



Tipperary Sports Partnership

**Annual Report
2024**



TIPPERARY SPORTS PARTNERSHIP

2024



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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 in 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.
- **Everysport:** 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.
- **Everyplace:** 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.
- **Everyplan:** 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 Tipperary Sports Partnership (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 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 directly deliver sport and develop 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:

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.

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 accessible and available for multi-use.

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.

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.

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.

Meet our Team



Valerie
Connolly

Sports
Co-Ordinator



Marie
Maher

Programme
Manager



Thomas
Dorney

ESF+ Social
Innovation in Sport
officer



Stephen
Quinn

Sports Inclusion
Disability Officer



Rosie
Fonteneau

Community Sports
Hub Development
Officer



Robert
Murphy

Community Sports
Development Officer



Ian
Collins

Sports Development
Officer



Mary
Stephens

Sports Administrator

Overview of 2024 Programmes & Activities

2024 was another very successful year, the Sports Partnership delivered over 248 innovations, programmes, events and courses with over 7,504 participants engaging with the Sports Partnership activities which included 479 participants with disabilities, 5,049 young people and 1,976 adults. 56% of participants were female.

The Sports Partnership successfully secured in excess of €684,000 in funding to support the delivery of its programmes and initiatives in Tipperary from various sources. Sport Ireland is the main funder along with programmes supported by the HSE, Healthy Ireland, Tipperary County Council (TCC) and Dormant Accounts.

At the January meeting, Mr. Kevin Cummins, was appointed as Chairperson, with John Tooher appointed as Vice Chairperson.

There were a number of changes to the Board membership during the year as follows:

In March the following new members joined the Board: - Ger Fahey HSE MW; Catherine O'Loughlin HSE SE; Michael Murray NTDC replaced Tony Lanigan and Cillian Dunne resigned from the Board. In June Cllr Louise Morgan Walsh and Cllr Michael Anglim replaced Cllr Seamus Hanafin and Cllr Peggy Ryan, with Shane Lee completing his term on the Board. Meeting and subcommittee meetings took place online via Zoom and in person throughout the year.

A number of staff changes took place during the year. In January, Tommy Dorney transferred from his role as SIDO to new role ESF+ Social Innovation in Sport Officer and Stephen Quinn commenced as Sports Inclusion Disability Officer in February. Barry Mullane departed his role as Hub Coordinator in Tipperary Town in January and in November Rosie Fonteneau took up the position. In October, Marie Maher was appointed as Programme Manager following a recruitment process. Niamh Carroll completed her term as Administrative Assistant on a CES Scheme in November.

In January, TSP became part of Sport Ireland's new 'Sport4Empowerment' as part of Ireland's Employment Inclusion Skills Training Programme for 2021 – 2027. This programme will develop new social inclusion programmes through sport and physical activity with a specific focus on people at risk of social exclusion and poverty. This programme will support innovative ideas, and methods to tackle social issues through user-focused design thinking. Sport and physical activity will be used as the mechanism to reach and engage with the identified target communities through innovative programmes. The ESF+ Social Innovation in Sport Officer will be responsible for piloting and implementation of a range of new, targeted, and innovative programmes which aim to enhance the wellbeing, education and economic prospects of participants. This initiative is co-funded by the Government of Ireland and the European Union.

The LSP Communications officer provides support to the team and LSPs communications officers meet monthly. PR support is provided to TSP and the LSP Network to increase visibility of the LSPs. A Communications training day was held in Dublin where LSP's Communications staff from the LSP Network met.

TSP worked with Sport Ireland in promoting the following campaigns European Week of Sport, HER Outdoors Week, Bike Week, Women in Sport Week, Men's Health Week, Let's Get Visible, Volunteer in Sport Awards, Positive Ageing Week and Her Moves. TSP inputted monthly into the Tipperary Together newsletter and Council staff Newsletter.



A review of all the Sports Partnership Health and Safety documentation took place with Tipperary County Council and was part of a successful Audit in April at the Nenagh office.



In March, a review of the TSP Public Statement of Compliance and TSP Assurance Statement with the Governance Code took place and was signed off by the Board.

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 local media.

The implementation of TSP Strategic Plan 2016-2024 for Tipperary continued in delivering on the key objectives and actions to develop sport for all in our Community at all stages of life.

In brief, some of the Sports Partnership's key achievements in 2024 include:

PARTICIPATION



Active Communities

A number of walking initiatives were delivered, all of 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.

The Activator Walking Pole programme targets older adults to improve balance, coordination, strength, and social engagement. Programmes were held in Cahir and Nenagh and commenced on May 21st and completed on June 25th, with 15 participants registered in each location. On May 28th, the Activator programme commenced in Fethard Town Park with 15 participants and was completed on July 2nd. All 3 programmes ran for 6 weeks. Two Activator Walking Taster sessions were held during European Week of Sport in Carrick on Suir and Thurles.

