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## 1.0 Foreword and acknowledgements

Introduction from the Chairperson, Marie Price Bolger

It gives me great pleasure to introduce the first Strategic Plan for South Dublin County Sports Partnership (SDCSP). In his address for this document John Treacy highlighted the importance of strategic planning in matching local needs to Partnership priorities, while also ensuring the resources available are used equitably and transparently across the county.

The principle thinking behind the development of Sports Partnerships was to enable individuals to actively engage in sport and physical activity by providing new opportunities and supporting existing activities. SDCSP have achieved considerable success to date with our approach to this task.

Some of the major highlights to evolve through the SDCSP during its lifetime to date are the 'Link 2 B Active' programme, the Community Linkage Programme in secondary schools in the West Tallaght (RAPID) area, the 'Buntús' programmes at both preschool and primary level and the 'Living the Life' (older aged activity in public leisure centres) programme amongst others.

However, none of the above would have been possible were it not for the Partnership approach to process taken by all the key players. From the small local groups and clubs to the large national associations the willingness and commitment was evident; thus pushing the participation agenda right across our communities and county, regardless of participants age or ability.

In developing the plan SDCSP have engaged widely in consultation and discussion fora in order to ascertain the current requirements and the demands for future direction. As we move into the next phase of our development SDCSP are determined to build on the existing success and continue to strengthen this very positive Partnership approach and thereby maximize our ability to initiate positive change.

I would like to take this opportunity to thank all those who participated in the development of our first strategic plan, my fellow board members for their continued dedication in driving the vision of SDCSP forward and the staff team of Thomas McDermott and Audrey Grainger for their hard work and commitment to ensuring the actions of the Partnership are successfully delivered to the communities of South Dublin County.

**Marie Price Bolger**

Chairperson, South Dublin County Sports Partnership



On behalf of the citizens of South Dublin County I am delighted to be in a position to formally welcome the delivery of this very important document. Sport and physical recreation are central to our everyday lives - regardless of our perceived fitness level or ability - and everyone should be given the opportunity to participate. Indeed it is no exaggeration to say that it helps to define us as individuals and as a community.

Since its inauguration as a Local Authority in 1994 South Dublin County Council has consistently sought to get the best usage of the county's own natural environment; its waterways, mountains and parklands and to build and develop sport and recreational facilities suitable for the entire community.

It is clear from the document that a great deal of time and thought has gone into the process of identifying actions to carry out, who they will target, who will implement them and how this will be measured. Its purpose is to set the context through which the needs of the county residents can be met and how the implementation of the strategy can be achieved over the coming years.

South Dublin County Sports Partnership has helped to develop a very positive relationship between the many and varied "players" involved in the promotion of sport and recreation in our county - the various departments in the County Council, statutory agencies, community development organisations, sports bodies, clubs and private facilities - and I would like to thank all involved for their efforts thus far and for their continued commitment. I would particularly like to acknowledge the enormous contribution and investment made by the many volunteers involved with sport across the county.

South Dublin County Council is fully committed to its responsibilities under this plan and we look forward to working in Partnership within the community, to fulfil these ambitious but yet attainable tasks for the benefit of all those who live, work, visit and invest in our County.

**Cllr. Eamonn Maloney**  
Mayor, South Dublin County Council



#### Message from John Treacy, CEO Irish Sports Council

The Irish Sports Council has produced four strategies to date. Central to the strategies has been the importance of establishing a sustainable national structure for local sports development to increase and then maintain levels of sports participation.

The Irish Sports Council considers the strategic planning process to be an essential step in the development of Local Sports Partnerships. This step can bring many benefits such as matching the needs of the local communities to the priorities of the Partnership. It is then possible to quantify the resources required effectively to achieve these priorities and answer local needs. This ensures that the plan can be a working document, which will show results over its lifetime.

This is the first strategy of the South Dublin County Sports Partnership. It aims to build on the excellent start by the Partnership and help ensure that South Dublin County Sports Partnership grows in strength and continues to be the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond.

This document is the final product of an intensive process of examination, evaluation, consultation and discussion in the future direction of the Partnership. I would like to thank all those who contributed to the strategy process and I wish everybody involved in the South Dublin County Sports Partnership all the best for the future.

**John Treacy**  
Chief Executive, Irish Sports Council





## 2.0 Background to the Strategic Plan - the starting points

This is the first strategic plan for sport, recreation and physical activity for South Dublin County. The plan is primarily concerned with the promotion and co-ordination of sport and recreational physical activity in South Dublin County. It is intended as a framework to guide South Dublin County Sports Partnership (SDCSP) and the Strategic Policy Committee (SPC) of the County Council with responsibility for Sports, Recreation, Community and Parks. Concentrating on a number of policy areas, the plan seeks to prioritize the direction of sport and recreational development in the county for the period 2010 - 2016.

### 2.1 Who is charged with implementing this strategic plan?

This strategic plan has been prepared by the South Dublin County Sports Partnership and the Sports, Recreation, Community and Parks SPC. The strategic plan covers the work of the staff and partners of the South Dublin County Sports Partnership and the work of South Dublin County Council as it relates to sport and recreation.

Within the Council, the Sports, Recreation, Community and Parks SPC is responsible for developing the council's policy in the area of sport, recreation and physical activity. This committee is comprised of a broad membership including the Sports Development Officer, the Play Officer (the SDCC sports office is comprised of these two posts) the Parks Department, County Councillors and local community representatives.

The development of the strategy was co-funded by the South Dublin County Sports Partnership and South Dublin County Council.

### 2.2 Who will benefit from the strategic plan? Our target groups

The Strategic Plan for Sport, Recreation and Physical Activity in South Dublin County is designed to improve the lives of all the people who live in, work in and visit the county. The plan is aimed at anyone who has an interest in the promotion and support of physical activity. In particular it is aimed at persons who have a role in the provision of services and amenities for sport and recreational activity and those who have a role in providing education, coaching support or volunteer support to groups or individuals in the community.

While the breadth of the task mirrors the broad range of activities described as physical activity the strategy needs to be realistic in terms of what can be achieved over the lifetime of the plan. We are conscious that success in achieving recommended levels of activity is most likely to be achieved with people who are open to the concept of physical activity and are ready to take the next steps towards increasing their levels of activity. We are also conscious that getting those who are currently inactive to start activity represents a great chance to achieve better health returns. But we are equally conscious that it is not realistic to expect that we will reach all the people in the county. Therefore we have prioritised our target groups.

- Target Group 1:** Young children, especially of primary school age. It is well known that exposure to and enjoyment of physical recreation at a young age leads to longer participation in adult life. We will strive to ensure that all children in the county, regardless of background, get the opportunity to participate in a safe environment in a variety of sports and physical activity.
- Target Group 2:** People who are not currently taking sufficient physical activity but who are open to trying new activities. This includes people of all ages. Within this large group, we hope to encourage those who are thinking of becoming active to actually engage in activity and to encourage those already doing a little activity to engage in more regular and consistent physical activity.
- Target Group 3:** Those who are currently inactive and who are most resistant to change; we would hope to begin to positively change their attitudes towards physical activity. We would hope that some would start to become active.
- Target Group 4:** Those who are already sufficiently active; we aim to support their continued activity.
- Target Group 5:** Members of clubs and groups; we aim to support such clubs and groups to retain current members and attract new members.

### 2.3 What we mean by sport, exercise, recreation and physical activity?

Physical activity is a general term to describe any movement of the body that uses energy and includes a wide variety of activities. Sport and exercise are considered to be part of this broad umbrella of physical activity with sport usually involving some form of competition, and exercise usually being taken to improve fitness and health.

Recreation can be defined as the expenditure of time in a manner designed for therapeutic refreshment of one's body or mind contributing to stress management and improved quality of life.

Within this strategy, we include recreational activities which have a physical activity component.

In addition to sport and exercise there are lots of activities contribute to a person's health and well - being. These include play, dance, walking and other recreational activities that have a physical activity element. There is also the normal exercise one gets from 'active living' which can include walking or cycling for transport, housework, gardening and any occupation that involves a level of physical activity that contributes to health and physical fitness. This is reflected in the Irish Sports Council's broad - ranging definition of sport which includes:

"all forms of physical activity which, through casual or organised participation, aim at improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competition at all levels.  
' This definition includes active play, physical education, physical recreation, exercise, and competitive sport"

The key message for individuals is that they should choose activities that are enjoyable and suit their lifestyle





#### 2.4 Why is a strategic plan necessary? Our core beliefs

The South Dublin County Sports Partnership and the Sports, Recreation, Community and Parks Strategic Policy Committee believe that this strategic plan is important as a tool to address participation in physical activity within the county. The core beliefs underpinning this strategic plan include:

- A belief that physical activity along with recreational and competitive sport play a vital role in community life and there are **great benefits for individuals, communities and society in general from increased levels of physical activity**. These benefits far outweigh any associated costs.
- A belief in the **strength and effectiveness of agencies working collectively to affect and influence change**. Such collaboration maximises resources and prevents duplication. When partners agree on and chart their core direction within a clear and coherent strategic plan they give momentum and power to the achievement of their purpose. The strategic plan serves to give a clear and agreed long term focus and direction to the partners so that real change can happen.
- A belief that **an evidence based approach** is needed to planning and implementation. Such an approach is based on a solid understanding of needs and informed by relevant and timely information on key priorities.
- A belief that a strategic plan helps us **capture the impacts and performance of the work we do**. By evaluating the implementation of the strategic plan, local policy makers, service providers and community interests can monitor how effective the strategic plan is in terms of raising levels of participation in physical activity and providing the evidence for continued investment in sport and physical activity. It will also monitor the effectiveness of the strategy in tackling health inequalities and reaching those most in need.

#### 2.5 What are our core goals?

This strategic plan is based on six core goals. These are discussed in further detail later.

**Goal 1:** To build our networks and further facilitate the process of working in Partnership.

**Goal 2:** To strengthen information provision and our knowledge base.

**Goal 3:** To improve and maximise the use of our physical environment and public facilities.

**Goal 4:** To reach communities, particularly those experiencing disadvantage, through the provision of programmes and innovative responses.

**Goal 5:** To increase the capacity of leaders and sporting clubs to retain existing members and reach out to those least active.

