- 11 **The Daily Mile**
Schools Athletic Programme
- 12 **DLR Sports Club Directory**
Find a club - Find your participants
- 13 **MenoWell**
Online exercise programme for women
- 14-15 **A Word From Shane**
Our Coordinator looks back at 2024

MY MAIN FOCUS..



A big part of my work revolves around leading and supporting several Sport Ireland initiatives, including Women in Sport Week, Her Outdoors, European Week of Sport and the Winter Initiative.

These programmes are geared to people of all ages and backgrounds to get involved in physical activity. I'm working closely with groups such as older adults, ethnic minorities, and local community organizations. Collaborating with stakeholders, National Governing Bodies, and local partners.

Partnership is key to reaching as many people as possible and encouraging them to get active.

WHAT'S IN STORE..

Looking ahead, I'm excited to help continue growing our programmes and finding new ways to engage people in physical activity.

The primary goal of DLR Sports Partnership is to make sports and physical activity accessible to everyone regardless of age, ability or background.

We are committed to fostering a culture of inclusivity and wellbeing across DLR county.

NEWS FROM THE PROGRAMMES OFFICER



Kevina Malone
Programmes Officer

Highlights of the Year

This year, we've had some fantastic events and initiatives that have really brought our community together including:

Afternoon Tea Dances

A fun way to keep active and social!

We had over 900 people join us in various locations in the county.



Active Sports Fest

A chance for older adults to try new activities & sports.

Over 100 participants took part.



Summer Outdoor Programmes

Encouraging families and individuals to enjoy the outdoors - Stronger by the Sea, Dance & Dip, Roller Rebels, Kayaking, Paddleboarding, Zumba in the Baths, Yoga on the green.

Over 600 people engaged in the active fun in Dún Laoghaire - Rathdown.



"Hi there!

I'm Kevina and I am delighted to share some insights about my role with you in this edition.

I am the Programmes Officer for the DLR Sports Programme.

My role is diverse, dynamic, and always changing, bringing new challenges and exciting opportunities.

This variety is what makes my job both interesting and rewarding.

Every day is different, and I love that I can make a positive impact in our community.."

Programmes on the way in 2025

- Winter Initiative
- Women in Sport
- Walking Programmes
- HER Outdoors
- Tea Dances
- Men on the Move Programme




HERMOVES




DÚN LADGHAIRE - RATHDOWN
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2024



February: Rallying Queens launch event for ping pong art with Table Tennis Ireland. Students from St Raphaela's, St Tiernan's & Ballinteer Community School came together for social speed dating style games and a giant art project




8th March International Women's Day: Start of 6-week skate & create - Roller Skating & Content Creation Programme for TV's from St Tiernan's with Grainne Binns




July: Give It A Go Watersports with girls from Cross Care Youth Service. They tried sailing, kayaking and paddle boarding


Summer




July: Skate & Create Shankill, a 4-week skating & social media content creation programme



September: Girls from Shankill Skate & Create took part in filming for TV ad

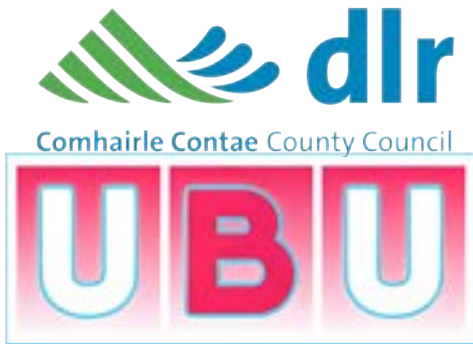


September: Ping Pong Art 6-Week programmes begin in St Raphaela's and St Tiernan's for 1st year Students



November: St Raphaela's & St Tiernan's enter 1st & 2nd Year Girls teams in Schools Table Tennis Leagues

160 girls across 6 programmes and events!



Community Sports Officers



Paul and David are Community Sports Officers working with Dún Laoghaire-Rathdown County Council funded through the UBU. Their main objective is to increase participation in sport while addressing issues of health, crime and inclusion.

Within their role they are tasked with creating and implementing programmes which encourage sports activities to targeted youth at risk. This is achieved by working alongside educational institutions, youth services, An Garda and community groups.



"Hi there, my name is Paul Murphy. I have been working as a Community Sports Officer for DLR for the past 6 years.

