



2021 Annual Report



More sport, more life.

Vision:

The community of Tipperary experiencing the fun, health, social interaction, and wellbeing from participating in sport and physical activity.

Mission:

Collaborate for more variety, more opportunities and more participants in sport.

No one person or group has all the answers or resources and operating in partnership offers us the most effective way to reach and respond to the people and places of our community.

Principles

- Everyone: The opportunity to take part in sport and physical activity is a human right, everyone in our community will have access to that right.
- Every sport: For some sport means team-based competition, for others it is a cycle or jog with friends, dancing or bowling. It is not about one sport it is about every sport and every activity.
- Every place: There are many natural and built sport and physical activity venues in our County, we encourage the use of these places for a variety of sports and for all members of the community.
- Every plan: Sport can benefit from and add value to a range of local social, health and community agendas. The potential of sport requires active consideration and an informed presence.

Values

- Partnership: we welcome meaningful collaboration with communities, stakeholders, organisations and individuals who share our vision and passion.
- Inclusion: community means everyone, especially those at the margins. Others look after the committed and competitive participants, we seek out the reluctant and the absent.
- Respect: within our working and community environments there are many perspectives, various needs and diverse appropriate responses regarding sports and physical activity. We treat all with respect, we value their opinions and we communicate with them in a respectful manner.
- Passion: the staff and Board of TSP are passionate about the role of sport and physical activity and we want to share.
- Openness: we only have some of the answers and we also make some of the mistakes. We are open to the ideas of others, their answers and constructive feedback.
- Sustainability: not just here today but here for life. We strive for sustainable programmes, sustainable infrastructure and sustainable active lifestyles.

To realise our Vision and undertake our Mission within our resources, we will:

- Be strategic: As well as operating locally and at 'street level', TSP will take time to step back, monitor and where appropriate act on our relationships with other organisations, national strategies and the way we work.
- Deliver: We will develop and directly deliver sport and physical activity programmes where others are unable to do so.
- Coordinate: We will seek, encourage, facilitate and support others who can identify, respond to and deliver local sports and physical activity opportunities in their communities.
- Lead: Where there are gaps or appropriate opportunities for sport and physical activity leadership, TSP will take a leadership role, within a collaborative structure.
- Drive: Where appropriate, TSP will take the initiative and advocate, seek resources, identify partners generate involvement and identify sustainability.

Strategic Objectives

Tipperary Sports Partnership has five strategic objectives:

1. Participation: first and foremost, TSP will promote the enjoyment that comes from participation in sports and physical activity. In so doing we will increase the numbers, volume and range of participation across our community, especially amongst those who participate the least and those who are excluded the most.
2. Sustainable Infrastructure: we will assist in the greater use of existing natural and built infrastructure, and we will proactively engage in planning and developing sustainable new infrastructure especially where it addresses a clear need and is multi-use and accessible.
3. Training and Education: We will continue to support the training and education needs of the volunteer coaches and administrators who are the sport-makers in our communities.
4. Information and Communications: Provision is nothing without awareness. TSP will work with others to become an information hub for sports and physical activity for Tipperary.
5. TSP Structures and Administration: as part of our governance process, we will continue to make best use of our resources and attract additional ones so as to develop and strengthen sports and physical activity in the County.

Overview of 2021 Programmes & Activities

In 2021, the Sports Partnership delivered over 180 innovations, programmes, events and courses with 5,197 participants engaging with the Sports Partnership which includes 195 participants with disabilities, 3,161 young people and 1,841 adults.

The Sports Partnership successfully secured in excess of €720,000 in funding to support the delivery of its programmes and initiatives in Tipperary.

It was another difficult year for the delivery of activities due to the Covid-19 pandemic, however, TSP adapted many of its activities and its delivery methods with many programmes delivered online and virtually. Numerous physical activity promotional campaigns were also delivered to encourage physical activity throughout the year. Unfortunately, a number of programmes were unable to take place and were postponed to 2022 due to Covid-19. Protocols were developed by the Sports Partnership with Sport Ireland to enable activity to return safely and comply with the HSE guidelines.

At the January meeting, Ms Isabel Cambie, C.E.O of South Tipperary Development Company was re-appointed as Chairperson with Kevin Cummins Sports Rep appointed as Vice Chair. There were no changes to the Board membership in 2022 and all board and subcommittee meetings took place online via Zoom.