**Goal 6:** To learn and develop through our work



### 3.0 Background to the Strategic Plan - The Policy & Evidence Foundation

Our strategic plan is informed by the strategies governing the development of health and social policy, infrastructure development and economic growth at both a national and regional level. In addition it is guided by the expertise of those with knowledge of the health and broader benefits of physical activity. This section briefly sets out the policy framework and research evidence for this strategic plan;

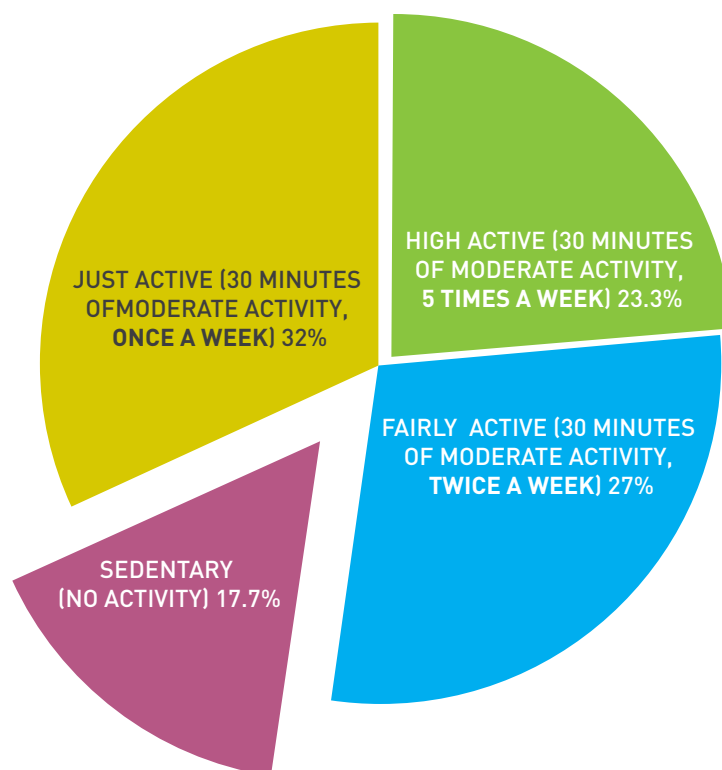
#### 3.1 How active are Irish Adults?

In its second annual report in 2008 The Irish Sports Monitor published by the Irish Sports Council produced results of research into physical activity among Irish adults undertaken by the ESRI. The research found that in general most Irish adults do not take sufficient physical activity. About one in five adults take no activity at all.

In 2008, nearly one quarter of the adult population could be classified as “Highly Active,” this means they take 30 minutes of activity on at least five days of the week. About 60% of adults take some activity but not enough to meet recommended guidelines; they are only active once or twice per week. People with high educational attainment, men, younger people and those on high incomes were much more likely to play sport and much less likely to be sedentary. Activity levels in South Dublin County tend to be similar to other counties but lag behind activity levels in Fingal and Dun Laoghaire Rathdown areas.

These results are presented graphically in the following diagram.

Figure 1: Population Classified by levels of Recreational Physical Activity



Source: Irish Sports Council (2008). The Irish Sports Monitor. First Annual Report, 2008 Pete Lunn, Richard Layte & Dorothy Watson. The Economic & Social Research Institute (Esri)

In becoming active, people generally tend to go through a number of stages. It is important to understand these stages which happen at an individual level between inactivity and regular activity. This helps us plan and target programmes more effectively.

Some of the population who are inactive, have little interest or motivation in becoming active. Research shows that getting inactive people to be active is one of the best 'returns on investment' that can be made but equally other research shows that this group is often most difficult to reach and their habits are hard to change. Through regular and consistent encouragement and exposure to physical activity within their community, some people start to think about becoming active and may even try to make changes to their lives to enable them become more active. In essence they have made a decision to become more active. These people are often very open to receiving information and support around activity and are willing to try new activities, especially those which allow them to 'taste' activities without making a commitment. With a little encouragement and support this group might begin to take more regular activity. Once a person becomes more confident about regular activity they are open to staying involved and are open to joining clubs or groups which promote regular activity.

Once a person is active for about 6 months, then they become accustomed to regular activity and see it as a normal part of their lives. About one quarter of the population fit into this category.

However at each stage of activity, a proportion fall back or 'relapse'. The challenge is to try to encourage these people to keep trying to become regularly active.

### Understanding people - what are the stages of Activity?



### How much activity is required?

The National Guidelines on Physical Activity for Ireland, produced in 2009 as one of the recommendations from the National Task Force on Obesity, aim to increase physical activity and reduce the levels of overweight and obesity among Irish people. These guidelines highlight the recommendations for physical activity for children, young people, adults, older people and people with disabilities. These guidelines state that;

The core message is physical activity is for everyone, and any level of activity is better for your health than none. Specifically,

Children and young people (2 - 18 yrs) should be active at a moderate to vigorous level for at least 60 minutes every day.

Adults (18 - 64yrs) need at least 30 minutes a day of moderate activity on 5 days a week or 150 minutes a week.

Older people need at least 30 minutes a day of moderate intensity activity on five days a week, or 15 minutes a week.

Adults with disabilities should be as active as their ability allows. They should aim to meet the adult guidelines of at least 30 minutes of moderate intensity activity on 5 days a week.

### 3.2 Policy Context for the Strategic plan

In the last number of years a range of policy initiatives have been undertaken nationally and locally that seek to promote physical activity, sports and recreation. Some of these initiatives are concerned with the promotion of better public health and others are concerned with improving engagement in sports and increasing national sporting competence in the competitive arena.

Towards 2016. Ten - Year Framework Social Partnership Agreement 2006 - 2015 (Government of Ireland 2006) is Ireland's social Partnership agreement covering the period 2007 - 2015. The agreement sets out a series of key commitments to improve and modernise services in the public sector.

Within Towards 2016 the Government reiterates its commitment to the development of sport as set out in the Statement of Strategic plan of the Department of Arts, Sport and Tourism for the period 2008 - 2010. The overall Department goal for Irish sport is "To increase participation and interest in sport, to improve standards of performance and to develop sports facilities at national, regional and local level, thereby contributing to healthier lifestyles and an improved overall quality of life, through a Departmental policy and resource framework in Partnership with its Agencies, other Government Departments and the National Governing Bodies of Sport".

Within Towards 2016 the Government sets out a commitment to:

- Support and influence increased interest and participation in sport among all age groups;
- Provide funding towards the development of modern, well equipped and well managed sports facilities at national, regional and local level;
- Enhance the supports required to improve the standards of performance of Irish sportspersons in an environment which respects the ethical values of sport.

The agreement takes a lifecycle approach in the delivery of actions, aiming them at the following categories

- Children,
- Older people,
- Communities,
- People of working age,
- People with disabilities.

The strategic plan will be informed by the requirements of the Irish Sports Council, namely to:

- Encourage greater participation by young people in sport;
- Develop and strengthen links between school/club/community and possibly school/National Governing Body (NGB) links;
- Enhance planning of sport at local level;
- Increase levels of local participation, especially amongst specific target groups such as young children, older people, girls and women, people with disabilities, unemployed people and those who live in identified disadvantaged communities;
- Enhance local coach deployment;
- Support club development and volunteer training;
- Establish local directories of sports bodies and facilities;
- Promote better use of existing facilities;
- Have clear priorities for local facility provision and improvement, with related quality management initiatives.

Within the Department of Transport, specific commitments towards the development of more sustainable transport are being realised. The national strategy 'Smarter Travel - A Sustainable Transport Future' (Department of Transport, 2009) outlines 49 actions towards more sustainable transport which will be implemented over the period to 2020. The action plan contains a target of getting 500,000 more people out of cars between now and 2020 and will collectively result in an improved environment, improved competitiveness and improved health for Irish citizens. In achieving its vision for sustainability in transport the Government outlines 5 key goals as follows;

- To reduce overall travel demand,
- To maximize the efficiency of the transport network,
- To reduce reliance on fossil fuels,
- To reduce transport emissions, and
- To improve accessibility to transport.

In relation to the link between Sport and Smarter Travel SDCSP will actively encourage those involved in sports events, particularly team sports, to think about their travel plans and to plan for sharing private travel, using public transport or to walk or cycle to events or training. SDCDSP will also look to partner with the SDCC Environment section, SDCC Road Safety Officer, An Garda Síochána, an Taisce and local schools to promote safe cycling to schools and to help schools to achieve a green flag for environmentally aware travel.

Within South Dublin County Council a number of strategic commitments inform this strategic plan. These include;

**South Dublin; A Place for People (2002)** is the strategic plan of the County Development Board. This was reviewed in 2009 and priorities have been set for the period 2009 - 2012 in a new implementation plan. Among the aims outlined in the implementation plan is one that will seek "To promote and encourage people to play an active role in sport, especially in areas of social disadvantage, with increased participation levels.

**Connecting with Communities. 2004 - 2009** is the Corporate Plan for South Dublin County Council which sets out the high level strategic priorities for 2004 - 2009. It sets as its mission "To provide open, effective, inclusive and participative local democratic processes together with best quality services, facilities and supports which sustain, improve and promote the social, environmental, cultural and economic fabric of South Dublin County for all who live, work and visit here."

One of the strategic goals in the Corporate Plan will seek to "Cater for recreation and leisure needs through provision and support for local, neighbourhood and regional parks and open spaces and indoor / outdoor sport facilities." (Strategic Goal 3)

Though the Corporate Plan is to be replaced in the near future it is envisaged that the strategic commitments provided in the 2004 - 2009 plan will remain.

**South Dublin County Council Social Inclusion Policy (2005)** follows through on commitments made in the Corporate Plan. It specifically examines the anti - poverty, social inclusion and equality commitments contained in the Council's Corporate Plan 2004 - 2009 to be delivered on over the lifetime of the plan. It states "Progress on achieving all the strategic goals and objectives contained in the Corporate Plan will be monitored through annual operational plans, service indicators, performance management development systems and progress reporting."

**South Dublin County Council Development Plan 2010 - 2016** will be published by the Council in 2010. This will indicate the policy of the Council in relation to land usage in the future. As part of the preparation of the plan the Council hosted public consultation on strategic issues impacting on the county. The outcome of these consultations is outlined in the document "South Dublin County Council, Development Plan 2010 - 2016 "Shaping our future; Initial consultation on strategic issues" (South Dublin County Council, 2009). These outcomes have been considered in the development of this strategic plan. At the public consultation stage in late 2009 South Dublin County Sports Partnership was able to reflect and comment on its contents.

