

**MORE
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Newsletter, Issue 6
Apr 2020

Covid-19 UPDATE

Contact Tipperary Sports Partnership:

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In the context of the evolving circumstances around Covid-19, all Tipperary Sports Partnership activities have been postponed until further notice. We will continue to monitor

this closely with guidance and recommendations from the Department of Health as the situation continues to unfold over the coming weeks. The welfare of our participants, staff and the

general public is our primary focus and we are following recommendations from the Department of Health with regards to protecting all involved.

Tipperary Covid19 Community Response

If you know a vulnerable person who may need help with collection and delivery of essential items like food, 'meals-on-wheels', household items, fuel or medicine.

The #Tipperary COVID-19 Community Response team are here to help every day from 8am-8pm - please call or email

Call 0761 06 5000

Email covid19@tipperarycoco.ie or covidsupport@tipperarycoco.ie

Website <http://www.tipperarycoco.ie/covid19> Covid19 Response Hub



Rialtas na hÉireann
Government of Ireland

Tipperary County Council continues to lead in co-ordinating local organisations to assist citizens during Covid-19. The helpline **0761 06 5000** is focused primarily on ensuring that vulnerable members of the community or those living alone can access deliveries of groceries, medicine and fuels. Its role is to

ensure that there is a co-ordinated community response and to enable all voluntary statutory agencies to collaborate in support of our communities and particularly of our most vulnerable members. Tipperary Sports Partnership are assisting the council with this initiative. Click on this link to view map of organisations who are

available to assist countywide <https://tipperary-covid-19-resources-tipp.hub.arcgis.com/>

Tipperary County Council provides a dedicated contact number ...**0761 06 5000** with the lines open from 8am to 8pm 7 days a week. The dedicated email address is covid19@tipperarycoco.ie

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Operation Transformation Keeping Well Apart

Cocooning, self-isolation, physical distancing, Never before has our collective health depended more on our ability to stay apart. Over the past weeks, we've seen huge efforts across the country to do just that in a collective effort to protect ourselves, our loved ones and the most vulnerable in our

society. This way of living is not something that comes naturally to us and, as our time in separation increases, it may become increasingly difficult to keep up our collective efforts, In Operation Transformation: Keeping Well Apart, the team from Operation Transformation are back

to try and help people get through these challenging times. The show commenced on Wednesday 15th April on RTE One at 9.35pm and will continue weekly, this is not a weight loss series with a focus on wellbeing. It is about providing individuals and

families with the tools to sustain our collective effort.



#KeepTipperaryActive Campaign Sports Vouchers Winners

Tipperary Sports Partnership have been holding a #KeepTipperaryActive Campaign on our Facebook page for the last few weeks where we challenged members of the public to post photos or videos of themselves engaging in physical activity at home.

To incentivise this we committed to 2 x €100 Elvery Sports Vouchers with the winners being chosen randomly from all the entries.

Thanks a million, Delighted. Mark O'Brien, Parent.

For the first initiative we had you send us your innovative ways of staying active at home and the winner was Mark O'Brien.

For the second initiative we had the Easter Bunny Hop Challenge and the winner was Paula Dempsey Boles.

Well done to everyone who entered keep an eye on our

facebook page for further competitions and ways to keep active at home follow us on <https://www.facebook.com/tipperarysports/>

Aww no way, I wouldn't win an argument. Molly is thrilled, thanks a mill Tipperary Sports Partnership, we can't wait to spend it. Paula Dempsey Boles, Parent.



Information for Tipperary Sports Clubs

Database

We are taking this opportunity to update our contacts for our Tipperary Sports Clubs database at this time. If you think your club contacts aren't up to date and would like them to be included in our mailing list please email updated contacts to info@tipperarysports.ie

Coaching and Development Grant Scheme

Due to the current COVID19 crisis the annual Tipperary Sports Partnership Grant Scheme for Coaching and Development with Sports Clubs has been postponed until further clarity on when activity can resume is received. It is hoped that we can proceed to open applications this year once we have updated information. Please keep an eye on our website www.tipperarysports.ie or our Facebook page <https://www.facebook.com/tipperarysports/> for further updates

RTE One Fitness Programme for Older Adults

Ray and Ó Sé Fitness15 is a new Daily Fitness Show giving tips to anyone in self-isolation or cocooning on how to keep healthy, fit and happy.

Tune in to Ray & Dáithi #Fitness15 RTE One Monday—Friday at 2.20pm

Age and Opportunity

Join Age & Opportunity for Movement Minutes live on Facebook each Monday, Wednesday and Friday at 11am using this link <https://www.facebook.com/AgeandOpportunity>

CARA—Sport Inclusion Ireland

Cara have released a series of at home inclusive 10 minute workouts that can be completed seated or standing see more at the link below:

<https://www.facebook.com/Caracentre.ie/>

National Governing Bodies

National Governing Bodies of sport have lots of information about keeping active during this time. Follow them on social media to keep up to date with all the latest challenges and resources to keep up to date with your sport during Covid 19 restrictions. Click the link below for NGB websites.

<https://www.irishsport.ie/ngbs/>

Active Home Week 2020

National Active School Week takes place every year in April. However, this year, because of Covid-19 it is not possible for this to go ahead so Active School Flag are asking you to invite the families of your school to participate in the 'Active HOME Week'.

The aim of this initiative is to motivate young people to keep active at home by trying out NEW activities, taking on CHALLENGES and having FUN with family activities. To complete the challenge young people have to find four different ways of being active every day, making sure that this adds up to 60 minutes, or more, of physical activity. All members of the family are encouraged #Together, to take on the challenge. To register click on the following link: <https://activeschoolflag.ie/>

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Useful Physical Activities Links and Resources

Sport Ireland have put together some easy tips and advice to help you #BeActiveAtHome. Remember, most activities can be done from your sitting room or garden and are a fun way of making the most of this time

- Walking
- Meditation or Breathing
- Juggling
- Music
- Board Games
- Connecting with friends and family digitally

Our mission must be to continue supporting responsible sport and physical activity participation while minimising the spread of COVID 19 to flatten the infection curve.

It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on:

www.hse.ie/coronavirus

Follow sport Ireland on:

<https://www.facebook.com/sportireland/>



COVID-19 UPDATE

As the coronavirus COVID-19 outbreak continues, Sport Ireland is keeping the health and well-being of our staff, our sporting communities and the public at the forefront of our decision making.

Sport and physical activity is essential to our physical and mental wellbeing, our sense of positivity and our long term health.

At Sport Ireland our mission is to continue supporting responsible sport and physical activity participation while minimising the spread of COVID 19 to flatten the infection curve.

#BeActive At Home

You can #BeActive at home by...

WALKING	MOVING	RELAXING	WORKING OUT
Even in small spaces, walking around or walking on the spot, can help you remain active	Build movement breaks in to your daily routine e.g. jogging on the spot or some stretching	Meditation and deep breaths can help you remain calm	Create your own circuit workout at home - no equipment needed, just a little willpower

You can #BeActive at home with others by...

GO ONLINE!	BUDDY UP!	PLAY!
Follow an online exercise class. Many of these are free and can be found on Instagram, Facebook, and Youtube. If you have no experience of these classes, remember to be sensible and know your limits.	Find a physical activity accountability partner and ask a friend to virtually hold you to your deadlines.	Play games and activities with your family. Many of these can be found online such as GoNoodle, and require little to no equipment. Activities can be adapted to suit people of all ages and abilities.

Remember to...

BE HEALTHY	SET A GOAL	SCHEDULE
Eat healthily and stay hydrated	#BeActive for 30 minutes each day	Set an alarm on your phone to #BeActive

TSP Tutors on Social Media

Zoom Exercise Classes for Older Adults

Zoom exercise classes for older adults will take place on Mondays, Wednesdays and Fridays at 11.30am with TSP tutor Fiona. Contact Fiona on 086 2240360 if you would like to join.

Skill Sessions on Twitter

Check out Active Sports Coaching for skill sessions on twitter @coaching_active

Follow @SportIreland on social media for more ideas on how to #BeActive at home.

It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: www.hse.ie/coronavirus