



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

# NEWSLETTER

*For an Active Dún Laoghaire-Rathdown*



SEACHTAIN AMUIGH FAOIN AER DI

**HER** OUTDOORS  
WEEK     

*Self Defence in Ballinteer  
Meet Ken and Martin..*

*HER Outdoors Week!  
Did you #FindYourOutdoors?*

*European Week  
of Sport 2025*

INFORMATION

EDUCATION

IMPLEMENTATION



10



9



6



12-13



5



7



4



14



COMHPHÁIRTÍOCHT  
**SPÓIRT**  
DHÚN LAOGHAIRE-RÁTH AN DÚIN  
SPÓRT ÉIREANN

*Our logo brand pack is here...*



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

## 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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# Back to School with Louise



Louise Callan is our Officer on the ground for schools and is an advocat for the HER Moves Programme!  
Contact Louise at [LCallan@dlrcoco.ie](mailto:LCallan@dlrcoco.ie)



## Daily Mile Back to School Challenge

Get a head start on the new school year with our 4-week Daily Mile Back to School Challenge.

Starting on September 23rd join schools across dlr in completing a daily mile to for 15 minutes a day. Then join us to celebrate the end of the programme with a final mile event in October!



Email Louise on [LCallan@dlrcoco.ie](mailto:LCallan@dlrcoco.ie) to register your schools interest.

## Playground Marking Stencils

New to dlr this year we have a set of playground marking stencils and wall targets that schools can borrow to brighten up boring tarmac playgrounds.

The stencils will allow children to use their imagination and get active in the school playground!

Scan the QR code to put your school on the waiting list.



## Balance Bikes

Our extremely popular balance bike programme is back for Junior & Senior Infants in dlr Primary Schools.

Schools can borrow a set of 10 bikes and helmets for 4-weeks, there are a series of short tutorial videos to accompany the bikes. If your school is interested in borrowing the bikes this year, please **scan the QR code to book.**





★ Key Dates during ★  
**National Walking Week 2025**


 <p><b>Mon 22<sup>nd</sup> Sept</b> Mindful Walking Day</p>	 <p><b>Tue 23<sup>rd</sup> Sept</b> Equality, Diversity &amp; Inclusivity Day</p>	 <p><b>Wed 24<sup>th</sup> Sept</b> Workplace Walking Day</p>
 <p><b>Thu 25<sup>th</sup> Sept</b> Active Travel Day</p>	 <p><b>Fri 26<sup>th</sup> Sept</b> Access for All Day</p>	 <p><b>Sat 27<sup>th</sup> Sept</b> Happy Hiking Day</p>



#WalkHikeRunPushRoll #EuropeanWeekofSport #WorkplaceWalkingDay

**Find out more about National Walking Week 2025**  
 They have a list of walking programmes and groups for you to try!

<https://www.getirelandwalking.ie/nwd-2025>  
 or scan the QR Code



# Para - Standing Tennis Regional Launch



Following the successful national launch of Tennis Ireland's Para-Standing Programme at Castleknock Tennis Club, the spotlight now turned to Shankill Tennis Club for the Regional come & try session which took place on Saturday, 30th August.

Para-Standing Tennis is designed for people of all ages with physical disabilities who wish to play tennis without using a wheelchair. This includes individuals with limb loss, limb deficiencies, cerebral palsy, acquired brain injuries, or short stature.

An Cathaoirleach of Dún Laoghaire - Rathdown County Council, Cllr. Jim Gildea was present and was impressed with the participation levels and the energy on the day!

Refreshments were provided and everyone came together for a well deserved rest and chat!

# SportsAbility Updates with Gwen



*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**



## dlr Inclusive Water Camps make a splash this Summer yet again !



Comhairle Contae County Council

The dlr Inclusive Water Camps wrapped up a fantastic five-weeks taking place from June to July, bringing joy, adventure, and inclusive fun to over 100 children with additional needs.

This fully funded initiative by dlr County Council was expertly administered by DLR Sports Partnership, with on-the-ground delivery by Active Connections, whose trained staff provided dedicated 1:1 buddy support throughout the camps.

Hosted at the beautiful Royal St. George Yacht Club, who generously provided their facilities free of charge, the camps offered a safe and exciting environment for children to enjoy water-based activities.

