



“Active South Dublin”

**Draft Local Sport and
Physical Activity Plan
2023-2028**

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Foreword:

I am delighted to introduce the inaugural Local Sport and Physical Activity Plan for South Dublin County Council, which we are branding “Active South Dublin”. This plan has been in preparation for some time, overseen by the Council’s Social, Community & Equality Strategic Policy Committee and dovetails with Action 8 of our National Sports Policy 2018-27, which envisages that all local authorities should eventually have Local Sport Plans.

Sport and physical activity are often misrepresented as being purely about competitive sport, with a specific goal in mind. The reality is that physical activity has multi-functional benefits for all of our citizens, our communities and the economy generally. These benefits include tangible improvements in physical and mental health, sustained social cohesion through increased participation levels, a positive platform for social integration including new communities and a reduction in longer term health costs and workplace absences through illness.

This plan builds on the successful work of South Dublin County Council in promoting physical activity and community wellbeing over many years. That success has been supported through the provision of extensive infrastructure including leisure centres, community centres, club facilities, playing pitches, cycle lanes and greenways, pedestrian pathways for healthy walking trails, play spaces and outdoor gym equipment.

While optimising the potential of existing assets, we are conscious of our growing population, so the plan recognises the need for further infrastructure investment. This plan also recognises the hugely important role of schools and clubs, and every opportunity will be taken to advance co-operation in this regard.

This is a plan to support and motivate every citizen of South Dublin to lead active healthy lifestyles. It is a plan for all ages and all abilities and ultimately it is about increased participation which will be monitored through ongoing data gathering and analysis.

Finally, we are committed to resourcing this strategy and keeping over eleven areas of ambition under review.



Daniel McLoughlin
Chief Executive

Introducing the Plan

Introduction


Active & healthy lifestyles for all in South Dublin

This document sets out our commitment to support everything that helps people, in all their diversity, to be physically active in South Dublin.

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

Our plan considers all forms of physical activity whether the emphasis is on exercise and fitness, volunteering and coaching, playing team sports, walking, dancing and cycling or whether the emphasis is on structured participation through schools and clubs.

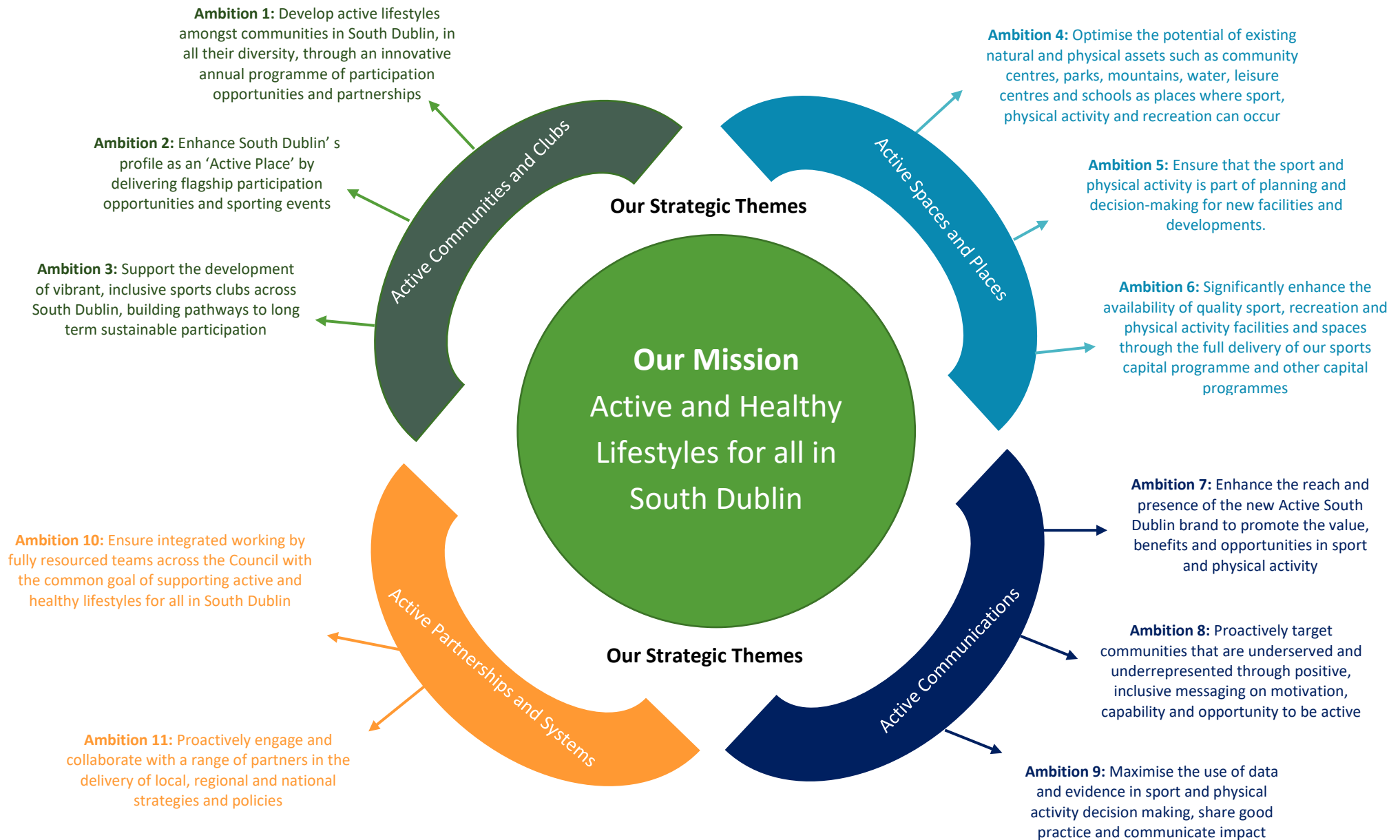
In developing the plan, we are not simply just delivering on the local authority commitment Under Action 8 of National Sports Policy 2018-2027 to develop a local sports plan, it is our ambition that this plan provides the catalyst to bring together partners across the community, voluntary and statutory sectors with residents, clubs, schools, leisure facility providers and others to develop a locally led approach to improving participating in physical activity, recreation and sport.



"Sport is an important enabler of sustainable development. We recognise the growing contribution of sport to the realisation of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives"

The Declaration on the 2030 Agenda for Sustainable Development

Active South Dublin – Our Framework



Why a Sport and Physical Activity Plan?

Why is a Sport and Physical Activity Plan important?

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

The **National Sports Policy 2018-2027** highlights the influence and importance of sport across Irish society, it provides a vision for Irish Sport in 2027 and defines the key actions required to achieve its ambitious goals. The vision set out in the National Sports Policy provides a foundational underpinning for our sport and physical activity plan in South Dublin, that is *“People will be inspired, their lives enriched, their enjoyment enhanced, and their quality of life improved as a result of their own active or social participation in sport, and as a result of success by our top sports people in competition. All entities in our sporting community will be highly regarded for the quality of their staff and volunteers, their standards of governance, ethics and accountability, and their spirit of collaboration including with partners beyond the sporting sector”*.



The National Sports Policy positions ‘Increased Participation’ as one of its 3 high level goals **“A significantly higher proportion of Irish children and adults from all sectors of society are regularly involved in all forms of active and social participation in sport”**. Key Performance Indicators include:

- Increased number of adults regularly playing sport (excludes recreational walking) from 43% in 2017 to 60% by 2027
- Elimination of the active sport participation gradient between men and women from 4.5% in 2017 to 0% in 2027
- Reduced levels of adult sedentarism from 22% in 2017 to 15% in 2027
- Increased number of adults regularly involved socially in sport through volunteering, club membership and/or attendance from 45% in 2017 to 55% in 2027
- Increased number of children regularly playing sport from 13% in 2018 to xx% by 2027 (no data here, delete?)