**Developing Play in South Dublin County: Countywide Policy on the Development & Management of Playgrounds and Play Areas (2006)** is a Council strategic plan which outlines its commitments towards the support and development of facilities. It outlines the future development of and management of playgrounds and play areas in South Dublin County. The Policy aims to:

- Promote the importance of play for children.
- Recognise and actively support all children having the right to play (as stated in the 1998 United Nations Convention on the Rights of the Child).
- Enable all children in local communities across South Dublin access to good quality play opportunities.
- Provide a framework by which play provision for children in the county can be developed and expanded.

A report entitled *Green Routes in South Dublin* was approved by the Council in April 2007. The report recommended the creation of a connected network of walking and cycling routes throughout the county. These would be primarily developed in parks and open spaces and link to the existing on - road routes. The purpose of the plan was to provide alternative travel opportunities for those going to work, school or those involved in leisure pursuits. The plan will be supported by the Sports Strategy and when it is implemented it will offer those engaged in sports activity, whether individually or as part of a group to use our parks and open spaces for exercise or for accessing sports locations and facilities.

*Water Leisure Strategy (2000)*. This strategy envisaged the development of new swimming pools at Tallaght and Lucan and the refurbishment of Clondalkin Sports and Leisure Complex pool and the Tallaght Community Sports Complex pool with assistance of government funding. This Strategy was reviewed in May 2006.

*Other national strategies of relevance.*

There are many opportunities to identify opportunities for public bodies to take a lead role in facilitating and promoting opportunities for greater physical activity through policy development. Three national policies are of special interest. These include;

There is national momentum to tackle the growing epidemic of obesity through physical activity and community action. Obesity - the policy challenges. The report of the National Taskforce on Obesity (Department of Health and Children, 2005) set out the policy commitments to tackle the growing epidemic of obesity. The sport Partnerships have a role to play in realising the targets set out in the policy.

One of the most recent policy developments in relation to physical activity takes the form of The National Guidelines on Physical Activity for Ireland Department of Health and Children, Health Service Executive (2009). The aim of these guidelines is to:

- Highlight the importance of physical activity to the health of Irish people;
- Outline recommendations for physical activity for people of all ages and abilities;
- Provide information to support those promoting physical activity in their everyday work, and
- Outline sources of information and support on how to become more physically active.

More information on the guidelines is contained in Appendix 1.

*Ready, Steady, Play! A National Play Policy* (National Children's Office, 2004) and *Teenspace; National Recreation Policy for Young People* (Office of the Minister for Children / Department of Health and Children, 2007) are strategic responses to the need identified in the National Children's Strategy, *Our Children - Their Lives* (Department of Health and Children, 2000), for more play and recreational opportunities for young people of all ages. These policies are aimed respectively at younger children, up to age 12, and young people between the ages of 12 and 18 years. They were developed from the findings of research and consultation with young people on their needs and on the required responses to meet those needs.

### 3.3 What are our core messages in relation to physical activity?

Appendix 1 summarises much of the recent evidence relating to the current thinking concerning physical activity. This information can be summarised into a number of core messages. These messages, shown in the table below can be promoted by all agencies, either through their policies or through direct interaction with the public by staff members.

- Getting active is one of the best investments in long term health.
- In general most Irish adults do not take sufficient physical activity. About one in five adults take no activity at all.

The National Guidelines on Physical Activity for Ireland recommend that:

- Children and young people (2 - 18 yrs) should be active at a moderate to vigorous level for at least 60 minutes every day.
- Adults (18 - 64yrs) need at least 30 minutes a day of moderate activity on 5 days a week or 150 minutes a week.



- Older people need at least 30 minutes a day of moderate intensity activity on five days a week, or 150 minutes a week.
- Adults with disabilities should be as active as their ability allows. They should aim to meet the adult guidelines of at least 30 minutes of moderate intensity activity on 5 days a week.
- Agencies, both through the policies they promote and the staff they employ, have a role to play in the promotion of physical activity.

#### 3.4 How was this strategic plan developed?

This strategic plan builds on a body of research and policy evidence concerning how best to promote and support greater participation in physical activity.

As part of the work to create a realistic and vibrant strategic plan, consultation sessions were held with a number of key groupings. These included;

- The committee and staff of South Dublin County Sports Partnership.
- The Irish Sports Council.
- Staff and management of South Dublin County Council.
- RAPID coordinators and community representatives from the Area Implementation Teams.
- Dodder Valley Partnership.
- CPLN Area Partnership.
- Community representatives working with local Partnerships.
- Co. Dublin VEC.
- HSE (Health Promotion Unit).
- Regional Development Officers of National Governing Bodies for sport.
- Youth workers.

In addition, a number of public consultations were hosted with various groupings, including

- Older people.
- Persons with a disability.
- Young people attending a Youthreach group.
- Children in primary & secondary school.
- Sports clubs.
- Public & private leisure operators.
- Education providers.

The methodologies for the consultation process included interviews, focus groups and a questionnaire was circulated to key contacts in the region. Over 120 persons were surveyed and 60 responses were received.

We recognise that it is difficult to reach all groups in the preparation stage of a strategy and we make a commitment within this strategic plan to further consult with target groups as part of the roll - out of the plan.



## 4.0 About South Dublin County and the partners behind the strategic plan

### 4.1 About South Dublin County

South Dublin County stretches from the Dun Laoghaire Rathdown border, through Rathfarnham and Templeogue, across Tallaght and then stretches over to Clondalkin, Lucan and Palmerstown. It also stretches from Walkinstown in the city right to as far back as the Dublin/ Kildare border. The county contains the large urban centres of Tallaght, Lucan and Clondalkin along with old village centres such as Palmerstown, Rathfarnham, Templeogue and the rural villages of Rathcoole, Saggart, Newcastle and Brittas.

A summary of key socio - economic trends and issues in South Dublin County, including population and demographics, education and skills, quality of life and social inclusion highlight some interesting facts about the county.



#### Recent developments

- Between the period 1996 - 2006 the number of private households rose from 61,708 to 80,631 which represents a 31% rise
- Areas of significant growth include Lucan, Saggart and Tallaght.
- The new urban district of Adamstown, Lucan, is the first Strategic Development Zone Masterplan to be completed in the country, and is based on a highly sustainable format. The new district of 10,000 new homes will be provided in tandem with a range of shopping, employment, leisure, community and cultural facilities on a carefully planned basis and will be served by quality public transport provision.
- In 2006 - 89% of housing units were houses and bungalows while 8% are apartments.

#### Population

- The population of South Dublin County is now 246,935, this represents a 3.39% increase since 2002 and a 12.90% increase since 1996
- In 2006 the age profile of the population of South Dublin County was as follows;
- 22% aged 0 - 14 years
- 16% aged 15 - 24 years
- 55% aged 25 - 64 years
- 7% aged 65+ years
- According to the 2006 Census 89% of the population living in South Dublin County are Irish and 11% are non - Irish.
- 8.59% of persons in South Dublin County have a disability.

#### Socio - economic development

- 65% of households had personal computer's in 2006 with 36% of households connected to broadband.
- 84% of households have a car.
- The proportion of people cycling to work, school or college is 2.7%
- 30.8% of residents have a third level education or better representing an increase from 27.3% in 2002
- South Dublin County has experienced significant regeneration and renewal both in terms of the living environment and also in the circumstances of local communities. While high economic growth has greatly enhanced the quality of life and the opportunities available to many people, some areas of the county are particularly economically and socially disadvantaged. A recent data analysis of the two main areas of South Dublin County (represented by Tallaght and its environs, south of the Naas road and Clondalkin/Lucan and their environs, north of the Naas road, showed the following:
- In 2006 32% of the population were in the professional classes but this percentage varies within the region;
- Templeogue - Kimmage Manor (30%) has the highest percentage of professionals and Tallaght - Killinardan (4.5%) the lowest percentage.
- Lucan Esker (23.7%) is shown to have the highest percentage of professionals and Clondalkin - Rowlagh (5.4%) the lowest percentage.

Put simply, there are significant pockets of continuing disadvantage within South Dublin County and areas of affluence. This experience is borne out by the Partnership companies working in the area (Dodder Valley Partnership and CPLN Area Partnership working broadly in the Tallaght and Clondalkin areas respectively)

In preparing this strategic plan, we are conscious of the rapidly changing economic and social environment and recognise that some of this data may not truly reflect the extent of unemployment in the area.

#### 4.1.1 Sports Infrastructure: in South Dublin County

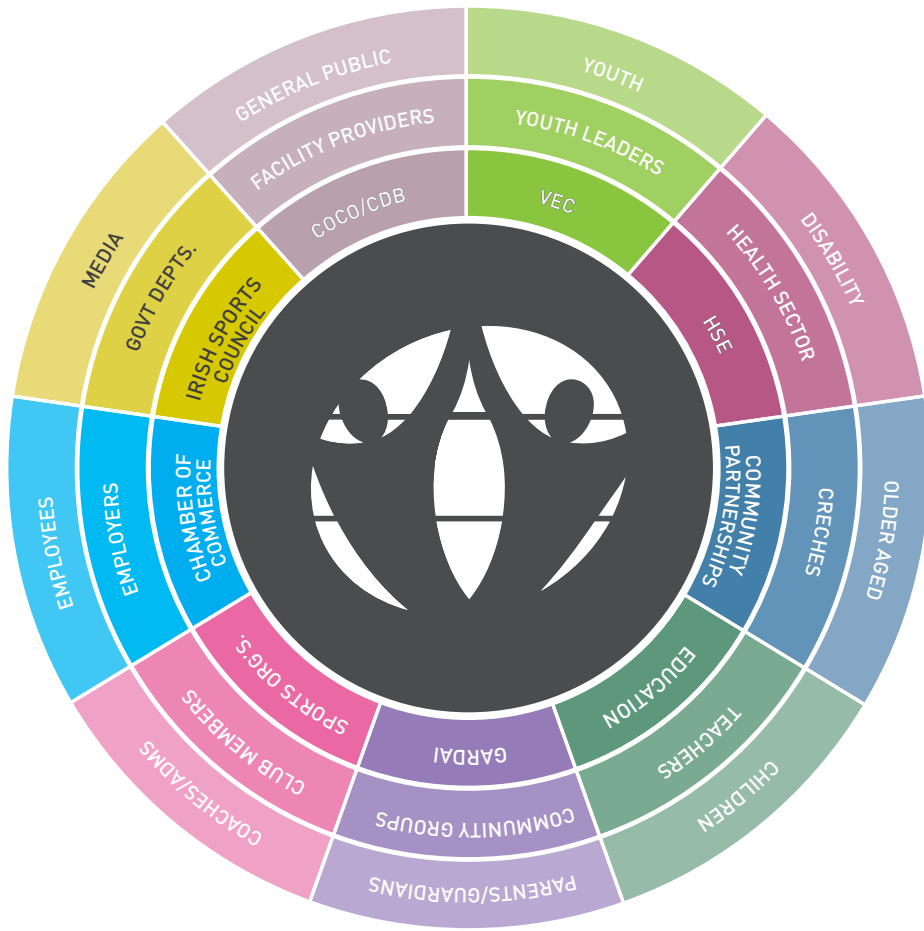
South Dublin County is well served by good leisure facilities. There are many different sporting facilities in existence in the county, ranging from community centres with sports halls and gyms, to running tracks, to all - weather pitches and open playgrounds. In recent years there has been tremendous investment in the leisure and recreational infrastructure and at present South Dublin County Council provides the following recreational and amenity facilities:

- 3 public leisure and sporting facilities in Lucan, Clondalkin and Tallaght managed on behalf of South Dublin County Council by South Dublin Leisure Services Limited.
- Tallaght Stadium, home of Shamrock Rovers FC and used for a variety of national and community events.
- National Basketball Arena, used for national and international competitions.
- 4 sporting facilities run in Partnership with Co. Dublin VEC at Firhouse, Killinarden, Collinstown & Palmerstown.
- Playgrounds, all weather pitches & MUGAS (Multi usage games areas).
- The Camac angling facility and Ireland's only purpose built Baseball facility in Corkagh Park.
- Public golf facilities at Grange Castle.
- 5 regional parks and 50 neighbourhood parks comprising 1,600 hectares of parks and open spaces for active and passive recreation.
- 150 playing pitches for Gaelic football, hurling and soccer catering for over 800 teams involving approximately 14,000 people each week.
- Tennis facilities at 8 centres.
- 2 all weather athletic tracks under local club management.
- A skate park in Lucan.

There are 33 community centres acting as focal points for community activity in their areas throughout South Dublin County. Some centres have been purpose - built while others have come about through adapting and converting existing structures.

#### 4.2 About South Dublin County Sports Partnership

South Dublin County Sports Partnership was established in January 2007 as a sub - structure of the County Development Board under the auspices of the South Dublin County Council. A coordinator was recruited in late 2007. The Local Sports Partnership is comprised of the staff of the Partnership, a Coordinator and an Administrator, and the partners within the Partnership. The staff are members of the Community Services Department of South Dublin County Council. The Partnership is primarily funded by the Irish Sports Council with assistance from the local partners, especially South Dublin County Council.



**South Dublin County Sports Partnership**



One of the first key tasks for the Partnership was to develop a comprehensive, broad based committee which would provide local information and be a key driver for the work of the Partnership. The principles of inclusion and participation are recognised as essential if the committee is to be an effective forum. To that end the committee is representative of the large number of stakeholders with relevant experience and interest in the development of sport and physical recreation. The committee has representatives from many strands in the community - public agencies, sports bodies, education, business and community development groups. Current members are listed in Appendix 2 and broadly comprises of; County Dublin VEC, Community Forum, Community Platform, An Garda Síochána, Health Service Executive. (Health Promotion Unit), Sports Representatives (5), representative of disability sector, Dodder Valley Partnership, CPLN Area Partnership, representatives from primary and secondary schools and IT Tallaght, South Dublin County Council, South Dublin Chamber of Commerce and an Ethnic Minority representative.

The principal goal of the SDCSP is “to increase opportunities for participation in sport/ physical activity among the community”. In particular it will seek to do this among certain target groups such as young children, teenage girls and women in general, people with disabilities, disadvantaged (socio - economic), older people and ethnic minorities.

The development and implementation of this strategic plan is a key milestone in the evolution of the South Dublin County Sport Partnership. Comprehensive implementation of this strategy should see the Partnership play a crucial role in improving the quality of life of the people of the county. The results of this strategy should be eminently tangible in terms of an increased public awareness of the importance of physical activity, increased use of public amenities and facilities by people engaging in physical activity and increased health gain across the various age groups, communities and socio economic groupings in the county. The following are key elements to the work of the Partnership and the implementation of the strategy:

- **Facilitating networking and working in Partnership**  
By directly hosting networking forums and events and by making connections between agencies and key people the Partnership can foster collective action around the promotion and development of physical activity. In this way it will add value to the work of other agencies. An example might be the development of an education sector forum. This role will see the Partnership move away from the direct provision of programmes and more towards a facilitative role between agencies. This is a more cost effective approach towards reaching communities and will see the resources of agencies maximised.
- **Sharing information**  
The Partnership forum itself serves as an information sharing space between partners. Additionally the website and communication materials developed by the Partnership serve as an important tool to disseminate information both between the partners and to the public.
- **Direct Support to Clubs, Schools and Community Groups**  
The Partnership will have a key role as a direct support to clubs, schools, sports organisations and other agencies in the provision of training and programmes to increase physical activity. This will see the Partnership with its partners develop a robust and comprehensive programme of activities to meet the needs, where possible, of the sports clubs, the schools and the general public in the county.
- **Advocacy**  
As an advocate on the value of increased investment in physical activity the Partnership works with state and community agencies to ensure they can exploit their resources, facilities and staff expertise to maximise opportunities for physical activity.
- **Source of knowledge and expertise**  
The Partnership, because of its make - up, its position within South County Dublin Council and its wide network of contacts has access to a wealth of knowledge and expertise on a range of approaches to physical activity and how such activity can be initiated, promoted and supported.
- **Leader and innovator,**  
As a leader and innovator the Partnership can garner support to try new ideas and evaluate the impacts of initiatives. While the Partnership may be limited in the extent of new programmes it can introduce it will aim to work with external agencies to design and deliver innovative programmes.

### 4.3 South Dublin County Council

South Dublin County Council has employed a full time Sports and Recreational Officer since 2001 whose role it is to act as a focal point for the Council's remit in relation to sports and recreational development as well as having an integral role in the implementation of the Council's Play Policy. The Council also hosts the staff of the South Dublin County Sports Partnership.

One of the six Strategic Policy Committees (SPCs) of the Council is dedicated to sports, recreation and community affairs and parks. This tells us that sports and recreation are seen as central to the work of the Council and it is instructive that sport and recreation find their strategic context with community affairs, parks and amenities.

A number of the Council's functions impact directly on sports development. They include;

- A clear role as the lead agency for development and promotion of public facilities and parks.
- A role in the development and promotion of Council facilities.
- As a facilitator to connect communities both with other agencies in the area and into the functions of the Council. This is especially true for the RAPID and sports development programmes.
- A strategic role in charting and evaluating the impacts of Council development. Examples include the development of the County Development Plan and the current quality of life mapping project underway within the Council.
- A central role in building the roads, houses and businesses which form the built environment within the county and mapping the policy direction for further development.
- A role as a strategic partner with other agencies who can advocate for ongoing development and growth to enhance the life of all the inhabitants of South Dublin County.

Through the sports and recreation function, the arts and social inclusion offices and the Sports, Recreation, Community and Parks Strategic Policy Committee, South Dublin County Council has and continues to develop a number of successful programmes. Examples include;

- Soccer Street Leagues and the Development Through Soccer Skills Programme.
- Fitness Weeks and the introduction of fitness classes.
- Schools Introduction to Badminton Programme.
- Development of sports training programmes including the Sport Teic and Sports Flexibility Programme with FAS.
- Provision of programmes including Power Chair Football.
- English Language and Sports Integration Camp.
- Summer Project Programme.
- Co - Funding to enable the employment of four FAI officers and 1 IRFU officer.
- Provision and promotion of Sli na Sláinte routes in conjunction with the Irish Heart Foundation.



Furthermore, many of the functions operated by the South Dublin County Council concern the development of sport and recreational amenities. Example includes maintenance of parks and sports pitches, sports development and promotion of sports and recreational facilities, building of playgrounds, incorporation of cycle lanes into the roads network, development of information supports to enable better communication, and work to support community development. Approximately 150 sports pitches are owned and managed by the Council.

The Council sees as its primary role the improvement of the quality of life for its citizens. In this regard the Council seeks constantly to make best use of the knowledge and skills of its staff, the facilities it provides along with the information it collects. This approach to organisational development will contribute towards building the environmental support necessary for increased physical activity.

They should promote and develop community facilities and actively engage with local communities to identify their needs. The Clondalkin leisure centre is an excellent example of how local authorities can impact on participation levels in sport. The canoeing courses etc. were very innovative and offered many disadvantaged young people the opportunity to develop their skills and led many into employment and into pursuing competitive kayaking in the past.

(Quote from questionnaire)



5.0

## 5.0 Strategic Plan for Sport, Recreation and Physical Activity in South Dublin County

### 5.1 The strategic plan - core needs and challenges

#### 5.1.1 What our consultations told us about specific needs in South County Dublin

##### In general

There are lots of highly commendable sports and activity programmes in place but coordination and joint thinking between organisations is a challenge - there is a role for the Sports Partnership to bring together agencies and organisations engaged in sports and physical activity.

##### Increasing participation and non participation

- There is a huge drop off in physical activity in teenage years. This is most pronounced for teenage girls.
- Participation levels in regular physical activity are not increasing. There is a core group of the population who remain inactive.
- Many adults, especially women engage in sporadic participation where they become active for a little while but then relapse into inactivity. The challenge is to retain their levels of interest in activity.
- It is a challenge to reach those with low motivation to begin/continue activity but there is a strong case to focus work on those who are less active to gain the most benefit.
- While many boys and men are interested in the competitive elements of sport, women, girls and many boys do not enjoy competitive sport and want to engage in other types of activities.
- There is a need for a new focus on non - competitive elements both within and outside of club activities
- Different groups respond to different activities, for many simply trying new activities can expose them to enjoyable activities that can then become part of their daily life. For example, women respond to walking, events with a social element and non - competitive, non - contact sports while teenage girls respond to dance activities.

##### Young people

- There is a big fall - off in sports participation when people leave structured environments such as school or university where there is an emphasis on sport.
- There are good reasons to invest time and resources into primary schools - starting young gives children exercise habits for life.
- It is much more difficult to re - engage young people with physical activity. This is a particular challenge for early school leavers who do not see/experience the benefits.
- There are a lot of organisations and clubs looking to work with schools - there is a clear role for the Sports Partnership in facilitating better coordination.