TSP delivered 3 Swim for a Mile (SFAM) training programmes in Nenagh Swimming Pool, Roscrea Leisure Centre and Sean Kelly Sports Centre, this 12-week programme involved 2 coached sessions and 1 self-guided swim each week and aimed to progress participants from swimming 2 lengths of a pool to 64 lengths (a mile). The programme was a great success with 38 participants taking part. As part of the programme TSP supported Swim Ireland in running a SFAM event in Nenagh Leisure Centre and Sean Kelly Sports Centre.



Activator walking participants in Cahir

Cycling continued to be supported throughout the year starting with Bike Week which took place during the week of May 11th to 19th with a total of 22 initiatives being hosted by 12 different groups across Tipperary. These initiatives included bike maintenance workshops, bike skills, mountain biking and community cycles. Over 465 participants took part in a week-long variety of events. Tipperary Sports Partnership ran 3 very successful promotional campaigns through social media to encourage engagement for Bike Week these included: - 1) Bike Week Quiz - this quiz tested participants knowledge on different aspects of cycling with a chance to win one of two €100 sports vouchers. 2) Bike Week, Tipperary Community Cycle Together Challenge – the aim was to get families active across the county on their bikes with a chance to win one of four €50 sports vouchers.

3) Schools Bike Week competition – children were encouraged to be active on their bikes during Bike Week. They were required to submit their cycling photos to be in with a chance of winning a €150 sports voucher for their school and a €50 sports voucher for themselves. Over 90 people participated in the above three promotional campaigns.

In June TSP linked with Lough Derg Water Sports to create an adult 'Learn to Kayak' programme. The programme ran every Monday evening for 6-weeks. It took place on the waters of Lough Derg, with 12 participants. All participants received their certificate in L2 kayaking skills. Following completion of the programme a subsequent 6-week programme was devised where the participants got to further enhance their skills on the water. This 6-week programme started in September and 10 participants completed it.

General Public

Tipperary Park Runs continued to be supported and promoted throughout the year through social media channels.

Support was provided to Fethard Town Park Run in establishing a Junior Park Run. The first Park Run took place on Sunday June 9th with over 70 children taking part. This Junior Park Run continues every Sunday morning at 9:30am.

We linked with Tipp FM to promote the participation of Tipp Fm listeners in a Couch to 5k programme. 5 volunteers were selected to take part. A 5k programme was supplied and Tipp Fm linked weekly with all participants on their progress. On 14th June all of the participants completed their first 5K. All 5 have continued running.

The 'Couch to 3k' 6-week podcast continued to be promoted. The podcast is free to download from the TSP website. In addition to the podcast a 6-week plan is available for download.



Couch to 5k Participants

In November, we collaborated with Dundrum Community Hall and offered 4 exercise classes 'Movember' for men over 45 years of age. The programme was for one hour a week over the 4 weeks of November. 14 men took part.

Community Sports Hub/Urban Adventure/Suir Blueway

Support continued to the development of the Suir Blueway with funding applications, promotion and 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 and Kayaking. The following initiatives were held:

The "Paddles Up" school programme was delivered in April and May and was rolled out to four secondary schools in the area, CBS High School, Loreto Secondary School, CIT and the Presentation with 142 students enjoying the programme. As part of the programme the students worked towards their L1 Canoeing Ireland Certification with a focus on journeying in their local environment. This programme was supported by HSE funding.

In April and May an Integrated "Paddles Up" school programme was delivered in Cahir with 62 students from C olaiste D n Iascaigh taking part which was supported by Healthy Ireland funding. Inclusive Paddling was held in Clonmel and Cahir in April and May with 23 participants from Scoil Aonghusa and 15 participants from the National Learning Network. The Inclusive Paddling programme with 8 sessions took place in Cahir in April and May with The Brothers of Charity, 6 participants and 23 participants from Scoil Aonghusa.



Pupils taking part in 'Paddles Up' at The Workman's Boat Club Clonmel

This was really well received with the young people progressing week on week in competence, confidence and composure on the water. The programme in Cahir was supported by Healthy Ireland funding.



Pupils taking part in 'Paddles Up' at The Workman's Boat Club Clonmel

In July we linked with Canoeing Ireland and Clonmel Canoe Club to support 'For the Love of It' Summer Camps with 40 participants. Four week long Summer Camps were held which included the following activities; Kayaking, Canoeing, SUP, Slalom, Canoe Polo, Freestyle and Water Safety Training.

TSP worked with Scoil Aonghusa to deliver a specific Special Olympics training kayaking programme in Cahir. This ran for 6 weeks and 13 participants trained to qualify for next summer's games. Funding support was provided by Healthy Ireland.