The **Sport Ireland Participation Plan 2021-2024** is built on and guided by the National Sports Policy 2018-2027 as well as the Healthy Ireland – A Framework for Improved Health and Wellbeing 2013–2025 and the National Physical Activity Plan. In the context of the Key Performance Indicators in the National Sports Policy, the Sport Ireland Participation Plan identifies what can be achieved from 2021 to the end of 2024, including key target groups, key actions and the resources required.



The plan has a clear focus on those who have traditionally had fewer opportunities to take part in sport and physical activity namely: Women, People with a Disability, Older Adults, Ethnic Minorities, LGBTQ+ and people whom are considered to be socially, economically or educationally disadvantaged. The plan reinforces the importance of: developing Active Places, promoting sport and physical activity through simple, and consistent messaging as well as whole system and whole community approach to promoting and developing sport and physical activity.

The **National Physical Activity Plan** sets out 8 action areas to increase the physical activity levels of the Irish population to improve health and wellbeing throughout the country. The overarching target of the Plan is to increase the proportion of the population undertaking regular physical activity by 1% per annum, with the aim being that Irish people will better understand physical activity's health benefits and learn how to be more active in daily lives.



Where we are now: Sport and Physical Activity Participation in Ireland

The main survey used to monitor sport and physical activity in Ireland is the Irish Sports Monitor (ISM). The ISM is a representative survey of the Irish population aged 16 and over. It asks people about their participation in sport, recreational walking, and walking or cycling for transport over the past seven days. It also asks about membership of clubs, attendance at sporting events and involvement in volunteering roles. The most comprehensive information about physical activity school-going children in Ireland is the Children's Sport Participation and Physical Activity (CSPPA) study. According to the ISM Mid-Year Report (2022) and the most recent CSPPA Study (2018):



37%

Of Irish adults classified as 'Highly Active' (considered to be meeting the National Physical Activity Guidelines). This is the lowest level since 2019 (34%).



21%

Of Irish adults classified as 'Inactive' (did not participate in any activity during the past 7 days), this is on the rise and is broadly similar to 2019 levels (20%)



44%

Of Irish adults are regularly playing sport - A key aim of the National Sports Policy in Ireland is that 60% of adults regularly playing sport by 2027



13%

of children met the National Physical Activity Guidelines of at least 60 minutes of moderate-to-vigorous physical activity every day (17% primary school pupils and 10% post primary school pupils).

The COVID 19 pandemic has had a huge impact on the type of sport, physical activity or recreation that people in Ireland take part in. Individual sports and activities such as walking, running and cycling experienced unprecedented growth but the proportion of Irish adults meeting the National Physical Activity guidelines is now falling.

In contrast, indoor and team based sports and activities experienced decline during the pandemic but regular participation in sport is on the rise. Whilst attendance at sporting events has returned, there is work to do in restoring club membership and volunteering to pre-pandemic levels.

The recent Irish Sports Monitor Research highlights how the changes in participation impacted people differently. For example:



Whilst the gender gap for sports participation is still at a much lower level than at the start of the ISM series, the gap has widened to the same level measured in 2017.



Socio-economic gradients in sport widened during the pandemic, with those in employment, of higher socio-economic status and with higher levels of education significantly more likely to be involved in sport and physical activity.



There remain gaps in participation, in club membership and in volunteering and social participation amongst ethnic minorities, people with a disability and the LGBTQI+ community

This information provides a national picture of sport and physical activity participation. The findings from consultations carried out in developing our Active South Dublin plan closely resemble the national picture although over the course of our plan we need to find ways to measure participation at a local level, enabling targeted and focused initiatives that increase participation amongst the people that live, work and visit South Dublin – this will be a key commitment of our plan.

What this means for our Local Sport and Physical Activity Plan?

Recognising the pivotal role of Local Authorities and in light of participation trends the National Sports Policy asks local authorities to develop ‘local sports plans’ which review needs and set out actions to increase participation locally. This plan delivers on this ask.

Our aspiration through this plan is that South Dublin is the most active place in Ireland – rising to the challenge of significantly increasing the number of people that are meeting the National Physical Activity guidelines and shifting the dial on regular sports participation, supporting the national target of 60% by 2027.

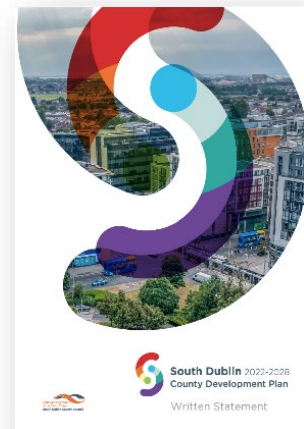
We know that by increasing participation in sport and physical activity, we can help to generate significant improvements in the health, wellbeing and prosperity of our communities. This is in line with the strategic vision set out in our South Dublin County Council Local Development Plan 2022-2028: that ***“In 2028, South Dublin will be a place that our communities are proud of, that our businesses can thrive in and that will help us to live greener and healthier lives”.***

The purpose therefore of this Active South Dublin plan is to set out the ways in which we can create opportunities for people to be active across their life course at a local level, this means removing the barriers and obstacles that prevent people from being active and developing new ideas, facilities and initiatives that will inspire and motivate people to take part.

Research indicates that to shift participation gradients in a meaningful way, we need to make concentrated efforts to support those that are most likely to be inactive or that face multiple barriers to participation – our plan therefore includes key actions and focus on people with disabilities, ethnic minorities, new communities and those from areas of high socio economic disadvantage. In addition, evidence suggests that to effect sustainable improvements in health and wellbeing and to deliver on the significant and ambitious participation targets at a national level, a whole-system approach is needed.

The implementation of this plan will be an indication of the value and importance we place on development of active lifestyles amongst our residents, it challenges us to work in a more integrated way than ever before, to allocate the necessary resources and to be creative in achieving our mission:

Active & healthy lifestyles for all in South Dublin



Setting the Sport and Physical Activity Plan in Context

The Cross Cutting Impact of Sport and Physical Activity

Research proves that participation in sport, physical activity and recreation brings significant positive impacts to people, communities, the environment and the economy



PHYSICAL HEALTH

- help to prevent and treat long-term health conditions such as heart disease, stroke, diabetes and cancer
- help to control weight and manage the disease such as obesity



SOCIAL INTERACTION

- Reduces isolation and loneliness
- Help build community networks
- Build social cohesion



ENVIRONMENTAL SUSTAINABILITY

- Reduces fossil fuel consumption
- Cleaner air
- Healthier environment
- Less congested and safer roads



MENTAL HEALTH

- Helps manage and reduce stress
- Boosts your energy levels and improves your mood
- Reduces symptoms of anxiety and depression
- Increases self-esteem and cognitive function



ECONOMIC DEVELOPMENT

- Reduces longer-term healthcare costs in society
- Reduces sickness absence for employers
- Enhances productivity at work
- Increases tourism

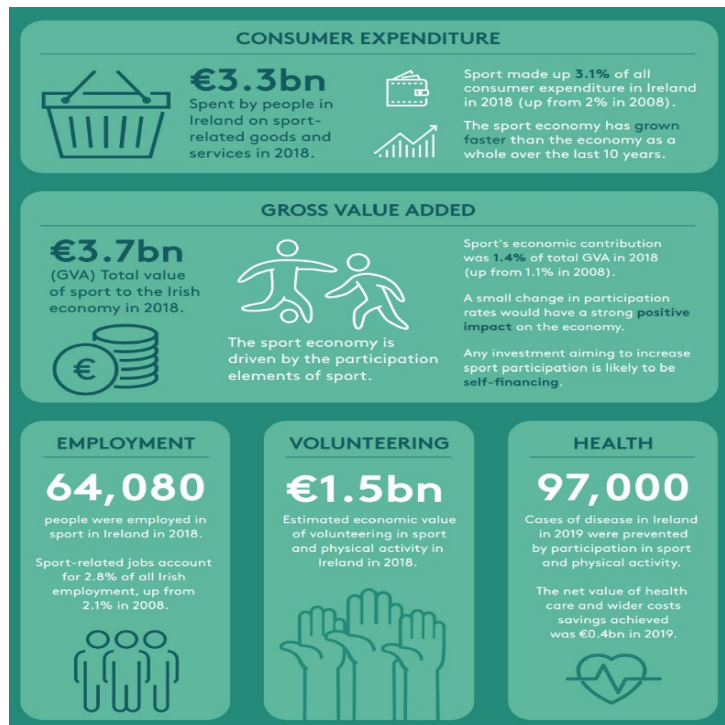


EQUALITY & INCLUSION

- Increased access and opportunities for physical activity for women and girls, reducing gender inequality
- Integration of new communities through participation and club/activity membership

The Economic impact of Sport and Physical Activity

In 2021, Sport Ireland commissioned the Sheffield Hallam University's Sport Industry Research Centre (SIRC) to carry out research on the value of Sport in Ireland. The research looked at both the economic impact of sport in Ireland, including a valuation of sport volunteering, as well as the health impact of participation in sport and physical activity in Ireland.