### Support for clubs/groups

- All groups need assistance at some level but sporting organisations acknowledge that some clubs require specific supports and assistance. Those without a strong and affluent membership base struggle the most.
- A particular focus is needed for hard - to - reach groups and ensuring disadvantaged areas have a strong club infrastructure.
- Some clubs still struggle for adequate facilities and there is room for the development of shared facilities between sports.
- Existing sports clubs and cross community initiatives which promote a variety of sports, such as Community Games and the Special Olympics are a resource.
- It is a challenge to communicate regularly and effectively with clubs as officer positions are usually held on a part - time, voluntary capacity.

### Facilities

- The facilities within South Dublin County are good with significant developments in recent years. However cost and access for individuals and groups remains an issue.
- Many people are not aware of what facilities are in their immediate area - this is especially true for disempowered communities who do not have the confidence to access facilities without support.
- Given the current level of good facilities available, it is time to ensure these facilities are used to the maximum.
- Whilst there have been great improvements in parks in recent years, some parks remain underdeveloped and exposed to anti - social behaviours and are considered unsafe and unclean by residents.

### For persons who face social exclusion

- Specific initiatives are needed for older people and persons with a disability.
- There is room to facilitate more joint action and information sharing between groups and agencies working with specific target groups on actions which focus on physical activity.
- There is a bank of resources in terms of networks and Partnerships available. The Sports Partnership should add value to these agencies and work collaboratively to increase levels of participation in physical activity.
- Different types of approaches are required in areas where there is a poor community development infrastructure - clubs might need mentoring and volunteers need specific supports.
- Sport and physical activity are good tools to facilitate better integration of new communities and build social capital (resources within the community).

### Volunteers

- The changing economy is showing an increase in interest in volunteering. However it remains to be seen if this results in increased volunteers.
- All clubs find it hard to get and retain volunteers - there can be perceptions that it is difficult to become a volunteer.
- Volunteers need support in terms of training and mentoring.
- South Dublin County Volunteer Centre is a valuable resource for future work regarding volunteers.

### Transport

- Even though South Dublin County is considered an urban area participants report difficulties regarding transport within the county. For example this might relate to;
- Communities being reluctant to travel outside of their immediate neighbourhood to nearby facilities.
- Difficulties in using public transport to get to local facilities.
- Cost of transport for schools who wish to use local facilities.
- Difficulties in accessing local transport for clubs to enable them to travel .

### Funding

- In general, most respondents acknowledge that future funding will be limited. This poses challenges to the development of sports, recreation and physical activity within the county. All agencies and partners will have to be more creative in the ways they target and pool their resources to ensure maximum benefit is gained.

## 5.1.2 Core strategic issues for developing Sport, Recreation and Physical Activity in South Dublin County

The core issues highlighted through the research and consultation phase of this strategy include;

### Raising Awareness

The awareness of the Sports Partnership is low at present as it is relatively new. As such it has not had much impact. It needs to be seen as adding value to the existing network of agencies and groups.

### Channelling information

South Dublin County is geographically quite small, but it is very densely populated with 95% of population in 42% of land area. The Partnership needs to be aware of how best to channel its information to reach target groups.

### Reaching those most disadvantaged

Within the county is a range of different target groups with areas of affluence and areas of deprivation - the Partnership will need to focus its work to reach those most in need. At times this will present it with difficult choices on where best to channel resources.

### Restricted funding

The new emerging economy will challenge organisations to demonstrate how they deliver value for money, add value to organisations and indicate areas where resources can be merged to deliver better outcomes. The changes in funding opportunities challenge all agencies and partners to:

- Add value to the work of others.
- Maintain existing services.
- Use resources effectively.
- Be more strategic in leading Partnerships and networks rather than delivering initiatives.
- Manage expectations of what it can deliver.
- Ensure new developments are sustainable.
- Be innovative in its approach.
- Working in Partnership provides an opportunity for the Sports Partnership to pool resources (skills, knowledge, facilities and financial).

### Supporting Volunteers

While there may be more people interested in volunteering, volunteers need support, training, mentoring and encouragement to stay involved.

### Supporting club development

While the national governing bodies have a well developed structure, there is an ongoing need to encourage the development of clubs in more disadvantaged areas - this might mean developing new models of operation in addition to supporting existing development officers in these areas.

### Facilitating true Partnership

There is a clear role for all partners reflected on the South Dublin Sports Partnership to;

- Demonstrate good practice.
- Add value to the work of others by facilitating networking between development officers and agencies,
- Reduce duplication.
- Identify and close gaps in provision.
- Facilitate dialogue between sporting organisations themselves and with statutory agencies, schools and facility providers.
- Maintain and improve the existing Partnerships that are working well.
- Make the work of the South Dublin County Sports Partnership relevant to the need of partners.
- Bring partners together around core strategic issues.

### Maximise use of available facilities

This will challenge the local authority and statutory agencies as well as private operators to ensure that maximum usage is made of current facilities. It will be necessary to work with the many potential partners to ensure;

- Centres are used to maximum capacity.
- Centres are actively targeting local communities to increase usage.
- Committees are supported effectively (perhaps through volunteer support).
- Local business are offered opportunities to support local community centres.
- Local facilities are shared where necessary between communities.
- Public facilities, such as schools, are used in an innovative way to facilitate more involvement with physical activity.

In addition SDCSP will strive to address any incidental issues e.g. the issue of littering (as seen by the local authority) versus the issue of marketing (as seen by facility providers) that may affect the usage of a facility.

### 5.2 The strategic plan - our core foundations

Our vision is to increase the levels of participation in regular physical activity within South Dublin County.

The mission of the partners driving this strategy is to lead and coordinate work to increase participation in regular physical activity for all the people within the county with a particular focus on those who are less active.

We will work to increase participation by providing information and building awareness, maximising the use of public facilities, improving joint actions and building capacity within key agencies, clubs, communities and volunteers who play a strong role in nurturing sport and physical activity.

### 5.3 Guiding Principles to Affect Change

We recognise that we need to be tactical if we are to use our resources and knowledge effectively. As a group we have agreed that our work will be guided by the following working principles;

To this end we will:

- **Add value**  
We will work through and with agencies already established on the ground so that our efforts add value to work already underway and prevents duplication.
- **Build Partnerships**  
We will work to build information and strategic networks to facilitate joined up thinking and will always ensure a Partnership approach before initiatives begin.
- **Consult widely**  
We will commit to incorporating sufficient consultation within our work building on the consultation completed for this strategic plan.
- **Build capacity**  
We recognise that our resources are limited and equally community leaders and sports organisations are better placed to coach players, impart information and promote more participation. We can add value by working to build the capacity of these leaders through training and by playing a crucial role in facilitating better networking between partners and interested groups.

- **Provide Information**  
There remains an on - going need to develop robust information resources.
- **Support innovative and new ideas**  
We believe in trying new approaches to achieve better results.

#### 5.4 How will this plan be implemented?

Each year the staff of the Council (through the Strategic Policy Committee (SPC) of the Council with responsibility for Sports, Recreation, Community and Parks) and the Sports Partnership will develop an annual business plan. This plan will draw from the strategic plan and will identify targets and milestones for delivery of each of the objectives.

Equally the partners on the Sports Partnership will use the strategy to guide the development of business plans within other sectors and will contribute towards the achievement of the goals set out within the strategy.

An interim review will be conducted in 3 - 4 years to measure progress against the goals and the actions outlined for early implementation within the strategy.

#### 5.5 How will we know this plan has been effective?

Monitoring and evaluation are critical to gauging the impact and effectiveness of this strategic plan. Whilst each project will not command a detailed evaluation, we plan to include evaluation into the core elements of our work.

As an organisation, we want to be sure we are making an impact. Within each project we will include both consultation and evaluation as part of the process. For larger projects we will develop more in - depth evaluation plans. As part of our work with the Irish Sports Council, we will implement the tracking and evaluation system, SPEAK, to monitor our programme reach and provide information for national and local development. Additionally we will regularly review the progress of this strategic plan and will conduct a mid - term review. These commitments are outlined within Goal 5: To learn and develop through our work.

#### 5.6 The South County Dublin Sports and Recreation Strategic plan strategic themes for 2009 - 2016

Our strategic plan is set out over six core strategic goals

- Goal 1:** To build our networks and further facilitate working in Partnership.
- Goal 2:** To strengthen information provision and our knowledge base.
- Goal 3:** To improve and maximise the use of our physical environment and public facilities\*
- Goal 4:** To reach communities, particularly those experiencing disadvantage, through the provision of programmes and innovative responses.
- Goal 5:** To increase the capacity of leaders and sporting clubs to retain existing members and reach those least active.
- Goal 6:** To learn and develop through our work.

\*The term "public facilities " is meant here to represent all facilities that the general public can use be they privately or Local Authority owned



## Goal 1: To build our networks and further facilitate Partnership working

<p><b>Rationale</b></p>	<p>The partners and functions represented on the South Dublin County Sports Partnership and the Sports, Recreation, Community and Parks Strategic Policy Committee operate across a vast area. There is a danger that if partners work in isolation their impact will be very small.</p> <p>However, this region has a strong infrastructure in terms of state agencies, youth organisations and community groups which provide a rich resource of expertise and support to the partners.</p> <p>There is a clear role for a body such as the South Dublin County Sports Partnership and the Sports Development Officers to take lead roles in facilitating better networking between state agencies, community groups and the public. This type of facilitation will add value to the work of agencies and enable better and more cost effective outcomes be achieved.</p>
<p><b>Core objectives</b></p>	<ol style="list-style-type: none"> <li>1. To identify and target key stakeholders within the region with a view to increasing the involvement in the promotion and support of physical activity.</li> <li>2. To establish a number of key forums to facilitate better Partnership and networking.</li> </ol>
<p><b>Actions for early implementation</b></p>	<ol style="list-style-type: none"> <li>1. The sports Partnership will conduct a strategic review of its core stakeholders and develop an action plan to target key stakeholders in the rollout of the strategy</li> <li>2. Strategic Partnerships will be established with local media and public facilities to promote the work and functions of the SDCSP.</li> <li>3. The partners, through the sports Partnership and the sports development office of the Council will facilitate communication, networking and development forums. They will explore establishing networks such as <ul style="list-style-type: none"> <li>• A Sports Development Officers forum.</li> <li>• A disability forum / forum for staff and agencies working with persons with a disability. This will facilitate community groups to come together and share ideas and promote disability groups to the wider public. It could be attended by people with disabilities and those with a general interest in promoting activity for people with disabilities</li> <li>• A youth work officers forum for physical activity.</li> <li>• A facility providers forum.</li> <li>• Ethnic Minorities forum.</li> <li>• An education forum.</li> <li>• A region - wide sports forum.</li> </ul> </li> </ol> <p>More networking opportunities are indentified as part of other strategic goals.</p>