The main aim of our job is to provide sport programmes for the youth at risk while also promoting self confidence in individuals through recreational activities.

As part of my role I work heavily with a number of organisations that include Dheis Schools, Crosscare, Special needs, Youth Raech, Drug Task force, Southside Partnership, School completion officers along with Family Resource Centres.

My qualifications include Diploma in Sport and Counselling psychology, Train the trainer, Physical Literacy Tutor, and Coaching for Children's Programme Award. These qualifications have been of great help throughout my career".



"Hello, my name is David Smyth and I am a 24 year old from Newbridge, Co. Kildare. I have been a Community Sports Officer in the DLR Community for just over a year now and to say I am loving the role is an understatement.

A number of programmes we run include Drafts after school sport sessions running for 6-week blocks. School Sailing programmes in collaboration with the Royal St George Yacht Club and Summer and Easter Camps for youth services.

In September 2022 I graduated from UCD with a Level 8 BSc in Sports and Exercise Management. I have been involved in Sport my whole life and in particular, football.

To further my development in my current role I have recently qualified as a gym instructor with the main aim to soon qualify as a personal trainer".





dlr Santa Dash 2024 at Cabinteely Park



A main staple in the Dún Laoghaire - Rathdown Sports Partnership calendar is the dlr Santa Dash!

DLR Sports Partnership invites families and friends to don their Santa hats and participate in a fun-filled 2K Dash at your own pace!

This festive event is part of our Move More with DLR initiative, and it's our special way of expressing our gratitude for your unwavering support and enthusiasm throughout the year!

This event itself is fully inclusive, suitable for all ages, abilities and fitness levels. The run takes you through Cabinteely Park with some festive fun along the route! Everyone gets into the spirit wearing Santa hats, jumpers or whatever Christmas festive attire they can get their hands on!



SportsAbility Updates with Gwen



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Gwen O'Looney is the Acting Sports Inclusion Disability Officer for DLR Sports Partnership. She is the point of contact for all of our inclusive programmes, events and information.
GOLOONEY@DLRCOCO.IE




**De La Salle
Palmerston FC**
Rugby Since 1899



Vikings team following a training session with Irish Rugby International Joe McCarthy & Cllr. Pierce Dargan



Vikings on the march to Espania

The DLSP Vikings have qualified to play in the IMART Mixed Ability Rugby World Cup in Pamplona, Spain in June 2025.

Mixed ability rugby involves players with disabilities and those without playing on the same team.

No one gets an easy ride and everyone relies on each other equally.

The ethos of the sport is inclusion, team work and friendship.

Bringing a squad of 30 players is costly and we are looking for donations to help fund this trip in June 2025.

*You can help -
Scan the QR Code to donate!*



Our Inclusive Fleet Just Got Bigger!



You can book the new tandem and adult trike from the QR Code or www.thebikehub.ie/dun-laoghaire



DLR Sports Partnership have added to our inclusive fleet at the Bike Hub.

We have a new tandem and adult trike for you to try!



DLR Sports Partnership partnering with Dublin City Sport & Wellbeing Partnership and Swim Ireland to bring a fantastic "Learn to Swim" programme to bring people with physical or intellectual disabilities into the water to learn a valuable life skill.



The Start

We opened our doors in December 2019.

On our registration night we had far more people requesting to join than we could facilitate.

We ran three classes for the first few months to attempt to give everyone the opportunity to give the sport a try.



Mission Statement

“Our mission at Nutgrove Boxing Club is to provide youth and adults a safe, clean, positive, and motivating training environment.

To help, support and encourage all our members achieve their potential.

Today is the beginning of the rest of your life”.

CLUB FOCUS *Nutgrove Boxing Club*

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

Our Aim is for the club to endeavour through the sport of Amateur boxing.