The report demonstrates that sport and physical activity has a measurable and substantial impact on the physical and mental health of participants in Ireland who achieve the National Physical Activity Guidelines (150+ minutes per week). The report also demonstrates the importance of sport and physical activity to the Irish economy, in generating and sustaining jobs and output. This report builds on research carried out by Sheffield Hallam University – Sport Industry Research Centre, to review the Social Return on Investment of Sport and Physical Activity in England (2017/2018). The research found that for every £1 invested in sport and physical activity in England (financial and non-financial), £3.28 worth of social impact was created for individuals and society.

The research provides evidence that sport and physical activity contributes value to society across a wide range of social outcomes, and that the value of these outcomes is greater than the costs.

Sport, Physical Activity and Health

We know that exercise is one of the primary drivers of good health. Leading an active life is influenced by a range of social and economic conditions. These conditions that influence the health of people and communities are called the *social determinants of health*.

This plan is primarily focused on increasing regular participation in sport, physical activity and exercise amongst the residents in South Dublin County, but to do so, it also includes ambitions and actions that aim to address wider social and economic barriers.

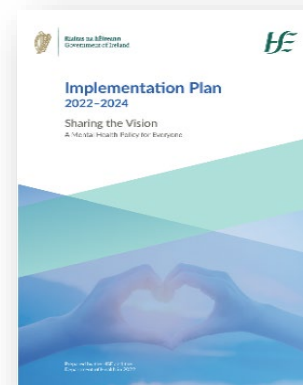


Healthy Ireland, A Framework for Improved Health and Wellbeing 2013 – 2025 is the national framework for action to improve the health and wellbeing of the country. Healthy Ireland takes a “whole of government” and “whole of society” approach to tackling the issues which lead to negative health outcomes, it sets out vision of: *A Healthy Ireland, where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility.*

The Healthy Ireland Framework offers six priority areas of work, two of which offer clear synergy with this local sport and physical activity plan including: a) physical activity and b) spaces and places for health and wellbeing.

The Sláintecare Implementation Strategy and Action Plan 2021-2023 sets out an approach to delivering a safe, quality health and social care service that meets the needs of a growing population in Ireland. A healthy living workstream is included to implement a broad range of health and wellbeing initiatives, policies and programmes through Healthy Ireland – which is regarded as the 'prevention' arm of Sláintecare.

This will be achieved by delivering key programmes that impact on health and wellbeing, such as physical activity & healthy eating. Working with partners and stakeholders in sectors such as education, community, environment, children, justice, housing, social care, enterprise, arts, sports, among others, it will involve identifying solutions to some of the adverse health impacts of the wider determinants of health. In addition, as expected, physical activity plays a prominent role in **A healthy weight for Ireland: Obesity Policy and Action Plan 2016-2025**.



Sport, Physical Activity and Sustainable Development

September 2015 saw the adoption of the 2030 Agenda for Sustainable Development (the 2030 Agenda) by all 193 Members States of the United Nations (UN). The 2030 Agenda aims to deliver a more sustainable, prosperous and peaceful future for all and sets out a framework for how to achieve this by 2030. This framework is made up of 17 Sustainable Development Goals (SDGs) which cover the social, economic and environmental requirements for a sustainable future.

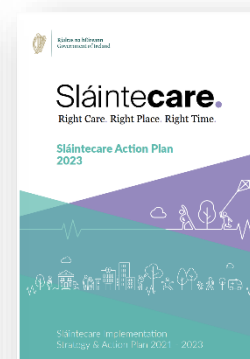
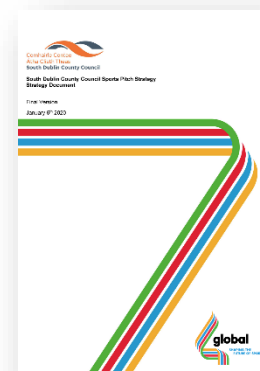
South Dublin County Council is fully committed to the SDGs and this plan, through its commitment to increasing participation in sport and physical activity, sets out how we can make a meaningful and practical contribution at a local level.



The Active South Dublin Local Sport and Physical Activity Plan 2023-2028 is underpinned by a commitment to inclusion, equality of opportunity and positive health and wellbeing. We will work through partners to increase choice and opportunity and to inspire improved health behaviours through increased participation in sport, physical activity and recreation – particularly amongst underrepresented and disadvantaged members of society – aligning with the SDGs.

Aligning to Strategy and Policy

This Active South Dublin Local Sport and Physical Activity Plan is framed under a local, regional and national context – the plan is both informed by and will help deliver against the priorities, aims and objectives set out in the following key strategies and policies. Our plan has also considered the new Local Economic and Community Plan 2023-2028 for South Dublin, the emerging Parks and Open Space Strategy, Teenspace and local cycling strategies.



Active South Dublin Local Sport and Physical Activity Plan 2023-2028

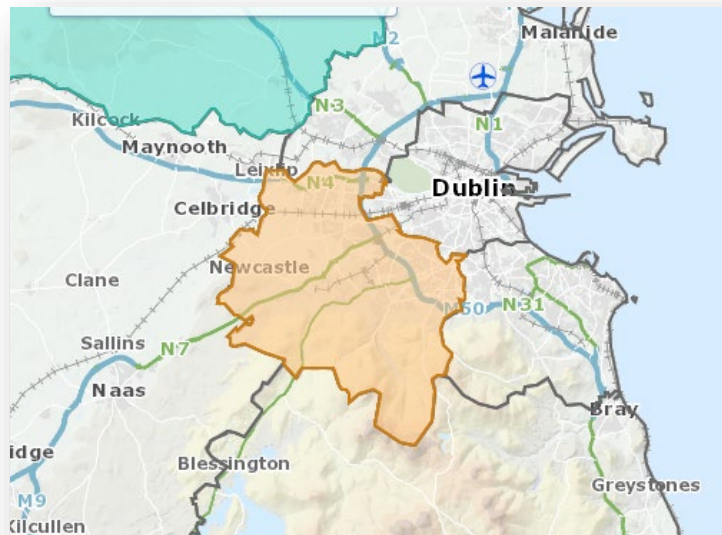


Sport and Physical Activity in South Dublin

About South Dublin County

South Dublin County Council (SDCC) is bounded by Dublin City to the northeast, Dun Laoghaire Rathdown to the southeast, the Dublin Mountains and County Wicklow to the south, the River Liffey to the north, separating it from Fingal and County Kildare to the west.

Spanning an area of 223 km² and comprising rural, urban and suburban communities, SDCC is made up of 7 Electoral areas, 49 Electoral Divisions and 906 Small Areas of Population. There are 9 main villages/aggregated town areas including: Clondalkin, Lucan, Palmerstown, Rathfarnham, Tallaght, Templeogue, Saggart, Rathcoole and Newcastle. 98% of residents in SDCC live in these aggregated town areas with a small minority living in rural areas (2%).