Support was provided for a new instructor from the Hub to complete instructor training in L2 kayaking. Support was also provided for the development of a new Canoe Club in Carrick on Suir. In Carrick on Suir, 17 volunteers achieved their Level 3 skills

Throughout the year a number of events took place in collaboration with Canoeing Ireland and Clonmel Canoe Club. On June 15th 'You can Move' Wellness Event on the Suir Blueway in Clonmel was held as part of National Cancer Survivors Day. 15 participants from all over Ireland enjoyed Kayaking and SUP activities. On September 8th a Canoe Rescue Olympics Event took place with 24 paddlers which was followed on September 16th with the South East Freestyle Festival with 49 paddlers showing their amazing freestyle skills. On October 6th Canoeing Ireland Slalom Section hosted their Irish Open in Clonmel along with training sessions during the year.

A Dragon Boating Taster Session was supported by Clonmel Rowing Club which took place in May. 18 participants enjoyed the opportunity to try dragon boating.



Participants enjoying 'For the Love of it' Summer Camps.

Continued support was provided to Clonmel Mountain Bike Club with the provision of 8 mountain bikes to assist them with their programmes and activities and to promote mountain biking in the area. Support was also provided for the training of 3 volunteers as Mountain Bike Leaders which completed in April and June.

Community Sports Hub Tipperary Town

Support continues for the development of the Community Sports Hub based in the Canon Hayes Recreation Centre. Funding was secured for Phase 4 of the Hub. TSP continues to work with TCC in relation to a consultation review on the layout of the centre and supported the funding applications for same. In January, the Hub Development Officer left the post and was replaced in November. Throughout the year a variety of programmes and initiatives were delivered in the Hub.

Moorehaven Resource Centre continued to use the centre on a daily basis for activities including Tennis, Soccer and Gym use. Other groups such as Youth Work Tipperary, Scoil Chormaic and the Brothers of Charity availed of the Community Sports Hub.

The Hub was delighted to support the 'Her Moves' initiative. Funding was secured to run a programme with 24 inactive transition year girls, 12 from St Ailbes and 12 from St Annes. Consultations were held with the girls early in the year and activities such as basketball, badminton, Zumba, yoga, tag rugby, and gym boxercise were completed throughout the year.



Rosie Fonteneau was appointed Development Officer at the Hub



Equipment used as part of Her Moves



Girls enjoying gym exercises as part of Her Moves

Following on from the 'Her Moves' programme, Tipperary Knights Basketball club have continued social basketball for teenage girls once a week at the Canon Hayes Recreation Centre. Two sessions were run in December for 5th year girls from St. Ailbe's and St. Anne's secondary schools to encourage participation in fun games and basketball skills and drills. Consultation for 'Her Moves' 2025 took place in December for both schools at the Canon Hayes Recreation Centre. The Hub in partnership with the Tipperary Town Revitalisation Task Force ran 6 weeks of multi sports in the MUGA (Multi Use Games Area) St. Michaels Avenue and it commenced on the 3rd of July for children

between the ages of 5 and 12 years from the locality and neighboring estates, The Three Drives Resource Centre and Knockanrawley Family Resource Centre participated, 24 children took part. As part of the programme we linked with the FAI to deliver three soccer sessions with local club Tipperary Town FC dropping in to give participants club information and training time details. Two local clubs Arravale Rovers (GAA) and Clanwilliam (Rugby) came in to do taster sessions. The last week was Basketball and was given by coaches from Tipperary Knights basketball club. Over the 6 weeks participants got the opportunity to try a range of different sports with local clubs.



Girls from St Ailbes and St Annes who completed the Her Moves Programme

Outdoor Initiatives

In association with Waterford Orienteers and Orienteering Ireland we are developing Orienteering across Tipperary. Support is provided to Orienteering through the provision of resources on TSP Website and supported Orienteering MapMyRun event in Templemore. More information and resources such as maps are available on the Tipperary Sports Partnership website. Fethard Town Park, Cahir and Denis Burke Park in Clonmel are mapped for Orienteering. Orienteering in the Clonmel area was promoted as part of the urban adventure project.

The Sli Nadur Outdoor Learning programme takes the classroom outdoors and runs for 3 hours a week for 4 weeks. This programme was delivered in Holy Trinity NS, Fethard with 22 students taking part and in the Sisters of Charity NS, Clonmel with 40 students participating. The participants learned about the outdoors while also incorporating movement and physical activity.

In late 2024, Tipperary County Council commenced work on the development of a County Outdoor Recreation Plan for Tipperary and TSP is one of the key stakeholders involved in the development of the plan which is expected to be completed in the first quarter of 2025 following an extensive research and consultation process.