## Goal 2: To strengthen information provision and our knowledge base

<p><b>Rationale</b></p>	<p>The SDCSP and County Council's Sports Officer play key roles in providing information to the general public and to the agencies and groups in South Dublin County. Throughout the consultation process many respondents identified the challenge to provide accurate information on facilities, on the benefits of physical activity and on clubs and supports available within the county.</p> <p>South Dublin County Council is currently developing the CONNECT project to enhance its information provision function - this can act as a central hub for all information and will enable the speedy dissemination of accurate information. CONNECT can also be linked into the SDCSP website <a href="http://www.sdscsp.ie">www.sdscsp.ie</a></p> <p>As economic conditions change and evolve, we will need to ensure that people are aware of opportunities to exercise for free or at low cost. This aspect of information dissemination will seek to attract those who are open to new opportunities but who may currently be inactive.</p>
<p><b>Core objectives</b></p>	<p>This goal has two core objectives;</p> <ul style="list-style-type: none"> <li>• To increase awareness of facilities, events and awareness of the benefits of regular physical activity among the general public and within specific target groups.</li> <li>• To build information and communication channels with agencies and key groups working with the public in South Dublin County.</li> </ul>
<p><b>Actions for early implementation</b></p>	<ol style="list-style-type: none"> <li>1. Develop an information strategy to exploit the potential of the South Dublin County Council CONNECT project to provide accurate information on facilities and groups in the region. This will include.             <ul style="list-style-type: none"> <li>• Developing a directory of clubs and facilities using the resources of CONNECT.</li> <li>• Using the CONNECT resource as a hub to produce localised materials.</li> <li>• Examine how other websites can utilise the CONNECT resources.</li> <li>• Evaluate the effectiveness of the websites used to promote physical activity in the region including the SDCSP and SDCC websites.</li> </ul> </li> <li>2. Promote "Get Ireland Active", the new national physical activity guidelines, among the public, professionals and sports clubs in South Dublin County.</li> <li>3. Work to support the national 'Get Ireland Active' Campaign and the implementation of the recommendations from the National Task Force on Obesity.</li> <li>4. Develop a user - friendly series of information materials to promote facilities, clubs and natural resources in the region.</li> <li>5. Develop and promote Link2BActive - this is a Sports Partnership webpage which has links to local facilities (gyms, pools, golf clubs etc.) that offer reduced rates to people who are unemployed.</li> </ol>

### Goal 3: To improve and maximise the use of our physical and built environment

<p><b>Rationale</b></p>	<p>Throughout the consultation, respondents referred to the excellent facilities available within the county. While there may be an ongoing need for the development and maintenance of facilities, the current challenge is to ensure these facilities are used to their maximum.</p> <p>While some facilities have pricing structures that render them unattractive to the local population, many have to survive as viable businesses. This strategic plan envisages South Dublin County Council leading discussions on ways to make these facilities more cost - friendly to all groups.</p> <p>The development of facilities is a core function of the council but also requires the input and consideration of communities. This is particularly important in areas where communities struggle with anti - social behaviour and vandalism. In the context of this strategic plan the council will endeavour to develop natural amenities in Partnership with local communities.</p>
<p><b>Core objectives</b></p>	<ol style="list-style-type: none"> <li>1. Facilitate interagency planning to examine how current facilities can be used more effectively.</li> <li>2. Look to develop new opportunities for activity by further developing existing facilities and natural amenities.</li> </ol>
<p><b>Actions for early implementation</b></p>	<ol style="list-style-type: none"> <li>1. South Dublin County Council will lead an interagency group to examine the usage of current facilities and explore how barriers to usage of these facilities could be reduced and local participation increased. Useful proposals in this regard might include: <ul style="list-style-type: none"> <li>• Developing relationships with the local volunteer bureaus to nurture suitable volunteers as active supports to the management of community centres (as part of the CONNECT project).</li> <li>• Development of Partnerships with local businesses encouraging them to “adopt a centre”.</li> <li>• The sharing of facilities between local groups in a cost effective manner.</li> <li>• Maximising the use of publically funded facilities (e.g. schools, community halls, community centres).</li> </ul> </li> <li>2. SDCSP shall seek to develop transport strategies that will allow schools to get cost effective transport to local facilities while at the same time helping to maximise usage of the facilities and assisting local business.</li> <li>3. Evaluate progress within the SDCC play policy and develop ongoing implementation plans.</li> <li>4. Develop a corresponding play policy for older children (12 - 18 years) using Teenscape as guidance.</li> </ol>

Goal 3: To improve and maximise the use of our physical and built environment. *cont*

<p>Actions for early implementation</p>	<ol style="list-style-type: none"> <li>5. Develop an Active Community Centres action plan - this would see the community centres develop individual action plans to promote and support physical activity within their areas. This will be done in partnership with the Partnership companies and Rural Dublin Leader Company. It will build on the current work within the Council to establish a community centres network.</li> <li>6. The SPC for Sports, Recreation, Community and Parks will explore the feasibility of developing an interagency and community approach towards making parks safer for communities by reducing anti - social behaviour within the parks. This will build on experience to date and will examine what has worked well to date, both in Ireland and elsewhere.</li> <li>7. Develop an annual calendar which aims to promote usage of the parks in the county through family fun days, activity events etc.</li> <li>8. Further develop walking routes and cycle lanes in south Dublin County as part of the implementation of the South Dublin County Council Green Routes Project.</li> <li>9. Continue to support the Canal Awareness Activities Programme.</li> <li>10. Continue to support the Dublin Mountain Partnership, focusing in particular in connecting Sean Walsh Park in Tallaght to the Dublin Mountains Way link.</li> <li>11. The Sports Partnership will liaise with Dublin City Council to look at the costs and benefits of the 'Passport for Leisure' scheme for older persons and how lessons learned can be used to encourage greater participation amongst older persons.</li> <li>12. The SPC will examine the actions recommended within the 'Smarter Travel - A Sustainable Transport Future (Department of Transport, 2009) and see how South Dublin County Council can assist in the implementation of the recommended actions.</li> <li>13. The SDCC environment section will work with An Taisce and local schools to implement and further develop the 'Green Flag' Scheme and the "Active School Flag" scheme.</li> <li>14. To continue to work with the Irish Heart Foundation on the creation and maintenance of Slí Na Sláinte routes in South Dublin.</li> </ol>
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**Goal 4: To reach communities, particularly those experiencing disadvantage, through the provision of programmes and innovative responses**

<p><b>Rationale</b></p>	<p>As promoters of sports and physical activity we have a responsibility to ensure that the population at large is exposed to opportunities to try new activities and develop their skills around physical activity. However, research shows that the provision of these programmes need to be coordinated and targeted at specific groups.</p> <p>The strategic plan uses a lifecycle approach to develop its actions. This will see the Sports Partnership deliver programmes by working collaboratively across the age spectrum with other agencies. The areas of interest include;</p> <ul style="list-style-type: none"> <li>• Children and youth, in particular girls who are at risk of dropping out of regular activity.</li> <li>• Older people.</li> <li>• New communities and in particular communities facing disadvantage.</li> <li>• People of working age.</li> <li>• People with disabilities.</li> </ul>
<p><b>Core objectives</b></p>	<ol style="list-style-type: none"> <li>1. In Partnership with the most appropriate agencies, the Sports Development Officer and South Dublin County Sports Partnership staff will take a lead role in the coordination of activities, the identification of gaps and the provision of programmes to key target groups.</li> <li>2. In Partnership with the appropriate agencies, the South Dublin County Council will take a lead role in the provision of organised summer activities aimed at fostering involvement in physical activity and increased use of public facilities.</li> <li>3. The Sport Development Officer and South Dublin County Sports Partnership staff will develop a number of innovative pilot initiatives aimed at meeting the specific needs and challenges of target groups.</li> </ol>
<p><b>Actions for early implementation</b></p>	<ol style="list-style-type: none"> <li>1. To develop a detailed action plan for the delivery of programmes to each of the population groups. This may include. <ul style="list-style-type: none"> <li>• Facilitating agencies with an interest in school health promotion to work collaboratively to develop an annual calendar of activities and programmes for school based activity.</li> <li>• Facilitating youth organisations, sport and recreation interests to work together to develop training for youth leaders on sport and physical activity. This may include an awards scheme for youth clubs.</li> <li>• Facilitating organisations working with persons with a disability to network through a regional disability forum for clubs and community groups working with persons with a disability.</li> </ul> </li> </ol>

**Goal 4: To reach communities, particularly those experiencing disadvantage, through the provision of programmes and innovative responses. cont**

<p>Rationale</p>	<ul style="list-style-type: none"> <li>• Investigating the possibility of getting health insurance providers such as VHI to offer discounts for companies or individuals who can show that they regularly engage in a health and fitness programme (this is a common feature in the US) or the possibility of getting gym/club membership contributions for employees written off against tax.</li> <li>• Developing a directory of resources on programmes suitable for each of the population groups</li> </ul> <p>2. To provide a range of organised events aimed at maximising the use of public facilities. These will include</p> <ul style="list-style-type: none"> <li>• Developing a range of summer programmes in Partnership with RAPID and targeted at new communities to enhance integration in these communities</li> <li>• Continued coordination of an extensive range of summer and Easter camps aimed at children and young people in Partnership with colleagues in arts, heritage and community departments.</li> <li>• Development of an annual series of events within public facilities targeted at new communities</li> <li>• Encouraging, as part of an in - house strategy, the awareness of and use of Council run facilities. The Council will develop a policy which maximises the use of public leisure facilities for public meetings (for example using leisure facilities for pre tenancy meetings) and thereby assisting in introducing these venues to local communities.</li> </ul> <p>3. To develop a number of pilot initiatives aimed at meeting the needs of those facing social exclusion. This could be done in Partnership with key agencies including Dodder Valley Partnership, CPLN Area Partnership and the Childhood Development Initiative. These will focus on</p> <ul style="list-style-type: none"> <li>• The development of specific programme for unemployed persons e.g. Link2BActive.</li> <li>• The expansion of the Healthy Food Made Easy programme to include physical activity.</li> <li>• The expansion of the Street Soccer League</li> <li>• The development of plans to improve physical activity support and provision within community centres.</li> <li>• The promotion of active schools initiatives such as Buntús, Indoor Athletics etc.</li> <li>• The design and implementation of an active schools and community project ( Healthy Schools Programme) with the Childhood Development Initiative.</li> </ul> <p>4. To develop strategic Partnerships and internal capacity to influence the work of key agencies. Upcoming examples include;</p> <ul style="list-style-type: none"> <li>• Inputting into the forthcoming VEC Youth Work Plan.</li> <li>• Inputting into the forthcoming County Development Plan.</li> <li>• Working with the NGBs to promote development in areas where club development is poor or underdeveloped.</li> </ul>
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**Goal 5: To increase the capacity of leaders and sporting clubs to retain existing members and reach those least active.**