The City Edge Project is a joint initiative between Dublin City Council (DCC) and SDCC to create a new liveable, sustainable and climate resilient urban quarter at the western edge of Dublin City. City Edge straddles the Dublin City and South Dublin County Council functional areas. The City Edge strategic framework project area covers 700 hectares and has the potential for 40,000 new homes and 75,000 jobs with development of lands envisaged to be completed by 2070².

The Population

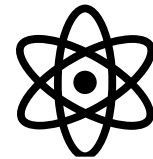
SDCC has a population of 299,793 people (Census 2022), seeing a population growth rate of 7.5% since 2016, in line with the State (7.6%). It is anticipated that the population will continue to see positive growth with an estimated population of 323,679 people by 2028 (increase of 8%)³.



SDCC has a higher proportion of early childhood, primary school and young adult age group compared to the national average.



SDCC also has a slightly smaller population of elderly people at 11.1% compared to 13.3% for the State



SDCC has a relatively young population with the 16th highest youth dependency ratio at 34.9% and the fourth lowest old age dependency ratio (16.8%)¹.

The overall trend in population is indicating an aging population with the 35+ age bracket showing the largest increase.

87.1% of the population of SDCC are Irish, in line with the State. SDCC proportionately contains a similar population of foreign nationals as compared to the national average with 8.2% from the other EU 28 and 3% from the rest of the world (compared to 8.7% and 2.7% respectively for the State)⁴. As of September 2022, there are 3,304 Ukrainian people living within SDCC with 37.4% of those residing within Clondalkin⁵.

² <https://www.dublineconomy.ie/insights/city-edge-project-17515/>

³ <https://www.sdcc.ie/en/d9evplan2022/adopted-plan/chapter-6-housing/chapter-6-housing.pdf>

⁴ Census 2016

⁵ [Arrivals from Ukraine in Ireland Series 6 - CSO - Central Statistics Office](#). Note that this number is likely to underrepresent the number of Ukrainian people as it only accounts for those registered with a PPSN and does not account for those still to register or awaiting registration to be completed.

SDCC has a lower proportion of people who identify as White Irish than the State⁶ with a higher proportion of Black/Black Irish and Asian/Asian Irish than the State at 7.4% compared to 4%. South Dublin County also has the second highest Irish Traveller population in the state⁷.

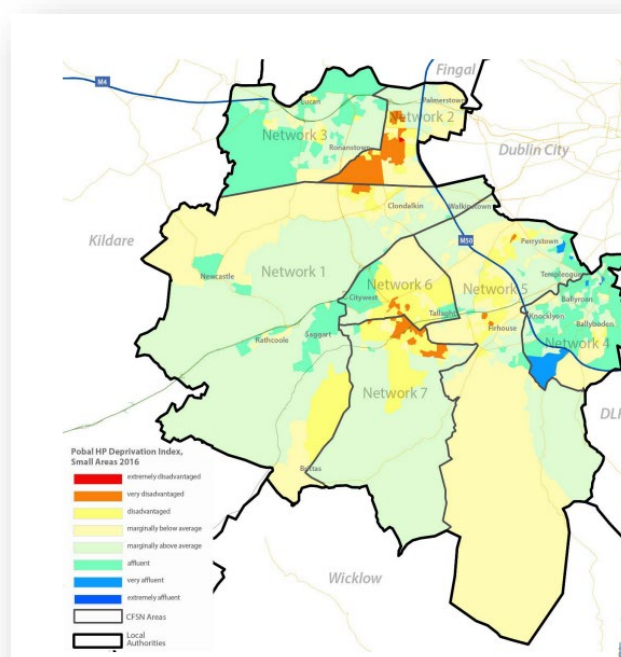
Census 2016 showed that 36,426 people in SDCC area reported having a disability. This equates to 13.1%, marginally lower than the State (13.5%)⁸.

Socio Economic Deprivation

19% of Small Areas in South Dublin were classed as 'Very Disadvantaged', 'Disadvantaged' or 'Extremely Disadvantaged'. The areas highlighted in red, orange and yellow indicate the most deprived areas within the County, as shown in the map below⁹.

South Dublin County has 1 area of extreme disadvantage, 45 small areas classed as very disadvantaged and 128 small areas that are disadvantaged. Extreme and very disadvantaged areas are clustered together in 2 general geographic locations: Clondalkin (1 area of extreme disadvantage and 23 small areas classed as very disadvantaged) and Tallaght (21 small areas classed as very disadvantaged).¹⁰

The major areas of deprivation are located in the central portions of the county within South Dublin such as Jobstown, Citywest and Kingswood. The other areas that also suffer from deprivation are North Clondalkin and West Tallaght. The more affluent areas are located to the east of the county in areas of Ballyboden and Knocklyon, and Lucan to the north. The areas to the west of the county such as Newcastle are just above the national average for affluency.



⁶<https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/publications/a-strategy-for-a-healthy-south-dublin-county-2019-to-2022.pdf>

⁷ <https://www.cso.ie/en/releasesandpublications/ep/p-cp8iter/p8iter/p8itd/>

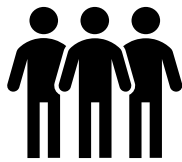
⁸ <https://data.cso.ie/> (E9005 Persons with a Disability as a Percentage of All Population 2011 to 2016)

⁹Pobal HP Deprivation Index, 2016 (Source: CSO & AIRO) Found within <https://www.cypsc.ie/fileupload/Documents/Resources/South%20Dublin/South%20Dublin%20CYPSC%20Evidence%20Baseline%20%20Report%202017%20-%20FINAL.pdf>

¹⁰ Pobal 2016 : Section 6.4 (found within A Strategy for a Healthy South Dublin 2019-2022).

Our Sport, Physical Activity & Recreational Assets

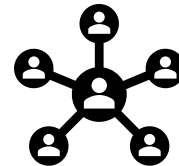
SDCC has five principal service areas: 1) Economic, Enterprise and Tourism Development, 2) Land Use, Planning and Transportation, 3) Housing, Social and Community Development, 4) Environment, Water and Climate Change and 5) Organisational Capacity and Accountability. Given its cross cutting ability, there are several teams and service areas in SDCC that currently have a remit for sport, physical activity and recreation. These teams of people, combined with the wide range of facilities and spaces across the county, as well as the clubs and groups that provide opportunities: reflect our key sport, physical activity and recreational assets. Our aim is to build on our strengths and optimise our assets to enhance participation levels across the County.



Our People



Facilities and Spaces



Clubs and Groups

Our People

The Sports Function

Sports programmes and health and wellbeing initiatives fall under the Housing, social and Community Development service area. The Sports Function in SDCC operates with an annual budget of €1.6m and is comprised of two key sections:

1. Sports Office

Funding from SDCC itself as well as co-funding from National Governing Bodies of Sport provides resources for the Sports Office team.

The Sports Office team focuses primarily on facilities, sports capital and providing funding for some participation programmes such as the South Dublin swimming, athletics and cycle safety initiatives in partnership with local schools.

SDCC currently works with the Football Association of Ireland (2), Leinster Rugby (2), Basketball Ireland (1), Leinster Cricket (1) and Dublin GAA Board (1) to provide Sports Development Officers. These development officers promote their respective sports across the county providing and

facilitating a varied range of programmes in conjunction with the Sports Office. These officers deliver coaching and training to both primary and secondary schools, community groups and sports clubs right across the county. They assist in developing club structures and promote the ethos of fair play and sports inclusion among their various disciplines. They provide teachers and students with an opportunity to learn and up skill in their relevant sports while promoting schools club links throughout the county.

2. South Dublin County Sports Partnership

Funding from Sport Ireland and Dormant Accounts provides capacity for 6 full time staff currently. The Sports Partnership team comprises:

- 1 x Co-Ordinator
- 1 x Community Sports Development Officer
- 1 x Sports Inclusion Disability Officer
- 1 x Administrator
- 1 x Communications Officer
- 1 x Active Cities Coordinator

The SDC Sports Partnership also coordinates a team of 16+ facilitators and tutors who assist with the roll out of annual programmes and initiatives. The key role of the SDC Sports Partnership team is to develop and support opportunities for increased participation in sports and physical activity by the community or South Dublin County, regardless of their background, age or ability. The following infographic highlights some of the key achievements of the team in 2022.

Placeholder for Sports Partnership Text & Data

Active Travel

Cycle South Dublin is an ambitious programme of work that reflects the increasing importance of making cycling a realistic and integral part of how people move around the County. It proposes a set of 41 projects that would deliver nearly 210km of new and improved cycle lanes over the next ten years.

In 2021 the Council spent 10.1 Million on Active Travel infrastructure and has a budget of €18.1 million for 2022. The Council has a dedicated team of 6 Executive Engineers and Active Travel Officers to project manage each project on the Cycle South Dublin Programme.

Parks & Public Realm

Placeholder for Parks & Public Realm Text & Data

The Teenspace programme is an example of a project delivered by Public Realm, it provides a wide variety of amenities across various locations throughout the County, including multi-use game areas (MUGA), calisthenics, parkour, teqball football tables, speaker posts to play music and informal seating that can be used as places to meet and hang out.

Sláintecare Healthy Communities – South Dublin County Council

Sláintecare Healthy Communities is an area-based, long-term community change initiative. The ultimate goal of the Sláintecare Healthy Communities Programme is to improve the long-term health of target populations and improve the quality of life of individuals in those communities. SDCC has two designated Sláintecare Healthy Communities with a Local Development Officer assigned to areas in Tallaght and Clondalkin.

Funding from Sláintecare Healthy Communities has supported projects which remove barriers to physical activity in areas with disadvantage and where community safety is a concern. Under Sláintecare funding, Calisthenic equipment has been installed in public parks and improvements to paths and the creation of a walking-track have taken place.

Local Development Officers work in partnership with the HSE, community organisations and local residents to oversee the Healthy Communities programme. A Local Implementation Group provides opportunities to develop tailored health programmes to meet community needs, as identified by members.

Our Facilities and Spaces

There are a wide range of facilities and spaces to be active across South Dublin, including:



320

Sports pitches assessed in the recent Sports Pitches strategy. 163 local authority pitches, 57 educational pitches, 46 club pitches and 40 private/commercial pitches

Soccer: 205 soccer pitches identified across 72 sites in the 2020 sports pitches strategy, these catered for 430 teams from mini soccer to senior

Rugby: 5 pitches catering for 4 clubs, who collectively provide 53 teams from junior to senior.

GAA: 41 sites with GAA pitches, catering for 473 teams from Junior to Senior

Hockey: 8 sites that have full-sized sand or water based artificial grass pitches (9 in total) suitable for competitive hockey. These cater for 84 teams across 5 clubs

Cricket: 3 sites providing cricket, catering for 2 clubs – 17 teams in total provided across the 2 clubs.

Athletics: 4 tracks catering for 6 major clubs with circa 1500 collective members



4

Regional Parks (Griffen Valley Park, Corkagh Park, Dodder Valley Park and Tymon Park). More than 1500ha of Public Open Space



3

SDCC Leisure Centres including Lucan, Clondalkin and Tallaght



33

Community Centres across South Dublin County



142

Schools in South Dublin County including 106 Primary Schools and 36 Secondary Schools



The National Basketball Arena is Dublin's premium indoor sporting arena and event space, with a capacity of up to 2,500 people. It is located in Tymon Park

The National Basketball Arena is the home of Irish basketball, where the Irish national team play their FIBA EuroBasket and FIBA Women's EuroBasket games. It is the venue for the prestigious InsureMyHouse.ie National Cup finals and National League finals and hosted the 2021 FIBA European Championship for Small Countries.



Tallaght Stadium is a modern and multipurpose venue, equipped to cater for up to 10,000 patrons in an excellent arena which has served the local area well since its opening in 2009. The stadium is owned and operated by South Dublin County Council, and is best known for being home to Ireland's most successful football club Shamrock Rovers.

Located close to the foothills of the Dublin Mountains, Tallaght Stadium is also the home grounds of the Football Association of Ireland's women's national team. A multipurpose venue the stadium has played host to a variety of other sports including rugby, American football, hurling and Gaelic football.

One of the flagship projects of the Dublin Mountains Partnership is the establishment of a long-distance trail, the Dublin Mountains Way (DMW), across the mountains from Shankill in the east to Tallaght (Sean Walsh Park) in the west, in all approximately 43 kilometres of trail (plus an additional 12.3km round trip for the Hell Fire/Massy's spur).

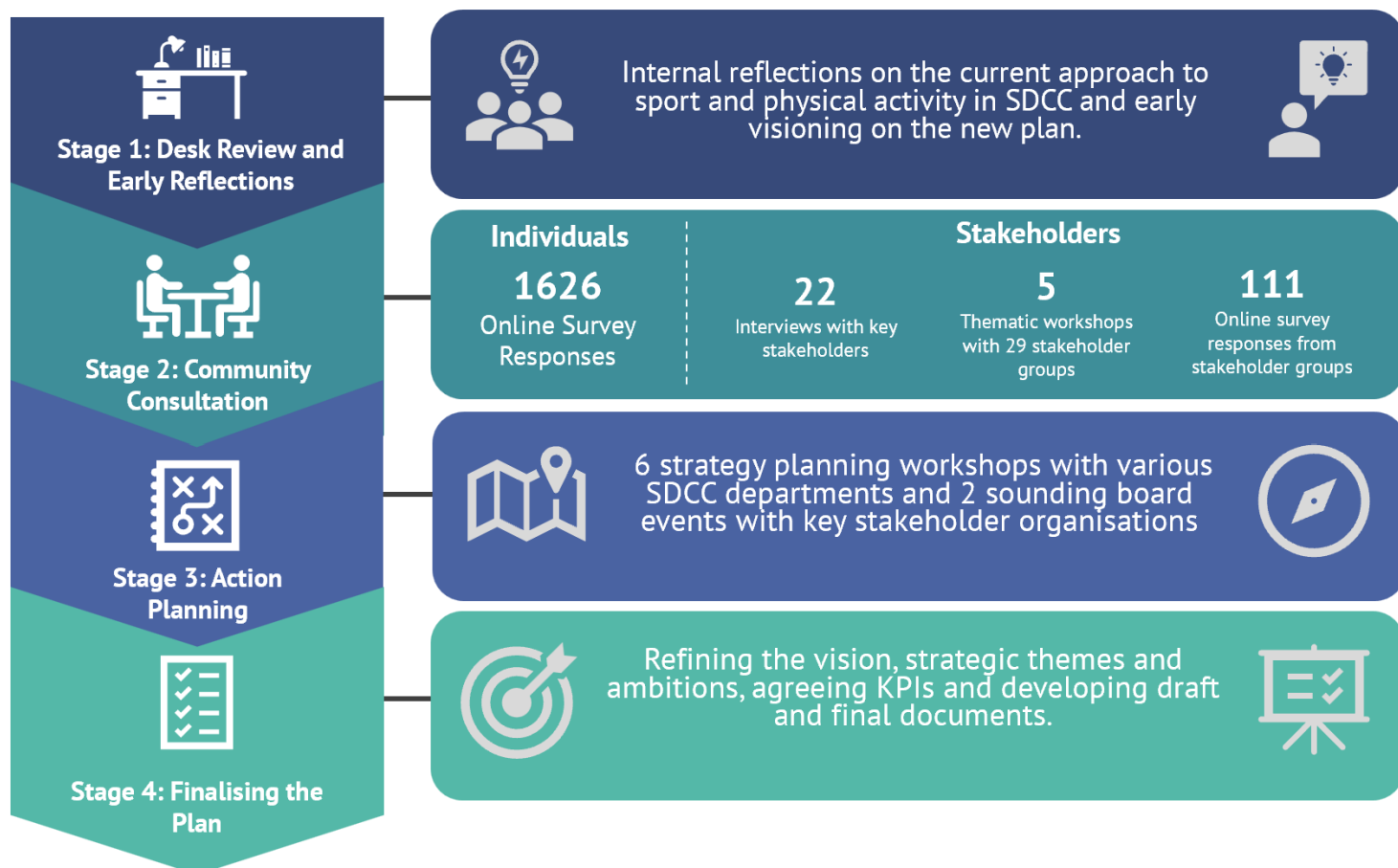
Clubs and Groups

Insert infographic on sports clubs,

Developing the Plan

Introduction

The strategic planning process involved significant consultation and engagement with stakeholders over a focused 5-month period. The four staged strategic planning process is set out below.



The consultation process included passionate and forthright contributions from stakeholders about where we need to go and what we need to do to enhance our participation in sport and physical activity over the next 5 years. A full consultation report informing the plan is available

Key Insights

The following provides a high-level summary of the key insights from the consultation process, these have directly shaped and informed the development of the Active South Dublin Local Sport and Physical activity Plan.

Motivation for Sport and Physical Activity

Improving health & fitness, controlling weight and having fun or relaxing are far and away the most common factors that motivate people in South Dublin to participation in sport and physical activity

Key Insight: Having fun and improving athletic ability were more important for young people aged 16-24



Key Insight: Controlling weight and relaxing were more important for adults aged 25-44



Key Insight: Spending time with family and friends was more important for people aged 55+



Popular Sport and Physical Activities

The most popular sport and physical activities in South Dublin according to respondents are:



Walking



Swimming



Gym Based Exercise.



Running



Yoga



Cycling



Weightlifting



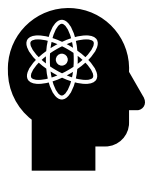
Pilates/Dancing

Team sports such as Soccer, Gaelic Football and Basketball followed and were referenced mostly by those aged 16-24 whilst golf, boxing and badminton were also listed in the top 15 most popular activities.

Barriers to Sport and Physical Activity



Time due to **work** or **family** commitments



A lack of Motivation



Injury, illness or disability



Cost

A key focus of this plan is to address the barriers that prevent participation in sport and physical activity. Time was identified as the major barrier – due to both work and family commitments. Practical barriers such as timing of classes, access to childcare, proximity to adequate facilities, limited or no public transport to facilities, restrictive or no safe cycle infrastructure and personal safety in their area were also highlighted consistently. The issue of cost may relate to the cost of the activity itself, or the cost of equipment and getting to and from activities.

Where Sport and Physical Activity takes place

The following represent the most common locations for sport and physical activity participation amongst those consulted followed by sports halls, community centres and sports pitches.



A gym



A road or footpath



Swimming Pool



At Home

Most people find out about sport and physical activity via friends and family members or because of a general awareness of what is available in their local community. Finding out through google/social media and through work/school were the next most common responses.

Access to Facilities



Mostly positive Views on facilities

The majority of respondents reflected positively on SDCC Sport and Leisure facilities such as sports pitches and leisure centres, that they cater for the level and type of sport and physical activity they want to take part in



Indoor Facilities

A need to enhance access to indoor halls was identified, both by maximizing community & school facilities as well as developing new indoor provision with a particular focus on population growth areas and those without leisure centre access



Accessing Facilities

Reducing cost, better advertising of what is available and providing a wider variety of accessible facility types were the 3 key factors that could improve access to sport and physical activity facilities

A Connected and Collaborative Approach

The consultation process identified an opportunity to build on positive work carried out across the County by joining and integrating effort.



A need to improve communication and integration between SDCC Departments both in the development, design and activation of facilities and spaces



A need to embrace sport and physical activity as a council wide responsibility and increase the value and status placed on sport and physical activity



A need to ensure adequate staffing and resources are available to develop and deliver opportunities, both within the Local Sports Partnership and across other SDCC Departments
(change logo !)



A need to work collaboratively to maximise the assets available in South Dublin for physical activity including Tallaght Stadium, the Basketball arena, the Dublin Mountains, greenways, parks, leisure centres, schools and community centres

The Active South Dublin Local Sport and Physical Activity Plan 2023-2028

Our Mission

Active & healthy lifestyles for all in South Dublin

Our Ways of Working

Inclusive being active means different things to different people, we commit that everyone, regardless of their age, ethnicity, gender, sexual orientation, geography or current level of activity will have the opportunity to be active through this strategy

Collaborative creating opportunities for people to lead active and healthy lifestyles requires lots of people and organisations to work together. We will value the contribution, skill and passion of partners and stakeholders both across SDCC and beyond in delivering this strategy

Passionate we believe in the power of sport and physical activity in improving health, building social connections and enhancing communities, this strategy will champion active lifestyles and go above and beyond to support people to be more active

Evidence Informed we will use data, research and evidence to inform how we develop and deliver programmes, with a particular emphasis on targeting areas of high socio economic disadvantage and population growth areas.

Imaginative we will try new things, explore new ways of working and be creative and imaginative in how we support residents to become more active

Sustainable we will strive for sustainability in the design and delivery of programmes, in how we resource and finance our strategy and in how we contribute to a greener and more environmentally friendly South Dublin.

Our Strategic Themes & Ambitions

The following sets out four strategic themes and 11 ambitions that we aspire to achieve by the end of this five year strategy.

Active Communities and Clubs

- **Ambition 1:** Develop active lifestyles amongst communities in South Dublin, in all their diversity, through an innovative annual programme of participation opportunities and partnerships
- **Ambition 2:** Enhance South Dublin's profile as an 'Active Place' by delivering flagship participation opportunities and sporting events
- **Ambition 3:** Support the development of vibrant, inclusive sports clubs across South Dublin, building pathways to long term sustainable participation

- **Ambition 4:** Optimise the potential of existing natural and physical assets such as community centres, parks, mountains, water, leisure centres and schools as places where sport, physical activity and recreation can occur
- **Ambition 5:** Ensure that the sport and physical activity is part of planning and decision-making for new facilities and developments.
- **Ambition 6:** Significantly enhance the availability of quality sport, recreation and physical activity facilities and spaces through the full delivery of our sports capital programme and other capital programmes

Active Spaces and Places

Active Communication

- **Ambition 7:** Create the Active South Dublin brand to promote the value, benefits and opportunities in sport and physical activity
- **Ambition 8:** Proactively target communities that are underserved and underrepresented through positive, inclusive messaging on motivation, capability and opportunity to be active
- **Ambition 9** – Maximise the use of data and evidence in sport and physical activity decision making, share good practice and communicate impact

- **Ambition 10:** Ensure integrated working by fully resourced teams across the Council with the common goal of supporting active and healthy lifestyles for all in South Dublin
- **Ambition 11:** Proactively engage and collaborate with a range of partners in the delivery of local, regional and national strategies and policies

Active Partnerships and System

Strategic Theme 1 – Active Communities and Clubs

Why is this theme important?

Through this plan we want to support people to lead active and healthy lifestyles whether the focus is on walking in the local park or whether it is competitive sport through club and school structures. Being active means different things to different people and different groups of people face different barriers to participation in sport and physical activity.

Our consultation findings are in line with national research in that time (work or family commitment), lack of motivation and injury, illness or disability represent the main barriers to participation. In order to shift the dial in sport and physical activity participation, we need to develop, promote and deliver programmes and opportunities that help overcome these barriers. We also need to ensure that these programmes and opportunities target those that are least likely to be active – such as areas of high social and economic deprivation, people with a disability and minority ethnic communities.

We want to promote South Dublin as an active place and build a culture of ‘being active’. The delivery of large participation events and generating a momentum behind participation opportunities can help advance that culture. In addition, we hope to inspire and instil a culture of active participation from an early age through our engagements with schools and a new focus on non- structured play.

There are approximately XX sports clubs in South Dublin currently, these clubs provide a vital outlet and pathway to participation in sport and physical activity. Our plan has a clear focus on ensuring that clubs have adequate support, capacity and resources to provide inclusive and accessible opportunities, catering for our fast growing population. This will be enhanced by our partnerships with NGBs and national organisations such as Active Disability Ireland.