There were a lot of staff changes during the year. Barry Mullane commenced as the Community Sports Hub Development Officer in the Canon Hayes Recreation Centre in Tipperary Town. Geraldine Quinn concluded her post as Sports Administrator and was replaced by Mary Stephens. Kasia Mielniczuk commenced as Outdoor Sports Development Officer in July. Aine Roche went on Maternity Leave in October and was replaced by Bridget Ryan. Aoife Dunphy concluded her role as Sports Inclusion Disability Officer and was replaced by Maria O'Sullivan. Staff worked both in the office and at home.

The implementation of TSP Strategic Plan 2016-2020 for Tipperary continued in delivering on the key objectives and action to develop sport for all in our Community at all stages of life. In June, TSP signed off Public Statement of Compliance with the Governance Code and continues to be reviewed.

The Sports Partnership continued to actively promote and market all its programmes and events, via Facebook, Twitter, Instagram and on www.tipperarysports.ie along with relevant Press Releases sent to the local media. A new Tik Tok account was also established for the Partnership.

TSP worked with Sport Ireland and was a member of the LSP 'In This Together' Working Group that was established to support the network of Sport Partnerships and promote their work during the pandemic. The Partnership also worked closely with Tipperary County Council and supported the Community Call along with 'In This Together' and 'Keeping Well' campaigns.

TSP made a submission to the Tipperary County Development Plan 2022 to 2028.

In brief, some of the Partnership's key achievements include:

Participation

Active Communities

TSP hired the services of Siul Eile to deliver two 8 week walking programmes in 2021. These included a walking programme in Cashel which started on the 19th of May with 11 participants. A walking programme was held in West Tipperary and started on the 6th of October it took place in different locations including Dundrum, Rossmore, Donohill, Knockavilla, Annacarty, Cappawhite. These programmes were a huge success within the communities with 51 walkers participating in total. Walks began with a distance of 4km building on this distance weekly and taking a new route each night. A walk was held with Tipperary LGBT as part of Tipperary Pride Week on the 15th of August with 9 participants. The programmes provided an opportunity for community members to meet new people, improve their fitness and experience a variety of tranquil countryside routes available on their doorstep. The communities are encouraged to continue walking as a group.



Walkers participating in the West Tipperary Walking Programme

TSP delivered 4 Pre-Swim for a Mile (PSFAM) training programmes in Clonmel Swimming Pool, Thurles Leisure Centre, Sean Kelly Sports Centre Carrick on Suir and Nenagh Leisure Centre. The programme was a 6-week programme which involved 1 coached session and 1 self-guided swim weekly and aimed to progress participants from swimming 2 lengths of a pool to confidently 600m. The programme was very well received by 60 participants. The full Swim for a Mile Programme could not take place in 2021 due to Covid 19 restrictions it is planned for February, 2022 for 5 pools.



Pre-Swim for a Mile participants at the Thurles Leisure Centre

TSP supported a SFAM event that was run by Swim Ireland with 13 participants in the Ballina Outdoor Swimming Pool.

A kids cyclocross programme took place in Clonmel from September to October over 4 weekends. 35 children took part in the programme which linked in with an International Cyclocross Event which took place in October in Clonmel with Clonmel Cycling Club.

TSP linked with the FAI in relation to the delivery of Back to the Pitch Summer Programme which was supported in Cahir Football Club with 7 teams and 84 players. A winter series also ran with 4 teams and 40 players. The programme encourages men over 35 to continue to participate in football in a social setting.

There were 2 virtual DIY fitness programmes for men completed with 14 men participating on the first programme and 8 on the second programme.

General Public

The planned 5k Operation Transformation Walks were cancelled due to Covid restrictions. TSP worked with SI & OT in relation to promotion of fitness programme and activities and Virtual 5k event.

TSP continued to support and promote the Tipperary Park runs year-round through social media channels. The establishment of a new Park Run in Roscrea is currently been supported.

TSP joined Tipp FM to produce a 'Couch to 3k' 6-week podcast. This programme was promoted by Tipp FM Fran Curry as part of his show. Fran completed the podcast and encouraged his listeners to join him. The podcast is free to download from the TSP website. In addition to the podcast a 6-week plan is available for download. This podcast was downloaded 316 times.

TSP promoted videos on Social Media as part of Keep Well Campaign. Heritage Walking Routes were promoted to the public through a Radio Promotion Campaign with Tipp FM.

TSP set up a Tik Tok Account and has 93 followers. A Tipperary Tik Tok Challenge was completed in April with entries received from Tipperary schools and sports clubs with over 150 participants taking part in the challenge. The winners were Rockwell Rivers Camogie Club and 2nd Years in St. Mary's Newport. The challenge had 7,804 views.

A National *Let's Get Back* Campaign was launched on the 4th of October. This campaign was in partnership with the network of Local Sport Partnerships and Sport Ireland and Healthy Ireland. It was a national awareness campaign encouraging the Irish public to get back involved in the sport and exercise that they love. With a unified communication approach this campaign touched the hearts and minds of every age, ethnicity, demographic, ability and more.

Bike Week took place during the week of the 12th to 18th September with a total of 16 initiatives been held across the County which included Family Cycles, Information Evenings, Cycling Facilities Questionnaire/Survey, Cycling Safety, Bike Maintenance & Sport Activities with support from communities in the County. Over 1,300 participants took part in a week-long menu of activities and ages ranged from 4-84 across all of the county with €10,000 distributed. Tipperary Sports Partnership also promoted a Tipperary Schools Bike Week Challenge where Children were asked to show how they stayed active during Bike Week and to send in their cycling photos. Along with their photo's children nominated their school to be in with a chance of winning a cycling shop voucher for themselves and one for their nominated school. Over 40 children took part in the Tipperary Schools Bike Week Challenge. The winning school purchased Bike Racks for their School. Along with the main prize the draw also included 5 Bike Week school packs which were also picked at random from all the entries. 5 Local Sports Partnerships (Tipperary, Kilkenny, Wexford, Waterford and Carlow) came together to encourage people in the South East to get out and get active on their bike and complete the Virtual South East Spin during Bike Week. Participants had the option of completing any

distance from 5km to 50km throughout bike week at their own pace and a time that suited them.



Pupils in Ardcroney School staying active on their Bikes during Bike Week.

Community Sports Hub/Suir Blueway

TSP continues to support the development of the Suir Blueway with funding applications, promotion and accreditation with TSP working closely with Tipperary County Council and Tipperary Tourism.

Work continues to progress on the development of an Outdoor Community Sports Hub in Clonmel focusing on Canoeing & Kayaking. Kasia Mielniczuk commenced as Outdoor Sports Development Officer in July. The following initiatives were held following the development of protocols and procedures as follows:

The school's programmes 'Paddles Up' was delivered and was rolled out to 6 secondary schools in the area with 224 students. As part of the programme the students worked towards their L1 Canoeing Ireland Certification with a focus on journeying in their local environment.

During the Summer, 2 Teen Explorer Camps were facilitated with 24 participants and 6 Kids Kayaking Camps with 71 participants and an Adult Taster session took place in July and August with 12 adults taking part in a 6-week programme. They all received a Level 2 Skills Cert. A 6-week Improver Programme was completed for 10 participants. TSP are currently working with Colaiste Dun Iascaigh in Cahir to develop a canoeing programme for their school which will form part of their leaving cert. There are 24 students working to achieve Level 3 skills.

A touring boat was purchased to support rowing activities with Clonmel Rowing club. A Learn to Row Programme with Clonmel Rowing Club was supported with 32 young

participants in August. A Secondary School rowing programme took place with 52 girls from the Presentation Secondary School.



Children taking part in the Learn to Row Programme.

The discipline of Freestyle was supported with 6 local youths progressing their skills. A South East Freestyle Group is now established with Clonmel as their main training area for juniors and beginners. A Freestyle Event took place in Clonmel in September with over 50 competitors (junior, intermediate, senior & elite). 2 of the youths (Beibhin Butler & Rory Kearney) participated in the junior European Championship in Paris and local girl Aoife Hanrahan won bronze medal at the championship.

TSP is currently supporting 4 local instructors to continue with their instructor pathways.

Community Sports Hub Tipperary Town

Barry Mullane was appointed as the Hub Development Officer in May. The hub was officially launched on the 20th of June by Cathaoirleach John Crosse. TSP worked with the hub with regard to equipment, 2 treadmills were purchased and a teqball table ordered. TSP worked with TCC in relation to a consultant to review the layout of the centre and support funding application for same.