From kayaking and swimming to splashing, jumping in, and playing ball games, every day was packed with laughter and connection.



## Got SportsAbility Going on in your Club?

At Dún Laoghaire - Rathdown Sports Partnership we are here to help you reach the right audience with our SportsAbility Calender.

This calender will be able to tell potential participants what you have going on at your club around SportsAbility, where it is, when it is, and if there's any fees to be paid to participate.

It's real easy to sign up too!

Simply scan the QR code to start the process!

Any questions, contact Gwen at [golooney@dlrcoco.ie](mailto:golooney@dlrcoco.ie)



# #BEACTIVE

## EUROPEAN WEEK OF SPORT

# 10 YEARS

### 23-30 September

## 10 years. 42 countries. One movement.

The European Week of Sport and #BeActive was launched in 2015 as an initiative by the European Commission to tackle physical inactivity across Europe.

Over the past 10 years, it has grown into a powerful movement present in up to 42 countries and regions, reaching millions of people of all ages and backgrounds.

We've inspired communities, supported healthy habits, and brought the joy of movement into everyday life. What started as a campaign has become a shared commitment to a healthier, more connected Europe.

In 2025, we proudly celebrate a decade of energy, inclusion, and impact. — and we're only just getting started.

2015-2024

The European Week of Sport *in numbers*



Up to 42  
Countries & Regions



More than 103  
million Participants



More than 353  
Thousand Events

In 2025, the European Week of Sport will focus on celebrating a decade of impact, encouraging healthier digital habits, and inspiring everyone to #BeActive.



Find out more on our dedicated European Week of Sport Page. Scan the QR code for more information.





### **Two Become One**

*This was a joining together of knowledge acquired by the two martial artist. Everything Ken and Martin are teaching is an extension of what both have practiced to date. A process they call "the logical evolution of study".*



### **Bushi Kenpo Ju-Jutsu Supports ISPC**

*Ken and Martin are strong supporters of the ISPC Blue Shield anti Bullying Campaign and works with the ISPC to help empower children by giving them the confidence to stand up for themselves and say no to bullying. To also use their training in all aspects of their home, school & social life.*



# CLUB FOCUS *Bushi Kenpo Ju-Jutsu*

Every Newsletter edition we focus on highlighting great work done by many local sports clubs and organisations. This edition we look at Bushi Kenpo Ju-Jutsu.

## 99 years of experience between them!

Martin Cousins and Ken Keating are the founders of Bushi Kenpo Ju-Jutsu.

Martin is a 10th Dan Black Belt with 53 years training while Ken is an 8th Dan Black Belt with 46 years training.

They deliver Bushi Kenpo Ju-Jutsu to approx. 50 students in Ballinteer at Our Lady's Boys and Girls National School from 7pm on Fridays.

If you would like to try, get in contact today.

Call Ken at 087 780 1788 or e-mail [kenkeating2017@gmail.com](mailto:kenkeating2017@gmail.com)



*"Bushi Kenpo Ju-Jutsu is not a new concept, but rather a pulling together of our knowledge and training in Kenpo, combined with traditional Ju-Jutsu and Kobojutsu".*

### **Ken Keating**





Scan the QR Code to find out more about European Week of Sport and #BeActive Night!



## #BeActive Night @ Explorium Move, Play, Explore!

#BeActive Night is a vibrant celebration encouraging people of all ages to get moving, have fun and discover new ways to stay active.

It is one of the highlight events during the European Week of Sport, which promotes physical activity and healthy lifestyles across Europe.

Back for its 3rd year in Dún Laoghaire Rathdown, #BeActive Night will takeplace on Saturday, 27th September, 5pm-8.30pm at Explorium, Ireland's National Sports & Science Centre.

Join us for an exciting evening of exploration, fun, learning, games and activities! Attendees will have access to all three areas of the venue: Junior Explorium (for under 7s only), the Science Centre and the Activity Zones.

Limited spaces are available to the public. For more information visit our website or follow us on social media!