Schools/Pre-Schools

The Sports Leader programme develops young people's leadership skills through sports. This was rolled out in 2024 in St. Mary's, Nenagh with 20 students and in Newport College with 24 participants. The groups received certification from Sports Leader UK.

Support was provided to Clonmel Rowing Club and Rowing Ireland in the delivery of the 'Get Going Get Rowing' Programme to 48 pupils from High School Clonmel, 28 pupils from Clerihan NS, 29 pupils from Presentation Primary School Clonmel, 28 pupils from St Marys CBS Primary School, 66 pupils from Loretto Secondary School, 23 pupils from Gael Scoil Cluain Meala and 80 pupils from St. Olivers NS Clonmel



Students from Newport College enjoying their Sports Leader course

Active Schools Week 2024 garnered promotion in a total of six schools, including Scoil Mhuire NS Kilskeelan, Borrisokane Community College, Monard NS and Newport Lackmore NS, Corville NS and Gaelscoil Aonach Urmhumhan. These schools participated in the initiative, showcasing their commitment to fostering a healthy and active lifestyle among students. The promotion of Active Schools Week served as a catalyst for creating awareness and encouraging engagement in physical activities within the educational community.



Active Schools Week

Support was provided to South East Viking Orienteering's orienteering event for schools on the 24th of November in Fethard with 33 participants. A 'Park O' Event for schools was also assisted in Templemore Park on March 14th. 165 students took part from both primary and secondary schools.



Schools Orienteering Event at Fethard

Throughout the year, we collaborated with Tipperary County Council and continued to support The Cycle Right programme which is a Cycling Ireland designed course. The National Standard for Cycle Training provides practical cycle safety and skills training to promote competent and confident cyclists aimed at 5th and 6th class primary school children. 45 schools across Tipperary fully completed the programme with 1,202 primary school children benefiting from this initiative.



Students from Carrig N.S enjoying Cycle Right

The 6-week Wibbly Wobbly Balance Bike programme is aimed at preschool children aged between 2 and a half and 6 years and it was delivered in association with the Tipperary Childcare Committee and funded by Tipperary County Council. 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 more easily transition to riding a pedal bike in a safe environment. In 2024 the programme was delivered in 35 preschools with over 1100 toddlers partaking.



Pre School children from Little Scholars Carrick on Suir enjoying the Wibbly Wobbly Balance Bike Programme

In April we collaborated with Olympic Handball Ireland and delivered a teacher training course. 11 participants took part and achieved their L1 coaching skills. This was followed up in June with schools participating in a school's blitz day. 105 students took part in the blitz.

People with a Disability

On the 9th of August, we hosted our annual Sports Ability Day in Thurles to showcase inclusive sporting opportunities across Tipperary. Activities on the day included Boccia, Soccer, Cycling, Golf, Rugby, Hockey, Cricket, Badminton and Basketball. 36 people with disabilities attended on the day with their guardians and services.

A number of pieces of equipment were purchased throughout the year to support participation and inclusivity. Sports Wheelchairs were purchased along with a Handcycle for the Clonmel Sports Hub (TUS). As part of European Week of Sport, a Come Try Athletics event was held to launch the equipment and local disability services were invited to try both the equipment and athletics.



Sports Ability Day

We supported Scoil Chormaic, Scoil Aonghusa (Cashel) and St. Annes (Roscrea) in the delivery of a 6-week programme including yoga and exercise to music with 145 pupils participating from the 3 schools.

The Sensational Moves ASD Programme were provided to primary schools to support in delivering appropriate physical activity games for children with ASD and additional needs. The aim is to get children more active, improve their fitness and skills while supporting sensory needs if required. The programme is an excellent opportunity to promote active lifestyles at a young age and improve gross motor skills. The national schools were Ayle School, St Colmcillens, Emly, Littleton, Leugh and Cahir.

The Inclusive Swim & Aqua Aerobics programmes were ran in partnership with two organisations in Tipperary. Down Syndrome Tipperary (Thurles and Nenagh) and the National Learning Network (Clonmel). This programme facilitated 47 young people with disabilities in swim programmes, ranging from 6 to 8 weeks.

A Learn to Cycle 4 day Camp was piloted for the first time in 2024 in Thurles. It ran over four days with 12 participants, each participant had a 30-minute timeslot per day and received individual one to one coaching. Fantastic feedback was received from parents and progression visible from the participants.

An eight-week Ability Programme was held in Tipperary North (Borrisoleigh) and South (Clonmel) with adult service users. Boccia was completed for 8 weeks over two blocks in North Tipperary with over 60 participants. Chair Exercise to Music and Boccia was delivered in South Tipperary with 16 participants.

Boccia was a massive hit in North Tipperary with the services due to its inclusivity, a 4-week Boccia League with 24 participants was established in Borrisoleigh with the final session being a tournament where participants received TSP Boccia Medals.

A 4 week Inclusive Activator Walking Programme was completed in the scenic surroundings of Inch Field in Cahir with 10 participants from Gateway (Brothers of Charity). This was a new initiative with the participants and carers receiving four weeks of guided walks by a qualified tutor and on completion of the programme the poles left to the centre so they can utilise them for sustainability.



Learn To Cycle Programme

A survey was sent to all clubs to identify clubs providing inclusive opportunities and identify supports required. The TSP Fund supported Black Castle Archery to support children with Autism and Kilfeacle RFC to establish mixed ability Tag Rugby and Ballybacon Grange GAA Club to establish a Sport for All group.



Inclusive Activator Walking Programme

During the summer inclusive taster sessions were held with Cappawhite NS ASD unit and an ASD camp was held in the Canon Hayes Recreation Centre.

Throughout the year a number of Active Disability Ireland workshops were delivered to support clubs and volunteers. On the 26th of February, Active Disability Ireland's Disability Awareness workshop was delivered via online delivery to 15 participants. On May 20th, Active Disability Ireland's Autism in Sport workshop was delivered via online delivery to 16 participants.

Participants came from a range of backgrounds including physical activity tutors, sports club coaches, teachers, SNA's, early year educators, community youth workers and development officers. The workshop is designed to help participants recognize and understand key areas of difference as well as looking at practical strategies which help include people with autism in sport sessions.

Upon completion of training all participants received an Active Disability Ireland Certificate of Attendance endorsed by Sport Ireland and a resource manual.

A Disability Inclusion workshop was held online with Tipperary GAA Cul Camp head coaches. This ensured that every Tipperary Cul Camp had a coach qualified in sport inclusion to ensure openness and participation, 8 coaches participated.

We continued to link in with a number of disability services and representatives from Clonmel, with the aim to establish a "Social Activity Hub" forum to identify the needs of the community and support them with relevant programmes.

Activity resources for people with a disability are available on our website www.tipperarysports.ie and are promoted through our social media.



Fethard Town Park and IWA Wheelchair Presentation

SIDP (Dormant Accounts)

In 2023/2024, through dormant accounts funding from Sport Ireland, Tipperary Sports Partnership collaborated with several local organizations including Clonmel Sports Hub (TUS), Fethard Town Park, IWA Tipperary and Tipperary Warriors Multi Sport Club. These partnerships aim to enhance sports accessibility and inclusivity in the community by providing essential sports equipment. The following equipment was purchased; Sports Wheelchairs, Indoor and Outdoor Table Tennis Tables, Handcycle, Portable Basketball Nets and Platform Steps.

Marginalised Communities & Youth at Risk:

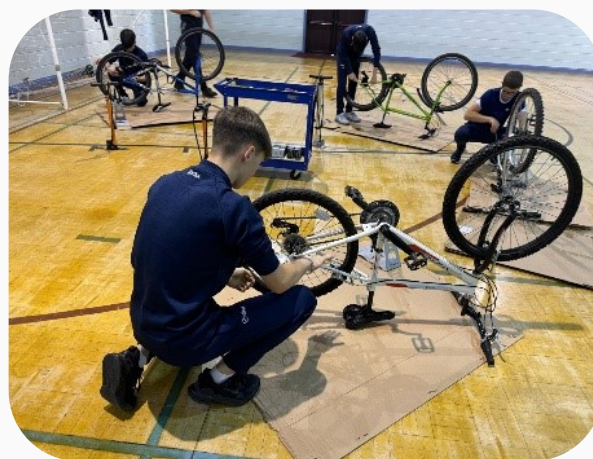
We collaborated with the HSE and supported SilverArch and Avista Roscrea in the delivery of 2 Green Exercise Programmes. The Green Exercise Programme was a 6-week programme with two weekly sessions targeted at individuals with low physical activity levels and/or those who are returning to exercise. 22 participants took part over the two programmes.

The Youth Reach Olympic Games took place on April 24th with 175 participants from CTCs all over Tipperary, prior to attending the Games each of the centres familiarised and practiced the Games activities.

In partnership with Clonmel Youth Project and Foroige Nenagh, youths from disadvantaged communities engaged with our 'Summer Wellness' programme. In the South, Clonmel YP summer programme included Cycling, Zumba and Swimming. In the North, Foroige Nenagh completed an 8-week summer programme which included Circuits, Box Aerobics, Yoga and Gymnastics. Over the two programmes, 79 participants took part.

As part of the ESF+ programme in September, Coláiste Shliabh na mBan took part in the Ferryhouse Wheelers Mountain Bike programme over 7 weeks. This hands-on programme introduced students to essential bike maintenance skills and the fundamentals of mountain biking, offering both practical life skills and engaging physical activity. The programme began with bike maintenance sessions where the tutor guided students through the basics of bike care. Students learned how to check tyre pressure, adjust brakes, lubricate chains and perform essential safety checks before riding. This knowledge empowered students to take responsibility for their equipment and instilled in them a sense of ownership and confidence. Students reported that the skills helped in both recreational cycling and future transport needs, as biking to school or work becomes increasingly popular and sustainable. Following the maintenance sessions, the tutor introduced students to mountain biking, covering safety protocols, trail etiquette and basic riding techniques.

For many students, this was their first exposure to mountain biking and they quickly engaged with the adventure aspect of the sport. The programme encouraged teamwork, resilience and decision-making as students navigated through different terrains. The physical aspect of mountain biking provided an excellent outlet for energy and stress relief, contributing to the students' overall well-being 6 participants took part.



Bike Maintenance

In May, the students and staff of Coláiste Shliabh na mBan, experienced an Introduction to virtual reality in Kayaking. This programme aimed to spark interest in water sports and offer a safe, engaging way to develop kayaking skills. 8 young people and 7 staff participated.

An ESF+ Programme presentation was conducted with Prevention Partnership and Family Support programme to raise awareness and provide information about the role. Activities were organised to support a network of over 40 individuals promoting engagement and participation in the initiative. Activities included Volleyball, Boccia and VR Kayaking.

The Fáilte Cahir Programme commenced in May, 30 pupils (18 females, 12 males) from Coláiste Dún Iascaigh, Cahir. English as a Second language group were consulted to gather insights and identify potential programmes. A sports day was identified as a possible taster event in September. A 5-a-Side Soccer Tournament and Family Sports Day was hosted in Cahir Park AFC grounds In September 84 participants (57 males, 27 females) took part in events that included a 5-a-side soccer tournament, cricket, volleyball, yoga, and dance activities. It aimed to promote sports and family participation within the community. At this event, Volleyball was identified as an area of interest within the community and a community leader was identified and trained as a Volleyball coach with Volleyball Ireland. Volleyball Taster Sessions took place in November with 3 age groups; 8-12, 13-17 and adults. The volleyball taster sessions were conducted to engage the non-Irish community and encourage integration. The sessions offered participants an opportunity to learn and enjoy volleyball in a supportive environment with the view to establishing a club in 2025. Funding for this initiative was provided from Healthy Ireland.



5 - A -Side Soccer Tournament

Traveller Participation Programmes

The Horse-Riding Programme, developed in collaboration with Barnardos, aims to provide eight young people with an opportunity to engage in equestrian activities over a six-week period. This initiative promoted physical activity, fosters personal development, teamwork and confidence among the participants.

Throughout the six weeks, participants received hands-on experience in horse riding, horse care, and horse management. Each session was structured to include safety training, riding lessons and group activities that encouraged communication and cooperation. This programme was supported by the HSE.

Through the ESF+ Programme a number of programmes targeting the Travelling community were delivered. In July, a group of Traveller men engaged in a consultation piece and handball was identified as a preferred activity. The programme introduced handball to the Traveller community in New Inn. Participants received coaching and engaged in regular practice sessions in the Canon Hayes Recreation Centre. Coaching education was provided, resulting in eight participants, consisting of members of the Travelling community and the local club, receiving their Foundation GAA Handball Coaching Certificate. 13 participants took part over 14 weeks.



Handball Coach Education Training

In November, Traveller women from Roscrea took part in a sampler programme. The programme offered a series of taster sessions in Roscrea Leisure Centre to engage Traveller women and introduce them to some of the activities on offer. Spinning emerged as a favourite activity and additional sessions were scheduled. 8 females participated over 9 weeks.

After customer discovery sessions took place the Nenagh Women's Traveller group identified water safety and confidence in the water as a concern. An Aqua-Aerobics programme was agreed for November. This programme focused on water safety and building water confidence among Traveller women. Aqua-Fit classes were delivered, providing a fun and effective way to improve fitness and learn water safety skills. 5 women took part over 5 weeks.

Women in Sport

Meet and Train groups continued to be supported and promoted throughout the County in 2024 with their weekly running activity sessions. Meet and Train groups continue their group training sessions each week.

Support was provided to Cahir Meet and Train to host a Women's Mini Marathon event on September 21st with 395 female participants. This event continues to build on the previous Tipperary Women's Marathon organised by TSP which the Partnership no longer provides.

Her Outdoors week took place from August 12th to 18th. From August 12th to 15th a teenage girls Kayaking programme called 'Paddle Sisters' took place at Lough Derg with 12 women taking part. An Introduction to Mountaineering took place on the 18th at the King's Yard, 9 women participated on the day. A women's Aqua-Aerobics class was hosted at Ballina Riverside pool with 23 participants. An Introduction to Mountain Biking was held at Careys Castle, Clonmel on Saturday August 17th with 12 participants. A Women's Dragon Boating taster session with The Clonmel Dragon Boating Club took place on August 14th with 18 women participating.

Two very successful "How to Train as a Midlife Woman" Workshops were delivered with 24 participants in Thurles and 15 participants in Carrick on Suir. These workshops were facilitated by Irene Clarke, The Menopause Coach and were targeted at women from 35+ years, who are wondering how peri-menopause and menopause is affecting them mentally and physically and how making small changes can increase energy levels, improve sleep, mood and decrease weight gain.



How to Train as a Midlife Woman

A 5-week Swimmin Women midlife programme was delivered at Ballina outdoor pool with 29 participants. The programme provided females with the opportunity to experience the benefits of the water, from understanding how swimming and aquatics can act as a powerful coping strategy, to managing health and well-being.

Swimmin Women training programmes were delivered in five swimming pools in Tipperary - Clonmel Swimming Pool, Nenagh Swimming Pool, Thurles Leisure Centre, Sean Kelly Sports Centre, Carrick on Suir and Roscrea Leisure Centre. This 8-week programme involved 1 coached session and 1 self-guided swim per week and aimed to progress participants to confidently swimming 600m. The programme was very well received by 69 participants.



Participants from Swimmin' Women Programme

Teenage Girls

In partnership with Sport Ireland Coaching, A Coaching Teenage Girls workshop was delivered with 13 participants. It aimed to support clubs who offer sports for teenage girls and to provide information to assist them to attract and maintain participation of teenage girls.

The Hoops for Girls Basketball event was held over three nights in March with 200 participants from 6 schools. On April 26th the event took place in Thurles with Presentation Thurles, Ursuline Thurles, Coláiste Mhuire Thurles, Presentation Clonmel, Scoil Ruain Killenaule and Presentation Ballingarry.



'Hoops for Girls' participants

Older Adults

In April, 6 Go for Life PALs Workshops were held in Thurles with 25 representatives from Active Retirement Groups across the county taking part. PALs (Physical Activity Leaders) is an initiative which trains older people how to lead sport and activity sessions in their local groups and communities.

Two training days took place for the Tipperary Team in Borrissoleigh to prepare for the Go for Life Games in Dublin. A Tipperary team participated in the Go For Life National Games in DCU in Dublin on June 8th. On the day they participated in Flisk, Scidlis and Malai. Our Go for Life Older Adult Festival was held on the 13th May in the Anner Hotel, Thurles, a total of 47 participated from 14 organisations on the day. Participants enjoyed 4 physical activity demonstrations including Boccia, Line Dancing, Chair and Fitness exercises. Following the activities, the participants enjoyed some music and dance. A very enjoyable day was had by all.

Go For Life Funding Scheme was promoted to all Older Adult groups across Tipperary on TSP older adult database and on our social media platforms. €15,730 was distributed across 61 older adult groups in Tipperary.

In the Spring of 2024 one Walking Football programme was held in Cashel in conjunction with Cashel Men's Shed with 10 participants over 6 weeks.

A Community Boccia Programme continued in Nenagh, linking in with 2 new groups – Ballymackey Women's Shed and Capparoo Women's Shed, 24 participants took part in the programme. Each group is set up to continue to play Boccia. An event was organised to bring all the groups together for a Boccia tournament in the Abbey Court Hotel, Nenagh with 36 Participants.

An Aqua Fit programme was delivered in both Nenagh Leisure Centre and Sean Kelly Sports Centre, Carrick on Suir with 60 participants taking part in total. This activity proved very popular and was funded by Healthy Ireland.



Aqua-Fit participants at Nenagh Leisure Centre

Older Adult Activity resources continued to be available on our website. Staff attended the Tipperary Age Friendly Expo in TUS, Thurles.

We are part of the Tipperary Age Friendly Group and work closely with partners to develop and support quality of life for older adults.

A 6-week outdoor gym programme was provided to older adults in Fethard. This incorporated the use of the outdoor exercise equipment in Fethard Town Park. A demonstration of the programme was provided.

Mental Well Being

We collaborated with the HSE for a HSE Healthy Dojo in Nenagh and Thurles. This consisted of 2 exercise sessions per week for 8 weeks with 40 participants. Mental Health Week was promoted through social media.

A presentation was made to all the Men Sheds Groups in South Tipperary at the Presentation Convent Fethard on the role TSP play in promoting physical activity across Tipperary and the importance of physical activity and positive impact on mental health.