Social Tennis started on the 14th of June consisting of 2 sessions per week and ran for 10 weeks with Moorehaven and this progressed to a Tennis Ireland training programme with 12 participants. An Activator programme commenced on the 13/09/21 for 4 weeks initially but progressed to 12 weeks due to popularity and grew from 7 to 19 participants. A physical exercise programme was run for 10 men from the Tipperary Men's shed along with Knockanrawley Resource Centre. An exercise programme with the Brothers of Charity ran in the Canon Hayes Centre with 10 participants.



Launch of the Community Sports Hub in Tipperary Town

A mother and baby exercise programme ran for 6 weeks with 8 participants. The hub is working with orienteering Ireland with a view to getting the Canon Hayes Centre and Tipperary Town mapped. The Hub linked with Bridgewater and supported the delivery of summer exercise programme which include Swimming & Circuit Training and this also incorporated a Fun Activity Day for 32 participants (parents and children). The Hub linked with YWIT and supported a 5-week Zumba programme for young Syrian women.



Participants at men's shed walking football

Outdoor Initiatives

Tipperary Sports Partnership, in association with Waterford Orienteers and the Irish Orienteering Association is currently developing Orienteering across Tipperary. TSP support an orienteering through provision of resources on website and Orienteering MapMyRun event in Thurles. More information and resources such as maps are available on the Tipperary Sports Partnership website. Orienteering in the Clonmel area was promoted as part of the urban adventure project. TCC continues to work with TCC & STDC RRO in relation to walking trails with NTO. Kayaking Summer camps were delivered in Clonmel in June, July and August. TCC linked with Clonmel Mountain Bike where 8 mountain bikes were purchased. An introduction day was held as part of Bike Week. TCC worked with the club to arrange a leader training programme



A group enjoying Mountain Biking in Clonmel.

TSP is currently working with Clonmel Rowing Club to support safety boat training and coaching courses for their leaders.

Sli Nadur Outdoor learning programme

The programme takes the classroom outdoors; it runs once a week for 2.5 hours for 6 weeks. This programme was delivered in Fethard Primary School in September for 2 classes with 59 students (24 boys and 35 girls). Sli Nadur was also delivered in Sisters of Charity NS to 55 girls



Pupils participating in the Sli Nádur Programme

Schools/Pre-Schools

The Sports Leader programme which provides young people skills in leadership through sports was rolled out in 2 schools in 2021. Sports Leader Programmes were completed in Newport College with 24 participants and St. Marys Nenagh with 29 participants. All groups are now receiving certification from Sports Leader UK.

Orienteering Training took place on the 17th May via Zoom. 9 participants took part which included 4 primary schools, 3 secondary and 2 disability services.

Resources and Ideas were provided to schools in January to support school children to stay active at home during lockdown.

The Sports Hall Athletics programme was delivered in 6 Primary Schools – CBS Primary, Nenagh; Corville N.S., Lissenhall N.S., Templemore N.S., Nenagh Gael Scoil and Cloughjordan N.S.

TSP continued to provide information to support primary schools to achieve their active school's flag throughout 2021 school term. 5 Primary Schools were provided with information.

TSP and Tipperary County Council supported The Cycle Right programme which is a Cycling Ireland designed course and is the National Standard for Cycle Training and provides practical cycle safety and skills training to promote competent and confident cyclists aimed at 5th and 6th class primary school children. 20 schools across Tipperary fully completed the programme with 826 primary school children benefiting from the initiative.



Participants in the Cycle Right Programme

The 6-week Wibbly Wobbly Balance Bike programme aimed at preschool children aged between 2½-6 years was delivered in association with the Tipperary Childcare Committee. The programme incorporates fun games and activities to help children develop gross motor skills, spatial awareness, bilateral co-ordination and enhance their physical literacy. Upon completion of the programme, children will more easily transition to riding a pedal bike in a safe environment. This year the programme was delivered in 24 preschools across the county with over 488 children partaking.



Children participating in the Wibbly Wobbly Bike Programme



Minister Frank Feighan visited a Roscrea Childcare Facility

Buntus Start training was provided in partnership with the Tipperary Childcare Committee in the Abbey Court Hotel in Nenagh. This programme has now been delivered to 18 preschool services across Tipperary. The Buntus was distributed to South Tipp and North Tipp services and resource booklets for each preschool service.

People with a Disability Programme

A comprehensive 'People with a Disability' sports programme was planned for 2021, unfortunately, many activities were unable to take place due to the Covid-19 restrictions.

One Autism in Sport Workshop was delivered as part of the TSP Club Package in April with 20 participants.