Photo Placeholder



Photo Placeholder

Strategic Theme	Ambition	What we need to do to make it happen?	How will we know we have achieved it?
Active Communities and Clubs	Ambition 1: Develop active lifestyles amongst communities in South Dublin, in all their diversity, through an innovative annual programme of participation opportunities and partnerships	<ol style="list-style-type: none"> 1. Use regular, targeted and evidence-based programmes to proactively increase physical activity participation in all areas, particularly areas with high population growth and disadvantaged areas. 2. Work collaboratively with local and national partners to expand our expertise and resources to deliver ongoing physical activity programmes for low-participation groups particularly Travellers, people in homelessness and new arrivals and to support physical activity by older people, those living with a chronic condition and for positive mental health. 3. Optimise available funding to develop new participation projects and to support existing projects such as Innovation in Sports Inclusion, Diversity and Inclusion, Community Sport and Physical Activity Hubs, Urban Outdoor Adventure Initiatives, Women in Sport. 4. Increase the number, range and quality of facilitators across age and ability sectors to maximise choices in sport, physical activity and recreation. 5. Build on the work of our Sports Inclusion Disability Officer to increase sport and physical activity opportunities for people with a disability in South Dublin. 6. Strengthen our partnership with TUD Tallaght Campus to develop practical community delivery options for students undertaking relevant sports and health-related programmes. 7. Support promotion and use of the All-Ireland Physical Literacy consensus statement in local schools and pre-schools. 8. Collaborate across all relevant Council workstreams to develop a new dedicated play initiative focused on the non-structured enjoyment of sport, physical activity and recreation for all age ranges 	<p>Total # of participants, engaged in our programmes (broken down by target group) increases year on year</p> <p>Qualitative measure on the experience of our programmes by target group through the lens of diverse groups</p> <p>Net Promoter Score for our Active South Dublin Team increases year on year</p>
	Ambition 2: Enhance South Dublin as an 'Active Place' by delivering flagship participation opportunities and sporting events.	<ol style="list-style-type: none"> 1. Implement a calendar of large-scale participation programmes in South Dublin that includes Park Runs and Junior Park Runs, Couch to 5K, Colour Dash, Park Yoga and Park Fit. 2. Commit organisations resources and supports to deliver the South Dublin Schools Cross Country event and Marathon Kids programme each year. 3. Work with partners across Active Travel, Public Realm and Parks to organise and deliver impactful participation initiatives and events in support of national programmes such as Women in Sport Week, Bike Week, Active Schools Week, European Week of Sport, Her Moves/ Her Outdoors and more 4. Continue to provide funding to support national swimming, athletics and cycle safety initiatives in partnership with local schools. 	<p># of large-scale participation events supported, delivered or promoted and # of participants increase year on year</p>

		<ol style="list-style-type: none"> Enhance our strategic partnership with the South Dublin Volunteer Centre, particularly to support larger events and programmes. Further enhance Tallaght Stadium as a venue of choice for sporting events including by optimising exposure from our partnership with the FAI Women's Team and Senior Team, the FAI Under 21 Mens Team and Shamrock Rovers FC. Develop and maximise regional and local growth opportunities for a diverse range of sports and activities including tennis, basketball, boxing, watersports, mixed martial arts, gymnastics and also target wider development of lower participation activities. 	
	<p>Ambition 3: Support the development of vibrant, inclusive sports clubs across South Dublin, building pathways to long term sustainable participation.</p>	<ol style="list-style-type: none"> Work with national sports governing bodies to support additional co-funded development officers engaging with local schools, clubs and organisations. Deliver annual grant funding programmes for sports clubs to support coach education, purchase of equipment and small-scale capital improvements. We develop and ring-fence appropriate funding for new and existing clubs to address emerging participation needs in large population growth areas, ensuring sufficient support for all sports. Support local clubs accessing the Sports Capital funding programme and build their capacity, including through coach and volunteer development and by leveraging partnerships with national sports governing bodies, Sport Inclusion Ireland, Sport Ireland Coaching and others. Facilitate regular safeguarding, disability awareness, anti-racism, first aid and other training for all clubs across South Dublin Use our programmes and participation pathways to support increased and sustainable connectivity between local clubs and communities, with the involvement of and connection to clubs through our programmes and initiatives. 	<p>Value of funding to clubs increases over the life course of the strategy</p> <p># of people accessing training and capacity building initiatives per annum</p>

Strategic Theme 2 – Active Spaces and Places

Why is this theme important?

South Dublin has 142 schools (primary and post primary), 33 community centres, 4 regional parks, 2 leisure centres, over 1500ha of open spaces and a wide range of sports pitches as well as access to the Dublin Mountains and an ever expanding network of greenways and cycle paths. We need to ensure that we maximise our existing assets as spaces and places where people can be active, particularly those that are currently underused.

The launch of the new National Outdoor Recreation Strategy and the national investment via Sport Ireland in a team of Outdoor Recreation Officers across the Local Sports Partnership Network provides an ideal opportunity to focus on optimising our outdoor spaces to enhance participation – capitalising on the interest and momentum that developed during the pandemic.

We know that we need to continuously invest in improving existing and developing new facilities but that we can do this in a more coordinated way by sharing information, resources and expertise internally within SDCC. In recognising the cross cutting role of sport and physical activity in terms of tourism, the economy, health & wellbeing, environment and communities - an enhanced involvement of our dedicated sport and physical activity staff during the planning and decision making process on new capital developments should ensure that sport and physical activity has a seat at the table.

This sport and physical activity plan supports and complements the delivery of other SDCC strategies, particularly in relation to sport pitches, parks and open spaces and cycling strategies.

A need for enhanced indoor provision was consistently raised during consultation alongside other facilities. We need to evaluate our requirements and make evidence informed decisions. An early focus on delivering on our agreed strategic projects and then working together to create a new pipeline of sport and physical activity projects will be a key priority.



Photo Placeholder



Photo Placeholder

Strategic Theme	Ambition	What we need to do to make it happen?	How will we know we have achieved it?
Active Spaces and Places	Ambition 4: Optimise the potential of existing natural and physical assets such as community centres, parks, mountains, water, leisure centres and schools as places where sport, physical activity and recreation can occur.	<ol style="list-style-type: none"> 1. Activate our community centres through both the roll-out of the online booking system for activities and by scaling up the 'TryOneChallenge' initiative to all centres across the County over the lifetime of this plan. 2. Maximise school and community access to our network of leisure centres. 3. Work with the Department of Education and the Dublin Dun Laoghaire Education Training Board (DDLETB) on pilot initiatives to expand evening and weekend access to school facilities, having established the existing baseline. 4. Use the Active Cities initiative for better workstream integration within the Council to optimise and fully inform the active use of our built and natural resources. 5. Develop synergies between the Active Travel and Active Cities (Dublin Officers) teams to optimise school commuting by walking and cycling initiatives. 6. Under the National Outdoor Recreation Strategy, work collaboratively with Sport Ireland Outdoors Unit and the Council's County Promotion Unit to increase participation in sport, physical activity and recreation in the outdoor, including through the development of associated tourism initiatives. 	<p># of hours of sport, physical activity and recreation delivered in community centres increases year on year</p> <p># proportion of schools per county that make facilities available for community use increases from baseline</p> <p># of collaborative initiatives between council departments delivered to enhance walking, cycling and active travel</p> <p># of new Outdoor Recreation initiatives delivered and # of participants engaged</p>
	Ambition 5: Ensure that sport and physical activity is part of planning and decision-making for new facilities and developments.	<ol style="list-style-type: none"> 1. Engage the Active South Dublin team on Local Area Plans, Largescale Residential Development planning applications, stakeholder consultation processes for new Part 8 planning proposals and for relevant capital projects, such as the Dublin Mountains Visitor Centre, the 12th Lock Masterplan and other projects, to provide sport and physical activity input on new developments. 2. Ensure intergenerational and universal access in the design, provision and operation of sport, recreation and physical activity facilities. 3. Protect areas within parks and open spaces for nature and passive recreation as important components of health and wellbeing. 4. Design, construct and operate sports and recreational facilities that support positive climate action initiatives and impacts. 	<p># of steering committees, assessment processes and capital projects with meaningful involvement of the Active South Dublin Team</p> <p>Qualitative assessment of improvement in the level, range and effectiveness of cross council collaboration</p>

