



SANCTUARY RUNNERS

Who is
hard to reach?

I-PARC
19.01.23



Hello!

**Using running, walking
& jogging to bring
everyone in the
community together –
including asylum
seekers, refugees and all
migrants**



We Run As One
in
Solidarity | Friendship | Respect





Parkruns



5km



10km



Half Marathons



Marathons



Teas & coffees



Scones



Chats

IMPACT

85%

Sanctuary Runners helped them to feel welcome in Ireland

61%

Improved their fitness levels

42%

Had never run before

61%

Reported improved mental health

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“When I came back the next week, people remembered my name.”



“

I loved the scenery of the park.
It was calming.

And I loved that all the people I met knowingly
chose to be there.

It was a form of welcome, acceptance and
solidarity, the significance and value of which I
can't quite put into words

”

AN ENVIRONMENT OF BELONGING



Who we reach?

- Everyone
- From the start
- Long-time locals, 'blow-ins', new-to-the-area migrants, people living in direct provision, people living in emergency accommodation
- Regardless of gender, nationality, religious belief or race



What builds the bridges?

🔑 Emojis 📄❤️

T-shirts

Smiles 😊

Visit / invite

Volunteer

Kit

Tea & Coffee

Network

Translations

Visuals

Demystify

Guidelines

Positivity

High 5 🙌

DMs

Curiosity

IMPACT

74%

Had never spoken to a resident of direct provision before

81%

Had forged friendships with people living in direct provision

52%

Did not know where the nearest Direct Provision centre was located before joining



SANCTUARY SWIMMERS







Who is hard to reach?

Thank You

Ailís McSweeney

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Our Challenges?

- Women
- Work
- Transfers
- Everything vs nothing!
- Money
- Time