



2023

Active  
South Dublin

Annual Report







# Active SOUTH DUBLIN 2023

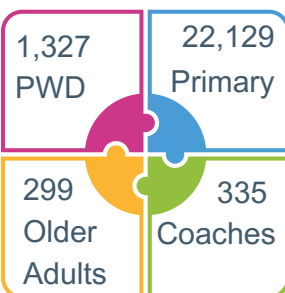


## €624,064

Invested in 2023

## 39,382

Participated in programs, events, training & development.



## BoxUp

South Dublin County's first BoxUp was installed in Dodder Valley Park and programmes such as Try, Track & Field and Try One Challenge continued.



## Inclusive

1327 Children took part in Inclusive camps INC Horse Riding & Rugby  
1095 IPA'S took part in programmes from Park Run to cricket



## Older Adults

523 Older people took part in Activator Pole programmes  
433 Participated in Try One Challenges



## Community

€27,606 Allocated to clubs and community groups  
202 Participants registered for Safeguarding courses.  
1400 Participants took part Terenure 5k run

## Social Media

1395 Twitter Followers (8% increase since 2022)  
6725 Facebook Followers (25% increase since 2022)  
2661 Instagram Followers (13% increase since 2022)



## Other Highlights

### Pool Pod

The County's 2nd Pool Pod was installed into Tallaght Community Center Pool, providing access for all to the swimming pool.



### Trishaw

South Dublin got its first age friendly Trishaw. Running in Dodder Valley Park the Trishaw makes our parks to older adults.



### Petanque Court

Griffen Vally saw the instillation of South Dublins first public Petanque court.









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# CHAIRPERSON'S STATEMENT

2023 brought a fundamental shift in the workings and in particular the management, of South Dublin Co. Sports Partnership. The Committee and staff, with the support of South Dublin Co. Co., embarked on a new strategic planning framework that has resulted in a much-changed structure. In the development of the new Strategic Plan 2023-2028, the emphasis on building internal partnerships was a key element and input into and responsibility for actions leading from the plan were made by the Public Realm, Planning, Roads, Active Travel, Housing, Tourism and Community sections of South Dublin Co. Co., as well as by external partners such as the HSE, Tallaght Hospital, Education & Training Board, TU Tallaght Dublin and South Dublin Co. Partnership. For the first time, a plan brought many of the key agency players responsible for the promotion of community sport and physical activity under one roof.

That is not to say that the thoughts and wishes of the wider community, sports and education sectors weren't listened to. A comprehensive series of in-person and online sessions were organised and their feedback was included. The resulting plan is one that is comprehensive and challenging but because of the partnership ethos involved, there is a strong and genuine commitment to making it work.

The plan was the first comprehensive local sports plan launched by a local authority in Ireland and with the backing of Sport Ireland has become a template for others to follow. One important aspect of the plan was the amalgamation of the local authority sports office and the South Dublin Co. Sports Partnership team into one new Active South Dublin unit. This has provided clarity for sports and community organisations, for public representatives and agencies and for the wider public in general. The new unit with a new look has quickly made its mark and become a recognised brand in its own right and the future is bright for it.

On the participation side of things, there were over 38,000 physical activity opportunities provided to the community of South Dublin Co throughout the year. Some were large events such as the primary school's Marathon Kids programme and the school's swim programme support. Others were smaller, such as our dance classes for clients with the local mental health services. Throughout the year we worked with young children, teenagers, adults, older adults, people with a disability, refugees and those from disadvantaged backgrounds.

On top of that were the support provided through grants, the provision of equipment such as the Poolpod in Tallaght Leisure Centre that eases access to the pool for older adults or people with a disability and the extensive capital programme that has delivered play spaces, cycle lanes, a new equestrian arena and many pitch and community improvements.



The Active South Dublin unit is a very small team (5 people at the end of 2023), but while it hopes to grow these numbers in 2024 its real strength lies in the partnerships that it has helped to create and develop. The combined effort of all will help to realise the ambitions for community health that we have. We look forward with relish to the challenges but also to the achievements we plan to make in 2024.

Is Feidir Linn !

Joe Rynn

Chairperson, Active South Dublin









# ABOUT US

**Active South Dublin is one of a national network of 29 Local Sports Partnerships (LSPs), set up by the then Irish Sports Council (now Sport Ireland) to actively promote increased participation in sport and physical activity across the entire community, with a particular emphasis on those who are less active.**

The Active South Dublin office is based in County Hall, Tallaght. Active South Dublin is primarily funded by the Irish Sports Council with assistance from local partners, especially South Dublin County Council and the HSE.

## Our History

In the Irish Sports Council's (ISC) strategy "A New Era for Sport 2000-2002", The Council proposed to establish a nationwide network of Local Sports Partnerships to create a national structure to co-ordinate and promote the development of sport at a local level.

The ISC identified that the effective development of sport and recreation at a local level would be best delivered through the adoption of a partnership approach between all bodies and organizations involved in the delivery of sport and recreation locally.

Following the Irish Sports Council's competition process in 2007 South Dublin County was designated as a Local Sports Partnership site and the recruitment of a Co-ordinator took place in November 2007.





# VALUES

The positive impact of regular participation in sport and physical activity is far reaching and cross cutting. This is why it is consistently referenced and prioritised across major government policies and strategies.

'Active South Dublin' reflects the ambition to significantly increase the number of people in South Dublin that lead active, healthy lifestyles throughout their life course.

Whether its exercise and fitness, volunteering, and coaching, playing team sports, walking, dancing and cycling our aim is to support and develop activity in South Dublin County by bringing together partners across the community, voluntary and statutory sectors with residents, clubs, schools, leisure facility providers and others to develop a locally led approach to improving participating in physical activity, recreation and sport.

Our Mission: Active and Healthy Lifestyles for all in South Dublin is guided by our framework which focuses on four key areas.

- Active Spaces and Places
- Active Communities and Clubs
- Active Partnerships and System
- Active Communications
- 

Another important component is the union of South Dublin Co. Sports Partnership and South Dublin Co. Co. sports office into one under Active South Dublin.



Pool Pod opening in Tallaght Leisure Centre



# STRATEGIC PILLARS

## 1.: To Lead

To upskill sports leaders to ensure that there is a greater introduction to, and pathway in, sport and physical activity

## 2: To Inspire.

Our biggest challenge and our greatest focus will be on getting those who are least active, more active. Research shows that certain groups in our community are less inclined to participate in sports or physical activity, for example, teenage girls and women in general, people with a lower income or educational attainment; people with a disability, older aged or ethnic minorities such as Travellers etc. Each of these groups will be priority areas but on top of that, we will work on localised plans that can put extra focus on a target group or a geographic area as needs dictate.

## 3: To Enhance.

South Dublin County has a wide range of physical resources – parks, mountains, waterways and community and sports facilities – that need to be promoted, supported and utilised. We also have a wide variety of agencies and local organisations that are involved in the delivery of sport and healthy physical recreation. By harnessing the strength of these organisations, we can work to ensure that we get the best use of people and financial resources.









# OUR WAY OF WORKING





# KEY OBJECTIVES

## Ambition 1:

Develop active lifestyles amongst communities in South Dublin, in all their diversity, through an innovative annual programme of participation opportunities and partnerships.

## Ambition 2:

Enhance South Dublin's profile as an 'Active Place' by delivering flagship participation opportunities and sporting events

## Ambition 3:

Support the development of vibrant, inclusive sports clubs across South Dublin, building pathways to long term sustainable participation

## Ambition 4:

Optimise the potential of existing natural and physical assets such as community centres, parks, mountains, water, leisure centres and schools as places where sport, physical activity and recreation can occur

## Ambition 5:

Ensure that the sport and physical activity is part of planning and decision-making for new facilities and developments

## Ambition 6:

Significantly enhance the availability of quality sport, recreation and physical activity facilities and spaces through the full delivery of our sports capital programme and other capital programmes

## Ambition 7:

Enhance the reach and presence of the new Active South Dublin brand to promote the value, benefits and opportunities in sport and physical activity

## Ambition 8:

Proactively target communities that are underserved and underrepresented through positive, inclusive messaging on motivation, capability and opportunity to be active

## Ambition 9:

Maximise the use of data and evidence in sport and physical activity decision making, share good practice and communicate impact

## Ambition 10:

Ensure integrated working by fully resourced teams across the Council with the common goal of supporting active and healthy lifestyles for all in South Dublin

## Ambition 11:

Proactively engage and collaborate with a range of partners in the delivery of local, regional and national strategies and policies

Our Strategic Themes



Active Communities and Clubs



Active Spaces and Places



Active Communications



Active Partnerships and Systems

## Our Mission

Active and Healthy Lifestyles for all in South Dublin





Try one Chair Yoga



# THE TEAM

## Staff & Management

**Thomas McDermott**  
Coordinator



**Tracey Kelly**  
Administrator



**Comm's Officer**  
Ellen Connolly



**Active Cities Officer**  
Darragh Conway



**SDO**  
Helen Dwyer



**SIDO**  
Siobhan Gallier



## Committee 2033 Partners

- Kim Dempsey: SDC Partnership
- Lucy Crush: SDCC
- Cllr Paddy Holohan - SDCC
- Cllr Carla Bailey: SDCC
- Tim O'Connor: TU Tallaght
- Darren Bruton: Dublin and Dun Laoghaire Education and Training Board
- Danny Towell: Chamber of Commerce
- Stephen Heaney: Public Participation Network
- Suzanne Furlong: Public Realmh SDCC
- Robbie de Courcy: FAI Development Officer
- Daniel Russell: HSE
- Catherine Keane: School Principal
- Joe Wright - Leinster Badminton







# CASE STUDY

## Schools Rowing Programme

### PROJECT DESCRIPTION

Rowing Ireland, in partnership with Active South Dublin, delivers an annual indoor rowing programme in several secondary schools in the county. In 2023 ten schools were chosen. While the programme is open to both boys and girls the primary focus is girls, in our drive to support attractive participation opportunities for females and to lessen the participation gap with males.

Rowing Ireland coaches attend the schools to deliver the sessions over 6 weeks. The sessions are heavily subsidised so that finance is no barrier to participation for schools. In 2023, 2560 individual participations occurred (a 23% increase on the previous year – 2080). Following the in-school sessions the schools are also offered the opportunity to participate in inter-school blitzes and free on-the-water sessions, both of which prove to be a bit hit. Additionally, Active South Dublin covers the cost of a dedicated TY coaching programme with schools offering up to 20 places per school.

### KEY OUTCOMES

- **Increased Student Engagement:** High levels of participation and enthusiasm from students who typically do not engage in PE.
- **Enhanced Teamwork and Communication:** Significant improvement in students' teamwork and communication skills.
- **Positive Feedback and Enjoyment:** Students enjoyed the programme, especially the indoor rowing blitz and on-the-water sessions.
- **Interest in Extracurricular Activities:** Some students have shown an interest in joining rowing clubs and competing in the future.

### KEY LEARNINGS

- **Inclusive Programmes Boost Engagement:** Tailored programmes can engage students who are less active or less interested in traditional PE activities.
- **Practical Sessions Are Effective:** Hands-on activities like indoor rowing blitz and on-the-water sessions are highly effective in increasing student interest and participation.
- **Recognition Encourages Participation:** Recognizing and awarding students for their achievements can significantly boost their confidence and interest in sports.
- **Potential for Long-term Involvement:** Exposure to new sports activities can lead to sustained interest and potential long-term involvement in these activities outside of school.
- **Benefits Extend Beyond Physical Fitness:** Such programmes not only improve physical fitness but also enhance essential life skills like teamwork and communication.



## NEXT STEPS

To deliver the programme Active South Dublin purchased 15 indoor rowing machines. This obviously hinders a wide delivery of the programme so in 2024-2025 we plan to purchase an additional 5-10 machines and hopefully expand annually.

While we don't have any rowing clubs in the county our goal is to provide children with an opportunity to participate in and enjoy a sport that would not be familiar to them and with that experience, they can continue in confidence to participate in sport.... And we look forward to the day when someone from the county is going to represent Ireland on the world stage having started their journey with us in school.