For more Active Cities info [amonaghan@dlrcoco.ie](mailto:amonaghan@dlrcoco.ie)



#BEACTIVE NIGHT 2025  
27th September  
5pm - 8:30pm



## Junior parkrun on the horizon..



DÚN LAOGHAIRE - RATHDOWN  
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Register for parkrun today.  
Scan the QR code.

*parkrun is a free, community-focused event where people of all ages can walk, run, volunteer or simply cheer others on. Each event features a 5k course and takes place every Saturday morning at 9:30am. parkrun is already thriving in several local parks including Marlay, Cabinteely and Shanganagh Park.*

*For younger participants, Junior parkrun offers a 2k course designed especially for children aged 4 to 14 and their families, welcoming all abilities and encouraging everyone to get involved and have fun.*

*Currently, Junior parkrun events are held every Sunday morning at 9:30am in Deer Park and Marlay Park.*

*We're thrilled to announce that due to growing interest, a new Junior parkrun is on its way to the Dún Laoghaire - Rathdown!*

***Details are being finalised, so keep an eye out for updates.***

*Looking for a new challenge? Why not join a parkrun this weekend?*

*It's a welcoming, inclusive event where everyone is encouraged to participate — there's no time limit, and no one finishes last!*

SEACHTAIN AMUIGH FAOIN AER DI

# HER OUTDOORS WEEK



We were thrilled to celebrate HER Outdoors Week 2025 here in Dún Laoghaire-Rathdown!

This special week shone a light on women and girls getting active in the great outdoors, encouraging everyone to try something new, enjoy nature, and connect with others in a fun, supportive environment.

From the mountains to the sea, greens to local trails, there were so many opportunities right on our doorstep to move, explore, and feel the benefits of being active outside.

Dún Laoghaire-Rathdown Sports Partnership was proud to play our part by hosting inclusive, accessible events that made it easy for women of all ages and abilities to get involved. Whether it was dancing by the sea, hiking, yoga, water sports, or simply enjoying the fresh air with friends, there was something for everyone to enjoy.

Together, we celebrated stepping outside and embracing the health, confidence, and joy the outdoors brings!



## MOUNTAIN BIKING



## KAYAKING



## PADDLE BOARDING



# #EMBRACE YOUR SPACE

Kevina Malone was our lead on HER Outdoors. Find out more about activities for women [kmalone@dlrcoco.ie](mailto:kmalone@dlrcoco.ie)



# #FIND YOUR OUTDOORS

# SEACHTAIN AMUIGH FAOIN AER DI

# HER OUTDOORS WEEK




**ZUMBA**

**HIKING  
YOGIS**



**YOGA**



**SAILING**



**270** Women & Teenage Girls took part in DLR at HER Outdoors 2025

**THANK YOU**

# Communications Course for Volunteers 2025



## NO QUALIFICATIONS NEEDED!

You simply need to be comfortable using your smartphone. The training sessions are paced to suit different levels of experience with technology.

Last year, a group of volunteers from sports clubs across the DLR region joined our Communications Course — and the results speak for themselves.

Since completing the training, they have:

- Created eye-catching Canva posts and reels to promote matches, training, new member shout-outs and events.
- Grown their club's presence on social media.
- Built simple websites to welcome new members.
- Shared real stories from inside their clubs, helping attract new players and volunteers & much much more!

This free, 5-session course is open again for Autumn 2025 — and it's perfect for:

- Volunteers doing club social media or communications.
- Clubs looking to grow their members, get funding or raise awareness.
- Anyone with a passion for their club, no matter their experience level

**2025 Course Details:**

- 2 in-person sessions (Dublin) + 3 online evenings.
- Free to attend – ideal for small or under-resourced clubs.
- No design or marketing background needed!



2024 Sports Club Communications Course Participants



Start your journey today. Scan the QR code and visit DLR Sports Partnership.



# #BEACTIVE

EUROPEAN WEEK OF SPORT  
In DLR 23 - 30 September

#BeActive Night  
27<sup>th</sup> September

Walking  
Programme

Padel

Online Training  
Safeguarding  
LAMH  
Disability Awareness

Walk with DMP  
& Vision Ireland



AND MORE TBC





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**Kevina Malone:** Programmes Manager - [kmalone@DLRCOCO.IE](mailto:kmalone@DLRCOCO.IE)

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Comhairle Contae County Council

 **SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS