



**SANCTUARY RUNNERS**

# Impact Report



# Highlights from 2024

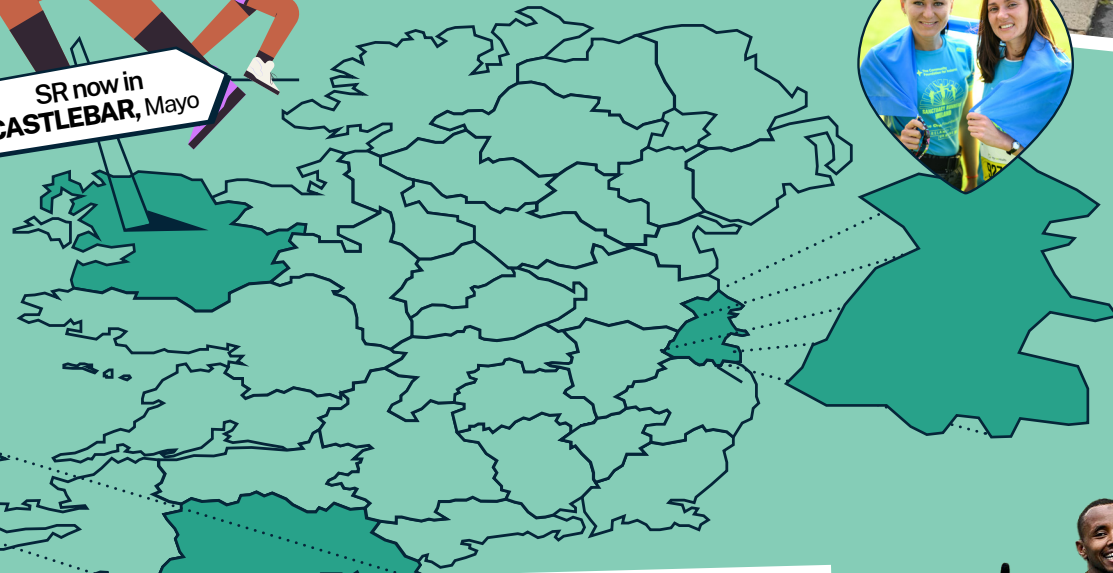
**05** new Groups established in 2024  
**135** volunteers (Group Leads and Organisers)



Largest group of runners seeking International Protection to run a marathon took part in October 24 with a 100 strong Sanctuary Runners team.



SR now in CASTLEBAR, Mayo



Team/Participation in Cork City Marathon



SR members, through their positive experience of SR, expanded their sporting experiences and and furthered community integration by initiating engagement with and availing of opportunities to participate in rail running and mountain biking.



Sanctuary Swimmers

**5** Locations



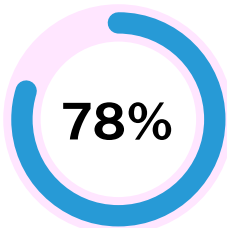
# Impact Stats



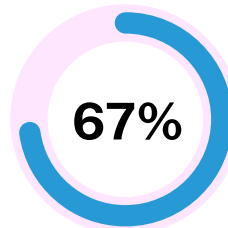
## Health and Wellbeing

Since Joining Sanctuary Runners:

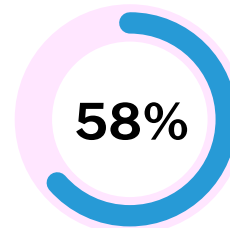
### Migrant members



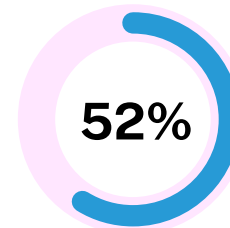
physical wellbeing has improved



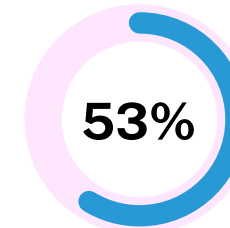
mental wellbeing has improved



level of stress has decreased

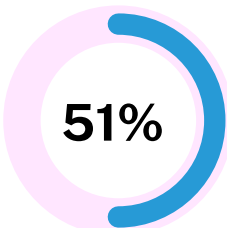


feel less isolated

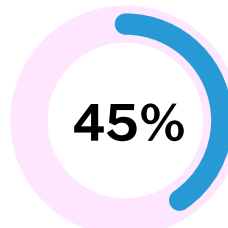


feel less lonely

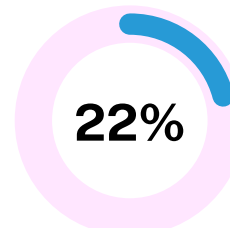
### Irish members



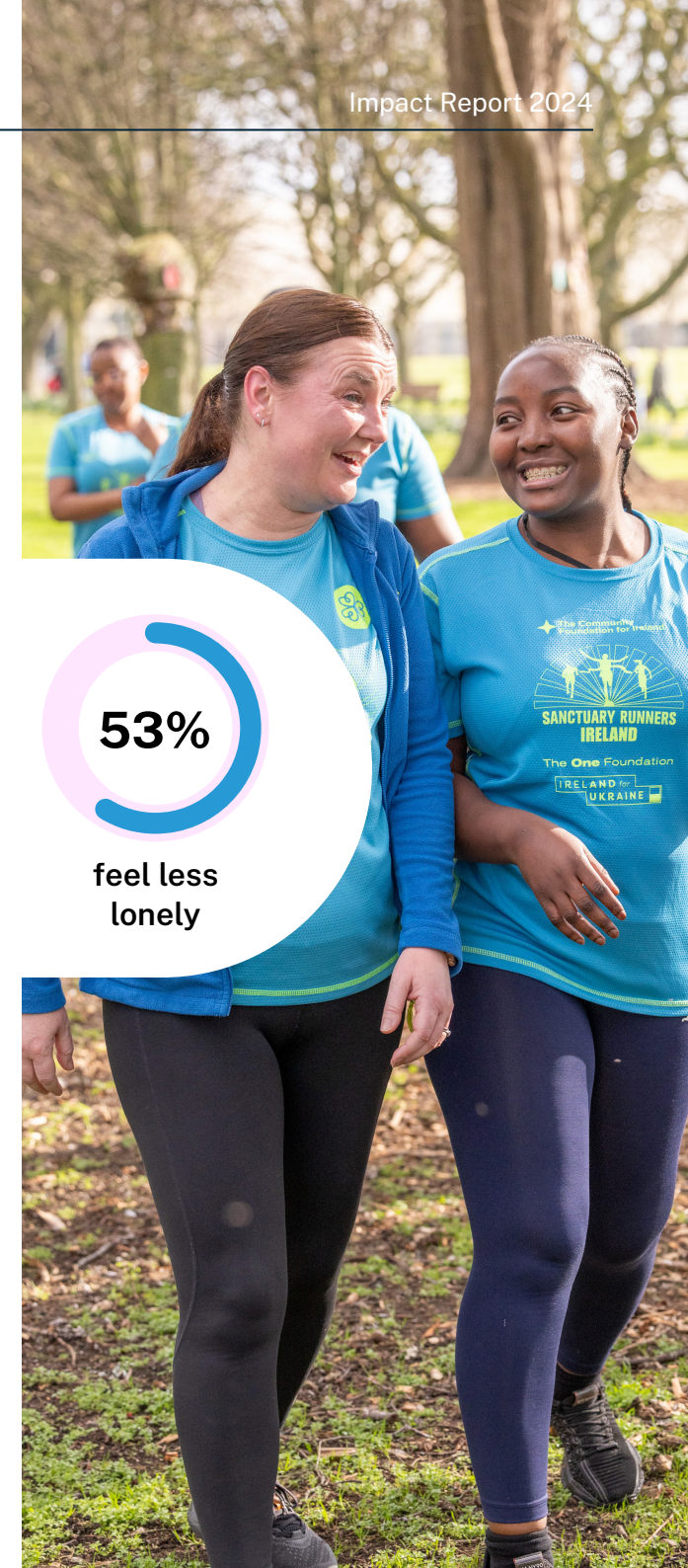
mental wellbeing has improved



physical wellbeing has improved



level of stress has decreased



# Impact Stats

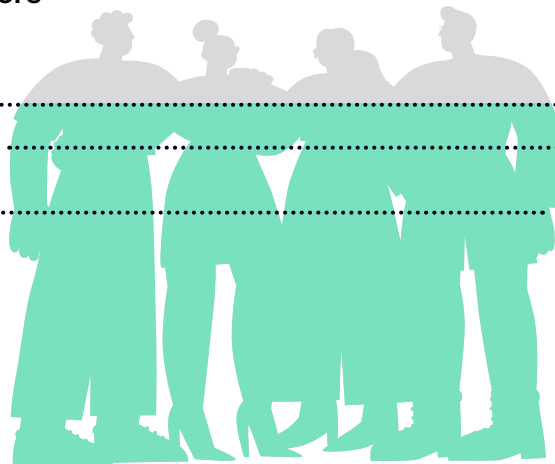


## Integration and Friendship

Since Joining Sanctuary Runners:

**82%** of all our members (Irish and migrant) have found new friends

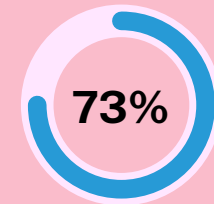
**66%** migrant members find it easier to establish friendships with Irish people



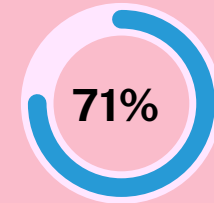
**75%** Irish members find it easier to establish friendships with migrants

### Friendship between local and migrant communities

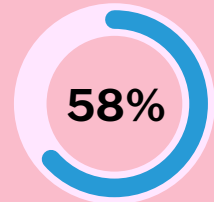
## Cultural Understanding



Irish members feel they have a better understanding of other cultures



migrant members feel more confident dealing with their local community



migrant members feel they know more about Irish culture and society

# Impact Stats

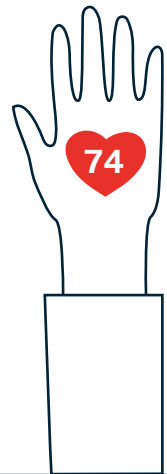


## Integration and Friendship

Since Joining Sanctuary Runners:

### Engagement, Advocacy & Solidarity

**73%**  
Irish members have more interest in migration issues

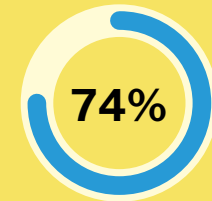


**81%**  
had forged friendships with people in direct provision

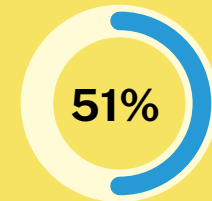
**74%**  
are more aware of integration issues in their community

**65%**  
speak up more on racism or anti migrant topics

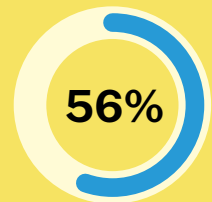
## Connection to Community



across all our members feel a stronger connection to their local community



Irish members are more likely to join or volunteer with another local community organisation



migrant members are more likely to join or volunteer with another local community organisation



***Sanctuary  
Runners put  
a rainbow in  
my cloud'.***

***Sanctuary Runner,  
October 2024***



# Thank you

If you have any questions regarding  
our brand please contact:

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