- *To provide facilities for training, coaching and competition in boxing in a sporting, friendly and fair manner for the benefit of its members.*
- *To promote fitness, discipline, friendship, fair play, respect, self-esteem, and self confidence.*
- *To increase quality of life by providing a constructive alternative to anti-social behaviour such as drugs & alcohol abuse, for the local youth particularly those living in disadvantaged areas.*
- *To provide positive role models and social inclusion from interaction with our coaches and other young boxers irrespective of socio-economic status in an environment of mutual respect and understanding.*



Roll of Honour

Lois Walsh

Celtic Box Cup 2020

Emma Harding

Dublin Champ 2022

Emma Harding

National Champ 2022

Nicki Burnett

National Champ 2022

Shauna Callaghan

National Novice Champ 2022

Alexis O'Brien

Esler Champ 2022

Peter Mari

Dublin Champ 2023

Dylan Reddy

Dublin Novice Champ 2023

Noah Rowan

Best Novice 2023

Tom Duffin

Emerald Cup Champ 2024

James Reilly

Emerald Cup Champ 2024





Active Cities DUBLIN

The Parks & Trails Challenge for 2024 was a great success, and we're thrilled that our competition winners have received their prizes! A huge thank you to all the local businesses that sponsored prizes, your support help to make these initiatives possible!

New Target Games Coming to DLR

Exciting news for DLR! We're thrilled to announce a new project by Play Innovation that focuses on inclusive and educational target games for people all ages and abilities.

These innovative games are designed to boost physical activity in a fun way, all while keeping screen time at bay! We're currently planning to launch these engaging games in Loreto Park, Rockfield Park, Moreen Park, and Shanganagh Park House. With hopes to have them up and running in the new year, it's definitely something to look forward to! Keep your eyes peeled for updates!

Learn more about Play Innovation Games Scan the QR Code



Crossbar King

Crossbar King is a brilliant crossbar challenge game to increase target skills, co-ordination and maths.

The game includes 8 multi-coloured crossbars made from anti climb half round steel tubes.

Corner Skills

Played by hitting target colours with a ball or bean bag to accumulate points using maths to count the score.

The game can be adapted in many ways depending on ability and how competitive you want to make it. See how many points you can get in a specific time or pair up in teams and work together to maximise your score.

GS Corner Skills

100

50

25

50

Play Innovation Active Cities DUBLIN

DLR SPORT IRELAND

Crossbar King X

Active Cities DUBLIN Play Innovation

7 7

6 5

4 3

2 1

DLR UBU SPORT IRELAND



All Smiles at the Daily Mile!

On a bright October morning, just before midterm, 1,250 children from 16 local primary schools gathered with us to celebrate the conclusion of the Daily Mile Back to School Challenge.

The Daily Mile Challenge is a five-week initiative that encourages teachers to motivate their students to run a mile (15 minutes) outside each day.

Schools arrived in six waves at the newly renovated eight-lane athletics track in Kilbogget Park redeveloped by dlr County Council. They kicked off the day with an energetic warm-up before trying out various athletics events offered in the Try Track & Field Schools Program, led by fantastic Athletics Ireland coaches from local clubs.

After enjoying the field events, the students ran two laps on the track to mark the end of the challenge, and every participant received a medal for their dedication over the past five weeks!

An Cathaoirleach of dlr County Council,
Cllr. Jim O'Leary was in attendance and said;
***"I had a great time at the DLR Sports Partnership
Daily Mile Schools Challenge in Kilbogget Park.
16 schools and over 1200 children took part over
the last 5 weeks. Great to talk to students from my
old school St Brigid's National School! too"***



DLR SPORTS PARTNERSHIP CLUB DIRECTORY IS HERE!

Register your Club

If you would like your Club added to our Club Directory, please fill in the form below.

First Name*
E.g. John

Email Address*
E.g. john@dlr.com

Club Logo
Choose File No file chosen

Club Info
Club address, Email, Website URL, phone number or any other relevant info

Send Message



Enter your keyword here... — Select location — — Select category —

Search Challenge Reset

Adventure (1)	American Football (2)	Archery (3)	Athletics (5)
Badminton (4)	Basketball (4)	Boules (2) View all posts in Boules	Bowling (3)
Boxing (4)	Canoeing (5)	Canoeing / Kayaking (5)	Climbing (2)
Community Games (3)	Cricket (3)	Croquet (2)	Cycling (3)
Fencing (2)	Football (32)	Frisbee (1)	GAA (9)

We have just updated our Club Directory and it's been a while incoming but we think its been worth the wait.

For participants, you can browse by clubs, location or sport. A real handy tool for you to find your next club!

For clubs, a great way to get yourself on the map if your club needs exposure. The DLR Sports Partnership website has high traffic and is continuing to grow!

The handy form on our website is easy to fill in. Register today! Scan the QR Code to view the Sports Club Directory and come onboard!