A Water Sports Ability Day was held on the 18th of September on the water with 18 participants with disabilities supported by 6 volunteers and 4 instructors. This was followed by a 6-week programme for 6 participants and they are working to achieve their Level 1 Skills Cert.



Water Sports Ability Day.

TSP in partnership with DS Tipperary ran a 15-week programme for people with an Intellectual/Learning Disability for 38 participants. This commenced in June and was completed in November and supported by Healthy Ireland.

Activity resources for people with a disability are available on TSP website and promoted through social media.

Two virtual inclusive exercise programmes for people with a disability were delivered 1 'Movement for All' had 69 participants in Anusha, Thurles, The Orchard Roscrea & Stafford Day Service in Nenagh and an IWA chair-based programme with 12 participants.

TSP linked with MS Ireland and their physios and established an activity programme. A tutor was identified and trained and a 10-week summer programme was delivered with 7 participants. A further programme was delivered in October till December.

Groups and services working with People with a Disability were supported with the provision of resources and campaigns during 2020 including CARA's 10-minute series of home workouts, Sport Irelands' and the LSP networks' Activities for All resource and campaigns such as Active at Home Week, National Be Active Day and Fit for All Week. The Activities for all resource were printed and sent out to Special Schools and Disability Services around the county.



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Activities For All
A 4-week physical activity plan for people with a disability

Tipperary Sports Partnership
SPORT IRELAND

Sport Ireland and our network of Local Sports Partnerships are passionate about helping people get active, participating in sport or physical activity and ensuring everyone has the opportunity to do so in their own community.

Our national network of Sports Inclusion Disability Officers work to support people with a disability and local communities to get more active. This resource aims to improve peoples fitness, skills and balance in a fun way.

Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

Why use this resource?

- Improve your fitness, skills and balance in a fun way.
- Build your confidence to regularly participate in sport and physical activity.
- Develop transferable skills for everyday life.

All activities in this pack

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

Meet your daily activity requirement of 60 minutes for children and 30 minutes for adult by using this resource.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).

Tipperary Sports Partnership
Email: info@tipperarysports.ie
Tel: 076 106 6201
www.tipperarysports.ie

Social Media:
Facebook: @tipperarysports
Twitter: @TipperarySports
Instagram: @tipperarysportspartnership

Sport Ireland and the Network of LSP's Activities for All resource

Youth At Risk Programmes:

In partnership with YWIT youths from disadvantaged communities engaged with our 'Youth at Risk' programme but the programme was restricted due to covid. A virtual 21 Day walking challenge was delivered with Clonmel, Nenagh and Thurles CTC's. There 75 participants and 28,549 minutes walked over the 21 days. The Sports Programme for Activ8 with YWIT was restricted due to covid but a Sport Day was supported which included foot tennis, rounders, football, tennis, football & games. 3 youths took part in a tennis programme with Rosanna Tennis Club. 20 participants took part in Pony Trekking as part of the TAR project with TWIT.



Youths taking part in Junior Camp as part of Activ8 Programme



Youths taking part in Tennis Programme as part of Activ8 activities



Horse riding sessions as part of the YWIT Activ8 Programme

Traveller Participation Programmes

Traveller Participation in sport programmes were implemented in partnership with Tipperary Rural Traveller Programme and YWIT. Activities delivered included a swim session, pitch & putt, horse riding with Thurles travellers. Littleton travellers enjoyed pony trekking and a gym and swim programme.



Participants taking part in the Horse Riding and Horse Handling skills programme as part of the Traveller youth programme with YWIT

Marginalised Communities:

Marginalised communities were supported during 2021 through linking with YWIT and supporting a 5-week Zumba programme for young Syrian women.

TSP linked with Bridgewater and supported the delivery of a Summer exercise programme which included Swimming & Circuit Training and also incorporated a Fun Activity Day for 32 participants (Parents and Children)











Participants on the Fun Activity Day




Women in Sport

TSP celebrated Women in Sport by hosting '*Tipp Talks Sport*' webinar on the 26th of January which focused on Women in Sport. This event was a huge success with over 300 people tuning in. Evanne Ni Chuilin hosted the event and spoke with Sanita Puspure (Olympic rower); Aisling Moloney (Tipperary Football and camogie); Dorothy Wall (International Rugby); Nicole Turner (Paralympian Swimmer); Declan Browne (Ladies Football coach); James Scott (International u17 Women's soccer coach), Mary O'Connor (CEO Federation of Irish Sport) and Nora Stapleton (Sport Ireland Women in Sport Lead).

REGISTER TODAY FOR THIS
INSPIRATIONAL FREE WEBINAR

TIPPERARY
talks sport
Tuesday 26th of Jan @ 7pm

 James Scott	 Nora Stapleton	 Declan Browne	 Mary O'Connor
 Aisling Moloney	 Dorothy Wall	 Nicole Turner	 Sanita Puspure

The 2021 Tipperary Women's Mini Marathon Virtual 10k was launched by International AFLW Player and Dual County Player Orla O'Dwyer. This year's event was a virtual event which saw 386 women taking part over the weekend of the 25th and 26th September. This year saw participants not only from all over the County and Nationwide but as far away as Brazil, Philippines, Switzerland, London, America, Australia, Scotland and India. As the event was virtual it was great that it enabled people both locally and from overseas the opportunity to take part. Each participant had the option of picking their own 10k route and picking their own time to do the 10k over the weekend. Participants were asked to tag the event in photos and videos of them doing their virtual 10k. All participants who submitted their proof of the 10k distance via our online link received a race medallion and race souvenir!



Launch of 2021 Tipperary Mini Marathon with Orla O'Dwyer

Meet & Train groups continued to be supported and promoted throughout the County in 2021 with their weekly running activity sessions. Meet & Train groups continue their group training sessions each week.

Swimming Women Midlife programme which is a new programme developed by Swim Ireland and funded by TSP commenced in the Ballina Riverside Pool on the 15th June and ran twice a week for 8 weeks with 13 participants.



Ladies taking part in the Swimming Women Midlife Programme

A Women's Warriors on the Water which is a women's only programme was delivered on the 8th of August to 12 women as part of 'Her Outdoors' Campaign. This was followed by a 6-week programme for 12 women who achieved their Level 2 Skills Cert.



Women in Sport... Successfully passing Level 2 Kayak Skills Cert

Fit Women programmes were delivered online. Four programmes of a six-week exercise programmes for women, 3 Rise and Shine Yoga was delivered with 35 participants and a Cardio Kick was delivered with 15 participants.

A Kick Fit Programme was delivered with Birdhill FC with 18 participants.

Teenage Girls

TSP supported Knights Basketball Club with the delivery of the basketball programme. Over 200 girls took part in the Hoops for Girls programme in 5 schools. This was a first time for some of the girls playing basketball.

A PDP course was supported and delivered by the FAI on the 5th and 12th of May with female coaches taking part. This is part of the NGB coaching programme to support female participation.

Older Adults

The delivery of programmes and initiatives for older adults was severely impacted as a result of the Covid-19 pandemic with the majority of activities cancelled including the Games 4 Life, GFL Workshops and GFL CarePals Workshops.

TSP supported a 12-week activator programme which commenced in September with 19 participants.



Participants on Activator Programme.

A Walking Football programme commenced in Cashel in conjunction with Cashel Men's Shed/Tidy Town with 10 participants over 12 weeks. A 6 weeks programme was delivered with St. Marys Mental Health services with 8 participants.



Participants taking part in Walking Football from Cashel Men's Shed/Tidy Town.

TSP promoted and supported a number of activities for older adults during the year including online zoom exercise classes Age & Opportunity Movement Minutes. An 8 Exercise Programme was delivered via zoom twice a week with 18 participants engaging in the programme which was funded through SI Keep Well Funds.

In conjunction with Sport Ireland and the Network of LSPs an Activity Resource was developed and promoted online via social media. The resource was also printed and distributed to all older adult groups in Tipperary to support them to be physically activity during the pandemic.

TSP is part the Tipperary Age Friendly Group and works closely with partners to develop and support quality of life for older adults.



Sport Ireland and the Network of LSP's Older Adult Home Exercise Plan resource

Mental Well Being:

TSP in conjunction with TCC and Sport Ireland supported 'In This Together' Campaign.

TSP in conjunction with Healthy Ireland supported Tipperary Mental Health Week which took place from the 1st to 10th October 2021 with the facilitation of online Zoom workouts for Post Primary School students. It was recorded and is available to all schools in Tipperary. It includes an introductory piece by Jigsaw Tipperary.

Club Development

TSP administered the drawdown of the funding from the Covid -19 Small Grant Scheme which was allocated in 2020. This scheme was opened for sports clubs in partnership with Sport Ireland which was strictly for Covid – 19 expenditure. In 2021 33 sports clubs received 37, 826.67 under this scheme.