<p><b>Rationale</b></p>	<p>South Dublin County is home to more than 300 sporting clubs. The SDCC owns and maintains 150 Council pitches and facilities while many clubs own their own facilities.</p> <p>Some clubs struggle to attract volunteers and coaches, maintain facilities and respond to modern issues and concerns. It is a real challenge to retain existing members and reach those least active. This is particularly true in areas where club development has been slow. The role of the Partnership is to support and empower these clubs.</p> <p>Clubs look to South Dublin County Council for support in the development and maintenance of facilities and for support in making applications for funding grants. This strategy will see this process streamlined and rendered more consumer - friendly.</p> <p>The Partnership can play a role in facilitating clubs across the county to share training information, methods and courses to enhance skill levels and so avoid duplication. In addition to the role that coaches and sport clubs play, the youth, business and community have leaders and innovators. They have the potential to promote and develop physical activity within their own communities and groups. Again the Partnership can play a role in fostering their interest and capacity to promote increased participation.</p>
<p><b>Core objectives</b></p>	<ol style="list-style-type: none"> <li>1. Through training, build the capacity of coaches, leaders and volunteers working in the youth, community and business sectors to promote physical activity.</li> <li>2. Through support and coordination provide assistance to local clubs on facilities and development issues.</li> </ol>
<p><b>Actions for early implementation</b></p>	<ol style="list-style-type: none"> <li>1. To develop an annual <b>training strategy for coach development</b> in Partnership with the sports development officer of the SDCC, coaching organisations and local clubs. This will look at common issues facing all clubs and will seek to facilitate networking between the clubs and minimise duplication in training. As part of this work, South Dublin County Council will continue to develop the technical skills of both volunteer and professional coaches through the annual roll - out of accredited coaching development programmes such as Sport Teic and Sports Flexibility.</li> <li>2. To develop an annual training plan <b>for club development</b> to cover issues such as ethics training, pitch maintenance, club management, disability awareness, recruitment and retention of volunteers and the preparation of funding applications.</li> <li>3. To work at attracting <b>volunteers into coaching, club development and the management of community centres</b> through a Partnership programme with local volunteer agencies such as South Dublin Volunteer Bureau.</li> <li>4. To investigate the development of a specific project with the governing bodies on <b>extending club development into more disadvantaged areas</b> and supporting this development through mentoring by more experienced clubs.</li> </ol> <p>E.g. GAA in West Clondalkin</p>

**Goal 5: To increase the capacity of leaders and sporting clubs to retain existing members and reach those least active. cont**

<p><b>Rationale</b></p>	<ol style="list-style-type: none"> <li>5. To undertake and complete an audit and consultation process to identify gaps in the provision of sporting facilities for local clubs, building on the DAST audit of facilities. From this audit key priorities for the development of shared facilities will be generated.</li> <li>6. To develop a coordinated internal response for all applications relating to capital grants funding and the club small grants scheme.</li> <li>7. To strive to provide continuous, effective communication between clubs and the council services through clear communication and liaison structures.</li> </ol>
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## Goal 6: To learn and develop through our work

<p><b>Rationale</b></p>	<p>The South Dublin County Sport Partnership element of this strategic plan is a relatively new Partnership. We expect to learn and develop through continual process of action, reflection and evaluation. To this end we intend to develop mechanisms to strengthen and develop the capacity of the Partnership to perform. This will be critical within a recessionary climate where financial resources are limited and the challenge to work together becomes more pressing.</p> <p>In particular we want to ensure that we bring the evidence of what works and current research to bear on physical activity into South Dublin County. Many of our partners have access to research and evidence bases and can share this learning through the Partnership.</p> <p>Finally we are required, as public agencies, to demonstrate the impact and effectiveness of our work. This will be achieved through evaluation and review of our progress.</p>
<p><b>Core objectives</b></p>	<ol style="list-style-type: none"> <li>1. To develop the capacity of the SDCSP and its partners to measure its effectiveness and to ensure its work is based on evidence of what works.</li> <li>2. To develop the capacity of the SDCSP to be an effective Partnership working to the highest standards of governance and management</li> </ol>
<p><b>Actions for early implementation</b></p>	<ol style="list-style-type: none"> <li>1. Develop a project management approach towards assignments and include consultation and evaluation as a component of planning and completion.</li> <li>2. Develop the SPEAK monitoring system within the work of the SDCSP. SPEAK is the monitoring and evaluation system developed by the Irish Sports Council.</li> <li>3. Conduct an interim review of this strategic plan.</li> <li>4. Look to develop a research and dissemination programme as part of the progression of the strategy. This may include: <ul style="list-style-type: none"> <li>• Joint research projects with national partners such as the Irish Sports Council and the HSE.</li> <li>• Research and learning seminars using the resources of the Partnership to provide expertise.</li> <li>• Research conferences for professionals working in the area</li> <li>• Research and training conferences.</li> </ul> </li> <li>5. Develop an annual training plan for the Board and staff of the Partnership, This might include training relating to <ul style="list-style-type: none"> <li>• Stakeholder analysis.</li> <li>• Governance.</li> <li>• Managing true Partnership.</li> <li>• Social exclusion/inclusion and sport.</li> </ul> </li> <li>6. Develop internal structures and working mechanisms to ensure the Partnership is operating to the expected standards of governance and the partners are enabled to contribute effectively to the work of the SDCSP.</li> </ol>

### Appendix 1: Why is physical activity necessary? Background to our core messages

Despite the overwhelming evidence, much of our population is not sufficiently active to reap the health gain of physical activity. While increased physical activity levels benefit all, there is strong evidence that the greatest health benefits occur when the least active in the population become moderately active.

Department of Health and Children, Health Service Executive (2009) The National Guidelines on Physical Activity for Ireland .

#### Appendix 1.1 Why is physical activity important?

There is strong evidence to show that there are major benefits to health (and the economy) of getting more people more active. These benefits range from better cardiovascular health, healthier body weight, fewer falls and better mental health. Put simply, getting active is one of the best investments in long term health.

Everyone - children, young people, adults, older people and people with disabilities - needs to be encouraged and supported to be active every day in as many ways as they can. As people move through their life cycle, their opportunities and interest in physical activity change. For example children enjoy being involved in sports and physical education within the school setting whereas a new mother might find she is more interested in walking on buggy - friendly routes. Similarly a teenage boy might enjoy the competitive edge of playing football but find he needs something different when he has to balance work and family commitments in later years.

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

Table 1: Health benefits of physical activity - summary of evidence<sup>1</sup>

Children and young people	<p>Strong evidence of:</p> <ul style="list-style-type: none"> <li>Better cardio - respiratory and muscular fitness.</li> <li>Stronger bones.</li> <li>Better cardiovascular and metabolic health.</li> <li>Healthier body fat composition.</li> </ul>
All adults (including adults with disabilities and older adults)	<p>Strong evidence of:</p> <ul style="list-style-type: none"> <li>Better cardio - respiratory and muscular fitness.</li> <li>Less weight gain.</li> <li>More weight loss - combined with eating fewer calories.</li> <li>Better weight maintenance after weight loss.</li> <li>Lower risk of early death.</li> <li>Lower risk of stroke.</li> <li>Lower risk of coronary heart disease.</li> <li>Lower risk of high blood pressure.</li> <li>Lower risk of unhealthy blood lipid profile.</li> <li>Lower risk of type 2 diabetes.</li> <li>Lower risk of colon and breast cancer.</li> <li>Fewer falls.</li> <li>Reduced levels of depression.</li> <li>Better cognitive function in older adults.</li> </ul>

#### Appendix 1.2: How can we promote regular physical activity<sup>1</sup>?

Each agency has a role to play in the promotion and support of regular physical activity. Within public and community agencies, staff members can promote the concept of the importance of regular physical activity to clients and customers either in person or through the policies and programmes of the organisation which should support and facilitate individuals and communities to participate in regular physical activity.

If staff have the opportunity to promote physical activity, make sure that key messages on physical activity are part of all your organisation's communication. This includes when staff talk to people, in group activities or through leaflets, booklets, posters, TV, radio, websites or other media.

People are most likely to respond to messages that:

**Stress the benefits of physical activity** - Regular physical activity will improve your health and well - being as well as reduce the risk of developing chronic illness.

**Promote self belief** - everyone has the ability to become active, but they have to believe in themselves. Starting slowly and setting goals can increase the chance of success.

**Promote social support** - getting active with family or friends can be fun and a great way to build regular exercise habits.

**Suggest ways to fit physical activity into daily life** - you don't have to do it all at once - build up 30 minutes by being active for at least 10 minutes a number of times a day.

There are lots of examples of everyday activities which can be used to increase regular activity. Remember fun and enjoyment is important.

<sup>1</sup>Adapted from; Department of Health and Children, Health Service Executive (2009) The National Guidelines on Physical Activity for Ireland [www.getirelandactive.ie](http://www.getirelandactive.ie)

### Appendix 1.3: Whose role is it to promote physical activity?

Everyone can play a role in promoting regular physical activity - whether they are parents, youth workers, businesses, teachers, local authority staff, health service workers and community representatives. Promoting physical activity doesn't mean the same to everyone - some examples might include;

- A community worker developing a street clean project with a Partnership.
- A teacher running an exercise programme for children.
- The local authority through its work developing the local parks and the development and provision of sports facilities in the area.
- A health service executive worker leading a health promotion programme in the community.
- A youth worker bringing her club orienteering.
- A volunteer coaching an under eights team.
- A father bringing his children to the local park.
- A doctor discussing exercise with his patients.
- A local business developing a walk/cycle to work programme.
- The local sports Partnership developing better interagency strategies to promote physical activity.

### Appendix 1.4: How can physical activity assist social inclusion?

For the staff and agencies represented on the Local Sports Partnership, social inclusion is a key concern.

To understand social inclusion it is helpful to look at social exclusion. People who are socially excluded often have poor access to employment, income, education or social networks, (community, family, neighbours). Like many other health behaviours, people from poorer areas who face social isolation are more likely to face illness, mental health problems and chronic disease. They are also less likely to include regular activity into their lives and often have a poorer quality of life. They face barriers at a number of levels and often find that without support they cannot overcome these challenges. For instance, the barriers to a person becoming involved in regular activity can include a lack of skills, a low self belief in their ability to change, a disability, age and language difficulties.