Jonny Kernahan, Killinarden Community School:

"Feedback from our TY and 5th-year students this year was positive across all fronts. Not only did they enjoy the 6-week programme during PE time, but they really enjoyed the indoor rowing blitz which I feel helped a lot of students who maybe haven't achieved very much in school. To see some of the boys and girls go home with a medal around their neck was fantastic and I could see how proud they were of their achievement. The on-the-water sessions were also a major hit for the students and some have already shown an interest in competing on the water next year. Students' participation in PE has improved and the programme also really improved their teamwork and communication skills."



Mick O'Toole, St Paul's Greenhills:

"I just wanted to say how good the programme has been for us here in St. Paul's. The level of engagement in the programme from students who don't participate in PE much is phenomenal. The girls love it and want to investigate joining clubs outside of school. It has been great for us entering teams in both the indoor and outdoor blitz which is all positive feedback from the girls. This programme is huge for us getting girls involved in exercise".





# CASE STUDY

## Box-Up Locker System Report: Providing Free Sport Equipment for Park Users

### PROJECT DESCRIPTION

The Box Up locker system is a revolutionary concept that aims to provide park users with easy access to free sports equipment. Users download the Box-Up app for free and through the app, they can access free physical activity equipment for up to 3 hours at a time. The parks selected for this project were Dodder Valley Park & Beechfield Park. Through consultation with public realm these locations were selected because of the current physical activity installations in the park. Both parks have basketball courts, tennis courts and playing fields and Box-Up compliments these installations perfectly. This report highlights the benefits and impact of the Box Up locker system on park users and the community.

### KEY OUTCOMES

- **Convenience:** Park users no longer need to bring their own sports equipment to enjoy a game in the park. The Box Up locker system offers a hassle-free solution for accessing a wide range of sports equipment.
- **Affordability:** By providing free sports equipment, the Box Up locker system promotes inclusivity and accessibility for individuals who may not be able to purchase their own equipment.
- **Encouraging Physical Activity:** The availability of free sport equipment through the Box Up locker system encourages park users to engage in physical activity, promoting a healthier lifestyle and overall well-being.

### KEY LEARNINGS

- The Box-Up unit is best utilised next to physical activity installations. The data shows Basketball, Tennis, Football & Frisbee are the most popular equipment in the lockers as they are next to courts and playing fields.
- Going forward we will select locations based on the physical activity and perhaps fewer lockers based on the data.

### NEXT STEPS

Depending on funding, we plan to continue to roll out Box-Up throughout the county. There are many parks/outdoor spaces that would benefit by having a Box-Up unit. Two locations have been targeted this year, with Q3 in 2024 as the target for delivery.



My kids and I have used Box-Up a few times in Dodder Valley. The app is easy to use and having equipment ready to go in the park is very convenient. We don't have to carry equipment & by accessing the app before we leave we can see if the locker is available. We also tried new activities like Spikeball which we never would of tried without the Box"

Ronan







# FINANCIAL STATEMENT

Income	Total Income 2023
Community Sports Hub - West Tallaght	€17,275.24
Innovation Grant	€2,454.50
Cost of Living	€7,500.00
Community Support Fund	€5,150.00
Volunteer Supports Grant	€11,500.00
Covid Small Clubs Grant	€28,800.00
Payments for Training Courses	€17,259.40
Sports Inclusion	€17,952.00
Council Contribution	€944.69
Active Cities	€183,057.18
Women in Sport Grant	€18,991.20
Sport Ireland Grant 2022	€170,525.53
European Week of Sport	€3,500.00
2023 Sport Ireland Grant	€388,198.00
HSE Funding	€11,167.79
Healthy Ireland Funding 2023	€750.00
<b>Total Income</b>	<b>€885,025.53</b>

Expenditure	Total Expenditure 2023
Staff Salaries & Expenses	€176,832.21
Administration Costs	€23,217.36
Club Development Grants	€27,606.75
Operation Transformation	€1,551.06
Sports Programmes	€37,145.51
Women In Sport	€2,479.78
Sports Inclusion Programmes	€23,545.94
Other Programmes	€14,599.98
Active Cities 2023	€201,080.97
Community Sports Hub - West Tallaght	€19,006.41
Innovation	€91,739.00
Community Support Fund	€5,260.00
<b>Total Expenditure 2023</b>	<b>€624,064.97</b>









# Active SOUTH DUBLIN

## CONTACT US

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