TSP 2021 Funding Scheme closed on the 27th of May, 60 applications were received with 52 successful applications €59,307 was awarded.

Covid 19 Return to Sport Round 2 11 applications received 4 were successful to the value of €3,820.

TSP promoted the DTTS 2020 Sports Capital programme and held a workshop to support clubs applying, 21 attended the workshop.

TSP in partnership with TUS delivered a Level 6 Certificate in Sports Administration 'Running Sport' with 10 ECTS. The course content includes club finances, club management, club marketing and club development. This online course with 17 participants commenced on the 14th October, 2020 and finished on the 12th March, 2021 14 participants finished the course it was delivered over 20 weeks and adopted a flexible learning approach. Another course commenced on the 8th of November, 2021 with 16 participants will be delivered over 16 weeks and will be completed in 2022.

As part of the Club Development programme, TSP continued to promote Code of Ethics training with Safeguarding 1 workshops delivered via zoom. TSP delivered 12 courses with 134 participants.

2 Club Children Officers (Safeguarding 2) were delivered in March and November, 2021 with 21 participants. TSP promoted the Sport Ireland Safeguarding Refresher online programme.

A review of all TSP Club, School and Older Adult databases undertaken and completed. The TSP Tutor panel was also updated.

Volunteers in Sport

Unfortunately, due to Covid-19 restriction the annual Volunteer in Sport Award were unable to be held as part of the Canon Hayes Awards night. Through social media TSP acknowledged the incredible work of all volunteer involved in sport. TSP promoted the Federation of Irish Sports Awards Pat Hennessey from Toomevara GAA club received the award in Tipperary.

Infrastructure Development

In 2021 TSP led the Stage 2 accreditation process for the Suir Blueway Tipperary along with Tipperary County Council and Tipperary Tourism. In November the Suir Blueway became one of the first Blueways in Ireland to be awarded Stage 2 Accreditation and is currently been used as a reference Blueway in the Failte Ireland Toolkit.



Suir Blueway Tipperary

TSP is represented on the Development Committees for the Regional Sports Hub Development on LIT campus, Frank Drohan Road in Clonmel and Fethard Town Park supporting the development of key multi-sport infrastructure in the County.

Innovation Project – Suir V

A Working Committee was been established comprising of TSP, LIT, Canoeing Ireland, Tipperary Tourism and Clonmel Canoe Club. A lab space in Questum was designated to the project and two IT specialists were recruited to deliver the project. A VR Experience of the Suir Blueway from Sandybanks to Suir Island has been produced and can now be downloaded. A further funding application has been submitted to Sport Ireland seeking funding for Phase 2 under Dormant Accounts.



Overview of TSP Income and Expenditure 2021

Income 2021

€

Carry over from 2020	667,097.96
Sport Ireland	381,811.00
Tipperary County Council	18,000.00
Health Service Executive	15,000.00
Go For Life Grant	
Course/Event/Activity Income	30,730.06
Bike Week	10,000.00
Healthy Ireland Phase 2&3	57,118.00
Sport Ireland Covid 19 Support Grant Scheme	66,800.00
Sport Ireland Dormant Accounts	137,865.00
Lets Get Back Volunteers	4,500.00

Total Income

1,388,922.02

Expenditure 2021

€

Staff Costs	247,885.11
Non Staff Operational Costs	22,608.45
Strategic Planning	620.00
Education & Training	18,832.87
Sport Ireland Programmes	3,730.54
Go for Life	592.96
Women in Sport	7,679.48
Sport Ireland General Participation & Get Ireland Active	6,353.58
Get Ireland Active Programmes	191.78
Generic Training	14,712.94
Healthy Ireland	18,369.65
Social Inclusion Programmes	7,663.76
Sport Ireland Covid 19 Support Grant Scheme	37,737.29
Dormant Accounts Funding	55,973.47
Total Expenditure	<u>711,375.39</u>

All Funding is ring fenced for on-going TSP programmes and activities



Contact Details

TSP Clonmel Office

Ballingarrane House
Cahir Road
Clonmel
Co. Tipperary
T: 052 616 6201

E: info@tipperarysports.ie
W: www.tipperarysports.ie

TSP Nenagh Office

Civic Offices
Limerick Road
Nenagh
Co. Tipperary
T: 052 616 6380