Social inclusion is about providing equal opportunities for everybody by tackling the things that keep people at the margins of life. For sport and physical activity, this means creating the opportunities for everyone, no matter what their background is, to be able to participate in regular and enjoyable activities. As an outcome these individuals develop a sense of belonging as well as improving their health and wellbeing. Involvement in regular activities within communities also provides us with an opportunity to build 'social capital' or put more simply, the resources within the community to help it grow and develop. Physical activity can be a very useful tool to aid integration, tackle anti - social behaviour and foster better community relationships.

South Dublin County Council was designated as one of the first eight areas where social inclusion units were established. South Dublin County Council Social Inclusion Unit commenced operation in late January 2002 and is housed within the Community Services Department. The Sports and Recreation Officer initiates projects in conjunction with the Arts Office and Social Inclusion Unit to combat social exclusion: Examples of projects that have taken place are:

- Anti racism soccer blitzes for schools
- First Tee Golf Programme
- Summer Project Programmes
- Dance Initiatives
- English Language & Sport Camps

## Appendix 2: Membership of the South Dublin County Local Sports Partnership, 2010

County Dublin VEC - **Mr. Dan Kilgallon, Youth Sport Officer**

Community Forum - **Mr. Eddie Sadlier, Tymon Bawn Res. Assoc.**

Community Platform - **Ms. Marie Price Bolger, Trustus (formerly Tallaght Welfare Society)**

An Garda Síochána - **Sgt. Brian Sheridan, Tallaght Station**

Health Service Executive - **Ms. Caroline Peppard, Health Promotion Unit**

Sports Representative - **GAA, Mr. Gerry Anderson, St. Annes GFC**

Sports Representative - **Soccer, Mr. Barry Ferguson, FAI**

Sports Representative - **Athletics, Mr. Pat Ryan, Athletics Ireland**

Sports Representative - **Rugby, Mr. David Ross, Leinster Rugby**

Sports Representative - **General, Ms. Sarah O Connor, Federation Of Irish Sports**

Disability Representative - **Mr. Mark Barry, Irish Wheelchair Association**

Dodder Valley Partnership - **Ms. Joy O Shaughnessy**

CPLN Area Partnership - **Mr. Cecil Johnson**

Primary Schools - **Mr. John Boyle, INTO (St. Colmcilles NS, Knocklyon)**

Secondary Schools - **Mr. Enda Timoney, PE Assoc. of Ire. (St. Marks CS, Tallaght)**

Institute of Technology Tallaght - **Mr. Tim O Connor, Sports Officer**

South Dublin County Council - **Ms. Alison Silke & Ms. Paula Swayne, Sports Office**

South Dublin County Council - **Mr. Michael Hannon, Parks Dept.**

South Dublin County Council - **Mr. Cathal King, Sport, Recreation, Community & Parks Strategic Policy Committee**

South Dublin County Development Board - **Cllr. Eamon Tuffy**

Ethnic Minorities Representative - **Mr. Fidele Wanet, Tallazen (Community Group)**

South Dublin Chamber of Commerce - **Mr. Marc Thornton**

## Appendix 3: Community development infrastructure in South Dublin County

South Dublin County has a rich history of community development. All of South Dublin County is now covered by the Local Development Social Inclusion Programme (LDSIP) Both the area based Partnerships, Dodder Valley Partnership and CPLN Area Partnership are long established and work to support a myriad of community centres and community development projects.

The Rural Development Programme (RDP) operates in the rural areas of South Dublin County. Fingal LEADER Partnership (FLP) centrally manages the Rural Development Fund (RDP) Axis 3 & 4 funding on behalf of the other Partnerships (including Dodder Valley Partnership and CPLN Area Partnership).

A Rural Taskforce - South Dublin Rural Development Taskforce (SDRDT) was established in South Dublin County to facilitate the integration of the Rural Development and LDSIP Programmes. The SDRDT provides a stronger voice for rural communities, supporting the development of the whole of rural South Dublin County optimising the impact of the Rural Development Programme & LDSIP and thereby contributing to the overall rural development plan for the greater Dublin area.

Agencies concerned with community development have a crucial role to play in the promotion and support of physical activity. Agencies operating in the community and voluntary sector work in close Partnership with local communities and are effective at reaching those most at risk of social exclusion. Their expertise in community development and supporting effective community based programmes makes them very suitable partners for further development work around physical activity.

**They are at grass roots so know the areas we need to target - we have to work together to ensure activity for all**  
(Quote from questionnaire)

### Appendix 3.1: The County Dublin VEC in South Dublin County

The County Dublin VEC plays a key role in the provision of education and support for young people, both in the formal school setting and informal youth work setting. In addition the schools' sector plays a vital role in providing adequate education and skills development in all areas including physical activity. The current provision by County Dublin VEC of Sport & Physical Activity includes;

- The establishment by County Dublin VEC of a Youth & Sport development service in 2004. This includes a Youth & Sport sub - committee to deal with provisions of the Youth Work Act 2001 and arising issues and with the provision of grant aid for youth work.
- The management of four dual - purpose sports centres. These centres are located on the grounds of the following post - primary schools - Firhouse Community College, Killinarden Community School, Collinstown Park Community College and Palmerstown Community School. All four centres are accessible to these schools, all primary schools in the area, the wider community and local youth service providers.
- The employment by County Dublin VEC Youth & Sport Development Service of two Youth Sports Officers in the South County Dublin Areas of Tallaght and Clondalkin. The role of the Youth Sports Officer is to coordinate sport and physical activities in Partnership with the local youth service providers.
- Inclusion of sport and physical activity in the school curriculum in all County Dublin VEC post - primary schools in South County Dublin. All schools have sports facilities used by each school student population. These schools also compete in inter - schools sport competitions in a variety of sports throughout the school year.
- The encouragement of sports and physical activity in educational programmes such as Youthreach & Traveller Training.

### Appendix 3.2: Role of the Health Service Executive

The HSE plays a fundamental role in the provision of health services and specific support services for vulnerable children and adults. This also includes the promotion of health and well - being. While this is done at all levels in the HSE, it is driven by the Health Promotion function of the HSE.

Health Promotion operates as a key part of the Population Health Approach which reflects and recognises the wide range of social, economic, physical and environmental determinants that contribute to a healthy lifestyle. Health Promotion is responsible for improving the health of the entire population and target groups, with particular emphasis on health inequalities and at risk groups. It works to tackle fundamental health issues, including promoting mental health, smoking cessation, sexual health issues, nutrition and physical activity programmes. It is recognised that one of the most effective ways of doing this is through working in Partnership with other statutory and voluntary agencies.

From a physical activity perspective our goal is to highlight the importance of physical activity to the health of the population and ensure that everyone has the necessary skills and opportunities to take part in regular physical activity. As part of this objective The National Guidelines on Physical Activity for Ireland (2009) have been produced to outline the recommendations for physical activity for people of all ages and abilities. Health Promotion works in Partnership within the health service and with other statutory and voluntary agencies in the promotion of physical activity programmes such as;

- Action for Life Teacher training.
- Go for Life PALs workshops.
- Fitwalk programmes.
- Walking Leader Training.
- Active Playground workshops.
- Playground Markings Games.
- Adapted Physical Activity programmes.
- Training for HSE staff and external partners in Behavioural Change, Weight Management, Falls Prevention, etc.

### Appendix 3.3: Role of the Garda Síochána

Along with crime prevention and prosecution the Garda Síochána have a broader function which includes involvement with communities such as meeting community representatives, youth groups and the community forum, a strategic role on the joint policing committee and the development of pilot projects to enhance safety and reduce crime in communities. Traditionally members of an Garda Síochána engage in the support and promotion of sports and physical activity in local communities. They are already involved in the promotion of physical activity through

- The provision of safe cycling training for children in schools (with SDCSP)
- Their involvement with the Tallaght West Childhood Development Initiative
- Providing a vetting service to all organisations working with children
- The 'Garda Youth Diversion Projects' aiming for personal development through sport for young people engaged in crime or anti - social behaviour
- The use of sport to break down barriers between young people and Gardai and Dublin Bus staff with an emphasis on ethnic diversity through the 'One People Program'.
- The running of inter - school soccer, basketball and Gaelic competitions
- Supporting community groups organising sporting events with use of Garda mini - buses, Garda Band, refereeing etc.
- Building relationships with communities through fun sport events such as football matches etc.

We would hope to continue and build on our current involvement with the Garda Síochána especially where we wish to build projects and initiatives in areas of disadvantage. Such continued engagement will assist the Partnership and Sports Office in developing more effective community based responses to the need for physical activity.

### Appendix 3.4: Roles and responsibilities of sporting organisations.

Sports clubs and governing bodies are also represented on the sport Partnership committee. Their role is to provide a perspective from the viewpoint of sporting organisations and to assist in the development of sustainable actions. The Sports Office and Sports Partnership work with a range of governing bodies, including the FAI, GAA, IRFU, Athletics Ireland and the Federation of Irish Sports which is an umbrella body for the promotion of the interests of all sporting organisations in Ireland.

### Appendix 3.5: Roles and responsibilities of organisations working with persons with a disability.

The Disability sector, charged with the provision of services and supports to persons with a disability, is very diverse with one representative on the Partnership. We intend to build more representative structures in the future through the establishment of a disability forum which will incorporate the interests of people from intellectual, physical, sensory and mental health sectors.

#### Appendix 3.6: Roles and responsibilities of other agencies

The partners on the Sports Partnership extend beyond those listed above. While the committee is designed to give as broad a flavour as possible it cannot represent all interests but widespread consultation will continue as our strategic plan is being implemented. It is a relatively new committee and it is most likely that real Partnership will begin when the partners get to work on initiatives together.

Each agency, either through the policies and programmes it operates or through the staff it employs has a role to play in the promotion and support of physical activity (see appendix 1.3 and 1.4)

By working in Partnership far more can be achieved in the area of sports recreation and physical activity. In future development we intend to continue building and strengthening Partnerships within the South Dublin County Sports Partnership itself, between the Council and its partners and with other agencies in the community.

This pursuit is particularly relevant given the difficult economic circumstances that are likely to remain for the duration of this plan. In future we will need to make best use of available resources by working in Partnership to identify and close gaps in provision in a strategic and coherent manner that will minimise duplication and maximise resources.