	<p>Ambition 6: Significantly enhance the availability of quality sport, recreation and physical activity facilities and spaces through the full delivery of our sports capital programme and other capital programmes</p>	<ol style="list-style-type: none"> 1. Evaluate existing and projected sporting and recreational requirements for the County to inform future developments. 2. Work collaboratively to deliver the planned projects included in the current Three-Year Capital Programme 2023-2025 and beyond, and seek to expand the range of sport, physical activity and recreation projects in the Council's capital programmes based on assessed need and demand. 3. Ensure that the Active South Dublin work programmes are aligned to and support the ongoing implementation of the Council's strategic plans for pitches, parks and open space, green infrastructure, cycling and other relevant strategies. 4. Deliver the Cycle South Dublin programme including forty-one specific projects for up to 210 kilometres of new and improved cycle lanes over the next ten years. 	<p># of new sport, physical activity and recreational facilities delivered</p>
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Strategic Theme 3 – Active Communication

Why is this theme important?

The consultation process identified a need to continue to support residents and communities to enhance knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.

This plan offers an opportunity to carry this out in a streamlined and coherent way through the development of a consistent brand for the Active South Dublin team and strategy – enabling us to extend the reach of our own campaigns and information but also to ensure that national campaigns and messages reach people at a local level – particularly those targeted at underrepresented or inactive groups.

The need to invest time, energy and resources to improve the evidence behind decision making in sport and physical activity and to measure the impact of our work was a key priority during consultations.

As a core member of the Local Sports Partnership Network, our access to Sport Ireland’s research and evaluation unit provides us with a unique opportunity to enhance our capacity, our understanding and our implementation of good quality research and evaluation processes. The establishment of a local baseline position for sport and physical activity participation to enable us to measure progress will be a priority. In addition, the emergence of the National Geo Digital Database through Sport Ireland during the life course of this strategy will help decision making processes on new sport and physical activity facility projects.

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Photo Placeholder

A large green rounded rectangle placeholder for a photo.

Photo Placeholder

Strategic Theme	Ambition	What we need to do to make it happen?	How will we know we have achieved it?
Active Communication	Ambition 7: Create the Active South Dublin brand to promote the value, benefits and opportunities in sport and physical activity.	<ol style="list-style-type: none"> 1. Support the Active South Dublin brand with a communication plan including dedicated website, social media channels, identity guidelines and marketing material. 2. Promote and embrace national and international campaigns for sport and physical activity such as European Week of Sport, HerOutdoors, Women in Sport, Get Ireland Walking and others. 3. Invest in digital infrastructure, such as online booking systems and information portals, to enhance access to sport and physical activity opportunities. 4. Continue to support local recognition of participation and achievement including through sponsorship of local sports awards. 	<p>Proportion of positive sentiment and feedback on the Active South Dublin Brand and Identity</p> <p># of national campaigns supported</p>
	Ambition 8: Proactively target communities that are underserved and underrepresented through positive, inclusive messaging on motivation, capability and opportunity to be active.	<ol style="list-style-type: none"> 1. Develop an effective programme of communications to target promotion of activities to under-represented groups to promote their increased participation in sport and physical activity. 2. Commit to a dedicated annual promotional period for the Active South Dublin strategy, supported by the Council's Communications team and other key partners, that includes high-profile and targeted promotional events. 	Extent of reach, impressions and analytics per campaign increases year on year
	Ambition 9: Maximise the use of data and evidence in sport and physical activity decision making and share good practice and communicate impact.	<ol style="list-style-type: none"> 1. Support Sport Ireland's development of the National Database of Sport & Recreation Amenities and maximise the use of the database to inform decision-making for sport and physical activity facilities. 2. Engage with the Sport Ireland research and evaluation unit to develop an accurate baseline for key sport and physical activity participation metrics across the County to monitor implementation of this plan. 3. Publish an annual dashboard of activity accompanied by qualitative evaluation of the impact of our work and highlighting key achievements 	<p># of data points contributed to the NDD</p> <p>Value of investment into research and evaluation initiatives</p>

Strategic Theme 4 – Active Partnerships & Systems

Why is this theme important?

SDCC has dedicated and passionate teams of people that work to deliver sport, physical activity and recreational opportunities for our residents. We heard during the consultation process that whilst we are doing lots of things well across our teams – we could enhance how we do things together.

Evidence suggests that to effect sustainable improvements in health and wellbeing, a whole-system approach is needed, involving government and society.

Implementing a whole-of-government/society approach, addressing the broader determinants of health such as people's living environments and behaviours is endorsed in the Healthy Ireland Framework. The need for a systems based approach is also endorsed in the Global Action Plan on Physical Activity 2018-2030. This global action plan, which was developed through a worldwide consultation process, found that a systems-based approach with policy actions was required nationally to reverse current trends and reduce disparities in physical activity. **The Global Action**

Plan on Physical Activity 2018-2030 makes it clear that 'Increasing physical activity requires a systems-based approach – there is no single policy solution'

Drop? Repetition of above?

The further development of our Active Cities Project and the amalgamation and integration of our team will help to embed a whole of council approach and streamline how we engage and work with partners to improve sport and physical activity opportunities. Enhancing integration needs to be reinforced by an increase in the availability of staff and resources to deliver new sport and physical activity opportunities – this plan includes such a commitment. This plan also reinforces both a) a need and b) our commitment to work collaboratively with local and national partners and structures to leverage opportunities and resources for people in South Dublin.

Photo Placeholder

Photo Placeholder

Strategic Theme	Ambition	What we need to do to make it happen?	How will we know we have achieved it?
Active Integrated System	Ambition 10: Ensure integrated working by fully resourced teams across the Council with the common goal of supporting active and healthy lifestyles for all in South Dublin	<ol style="list-style-type: none"> 1. Resource and structure an Active South Dublin team with sufficient capacity and authority to achieve the objectives and ambitions of this plan including through Council funding and utilising Sport Ireland staffing supports. 2. Amalgamating the current Sports Office and Local Sports Partnership teams into a single Active South Dublin team with roles and responsibilities aligned to the actions and priorities in this plan. 3. Maximise collaboration with the Council's Community Development team, including Healthy Ireland and Sláintecare staff, as key partners in delivery of community-based health, wellbeing and social inclusion initiatives aligned to this plan. 4. Establish an Active South Dublin implementation team, to replace the current Local Sports Partnership steering group, with relevant cross-departmental and external stakeholder representation to oversee delivery of this plan. 	<p>Value of resources allocated to the amalgamated Active South Dublin Team increases over the life course of the strategy</p> <p># of Council departments represented on the Active South Dublin Steering Committee</p>
	Ambition 11: Proactively engage and collaborate with a range of partners in the delivery of local, regional and national strategies and policies	<ol style="list-style-type: none"> 1. Participate as a key member of the local sports partnership network in collaboration with Sport Ireland to support innovation and actions to progress national objectives of enhanced participation in sport and physical activity. 2. Support local delivery of national participation initiatives including Get Ireland Walking, Cycling, Swimming initiatives. 3. Partner with HSE Health and Wellbeing team to support and embed physical activity initiatives within their health and wellbeing programmes. 4. Work with the Department of Education, DDLETB and other relevant partners to support sport hub development. 5. Collaborate with relevant city based local sports partnerships to further develop the Active Cities model and associated initiatives. 	<p>Qualitative assessment on the effectiveness of collaboration of the ASD team according to stakeholders and partners</p>



County Hall,
Belgard Square North,
Tallaght,
Co. Dublin,
Ireland

Tel: 1 414 9000

Web: <http://www.sdcc.ie/>