A 6-Week online evidence-based exercise, nutrition & health education programme promoting wellness for women in all stages of life with a special focus on perimenopause and post menopause via zoom

- **2 online (40 minute) women-specific exercise classes per week on Tuesdays & Thursdays @ 8:00PM**
- **1 live evidence-based women specific health education workshop per week on Wednesdays @ 1:00PM**
- **Access to an on demand library of specific exercise videos, recorded health education workshops and nutrition recipies will be available to you if you miss a live session**

€10.00 for the 6 Weeks

Starts on Tuesday 28th January

Contact Louise on lcallan@dlrcoco.ie for more information.

1. **To sign up scan the QR Code or visit: <https://dlrspMenoWell2025.eventbrite.ie> to complete your payment**
2. **You will then recieve a link to complete th EduFIT sign-up form with your purchase confirmation**



A Look Back at 2024



We in Dún Laoghaire Rathdown Sports Partnership have had a really successful 2024 and this was down to the staff team, Board members and partner agencies for their hard work and enthusiasm to provide opportunities for everyone to be active.

From the hundreds of sports clubs and their thousands of volunteers to the parks, trails and facilities across the county, to the schools and community groups working providing supports for all, we are indeed very lucky here in Dún Laoghaire-Rathdown.

The Sports Partnership has been a key partner in the development of the County Councils Local Sports & Physical Activity Plan that is nearing completion and will focus our work over the next 5 years. It has been another action-packed year with lots of new and inclusive opportunities delivered. I wanted to give you a snapshot of some of these.

A group we really wanted to focus on this year was the older adults in our community, particularly those who might be isolated or seeking new ways to get out and make new friends. Through our Programmes Officer, Kevina Malone, we hosted seven Tea Dances across the County with nearly 900 people attending.

Two days of SportsFest events were also held to demonstrate age friendly activities and a range of indoor and outdoor programmes delivered to engage older adults in being active.

Local schools are always important partners in our work to promote sport and activity among young people. Louise Callan, our Community Sports Development Officer, has been linking in with primary and secondary schools to provide opportunities to try new sports and support them on their work to achieve an Active School Flag.

An example of this is the Daily Mile initiative where we had over 20 schools involved over several weeks and then 1,200 pupils from these schools attend a celebration event in the new athletics track in Kilbogget Park. She has also been engaging teenage girls through the Her Moves initiative and working to promote female participation across all ages.



There are over 300 clubs in Dun Laoghaire Rathdown across a huge range of sports, are the ones who deliver the ongoing opportunities to be active and particularly our young people. We try to support this great volunteer work wherever possible through training in areas such as child safeguarding, first aid and disability inclusion. A highlight for 2024 was our ICoachKids Conference in September, which involved supporting over 100 coaches in designing their sessions to be child centred.

In order to support clubs to promote themselves, we also designed and delivered a brand-new Communications for Sports Clubs training programme through our Sports Marketing and Information Officer, Declan McMahon. This builds on the important work he is doing to increase awareness of opportunities to be active through our website, social media and printed materials.

Our Active Cities Dublin project, through its Officer Angela Monaghan, continues to develop innovative projects to increase opportunities to be active as well as develop a culture of physical activity being the norm across the whole of Dublin.

A mix of participation programmes and events, as well as capital infrastructure projects were delivered to promote this message. This included the Parks & Trails Challenge during the summer months that got people into some of beautiful walking routes and the boules courts that have been installed over the past months have now resulted in a DLR league for local teams.

Another key area of our work is to support and provide opportunities for people with a disability to be active and find their sport. Gwen O'Looney is our Sports Inclusion Disability Officer, and she works with local schools, services, clubs and partner agencies to support participation among all abilities. Our Water Sport Inclusive Camps took place for the fourth year running providing 1:1 supports for 70 children. Our inclusive bike fleet continues to get great use along the coastal mobility route in Dún Laoghaire and a range of initiatives were delivered to hundreds of participants across a range of disability types.

This is only a sample of what the team together with our partners have delivered over the past 12 months and I look forward to building on this for 2025. I would like to sincerely thank the Board of Dún Laoghaire - Rathdown Sports Partnership, Sport Ireland and Dún Laoghaire-Rathdown County Council for their ongoing investment and support of our work. Look forward to seeing you all in 2025!

Shane McArdle
Coordinator
Dun Laoghaire Rathdown Sports Partnership





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 **SPORT IRELAND**
LOCAL SPORTS PARTNERSHIPS