We linked with Mental Health Rehab and Recovery Team South East Community Healthcare for a Mission Possible Programme which included gym based exercise, Zumba and Adventure Golf with 9 participants.

Club Development

In 2024, 41 clubs secured funding to the value of €34,046 under the TSP Coaching and Development Fund. One club was successful under the Urban Adventure Fund and one under the Clonmel Community Sports Hub Fund.

TSP in partnership with TUS delivered a Level 6 Certificate in Sports Administration 'Running Sport' with 10 ECTS and linked with Limerick Sports Partnership and Clare Sports Partnership. The course content included club finances, club management, club marketing and club development. This online course commenced on the 1st of October, 2024 with 12 participants from Tipperary. It was delivered over 10 weeks and adopted a flexible learning approach.

As part of the Club Development programme, TSP continued to promote Code of Ethics training with Twelve Safeguarding 1 workshops delivered via zoom with 157 participants. Two Club Childrens Officers (Safeguarding 2) delivered in March and November with 30 participants. Two Designated Liaison Person Courses (Safeguarding 3) delivered in April and November with 26 participants. TSP promoted the Sport Ireland Safeguarding Refresher online programme.

In November a 4-night Tipperary Sports Club Package was delivered over Zoom to 22 volunteers. This was delivered by a top-quality line up including Padraig Roche, Aaron Grant, Dr. Philip Kearney and Dr. Marion Geary, experts in their disciplines and they spoke about Strength and Conditioning in Sports, Sports Nutrition, Long-Term Athlete Development and Sports Psychology in Sport.

Volunteers in Sport

Sport Ireland sponsored the Federation of Irish Sport (FIS) – Volunteer in Sport Awards 2023 in collaboration with the Sport Partnership Network. Paddy Doyle of Moyne Athletic Club was selected by the FIS judging panel as the Tipperary Volunteer In Sport for 2023 and received his award at the FIS Ceremony on February 29th, 2024



Paddy Doyle, Tipperary Sports Volunteer 2023 at the Federation in Sport Awards.

Infrastructure Development

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

Research

We linked with TUS and concluded their research project 'Can virtual reality be used to coach canoeing skills to new canoeists' and if so how effective is it compared to traditional canoeing coaching methods. A report is currently been finalised.



A participant enjoying Virtual Reality Kayaking

Innovation Project – Suir V

A Working Committee comprising of TSP, TUS, Canoeing Ireland, Tipperary Tourism and Clonmel Canoe Club continued to work on the Innovation project. A Virtual Reality (VR) Experience of the Suir Blueway from Sandybanks to Clonmel has been produced and can now be downloaded. Funding for phase 2 of the project was secured in late 2022 and work continued in 2024. The project was promoted at numerous events. The VR is being used by TSP and Canoeing Ireland to encourage people to try canoeing through programmes. Participants are provided initially with the VR Experience which is followed by trying kayaking in the real world, this worked extremely well with the TSP Schools 'Paddles Up' programme.



Girls enjoying the VR Experience at Gormanstown for the Her Moves Day

ENGAGEMENT METRICS



**Participation
Engagement**

7,504



**People with
a Disability**

479



Training

369



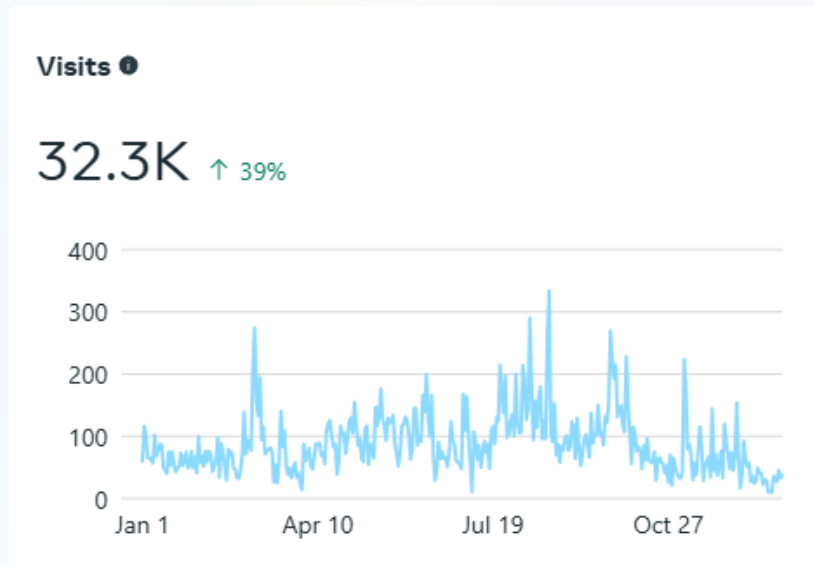
COMMUNICATIONS SOCIAL MEDIA METRICS



Communications

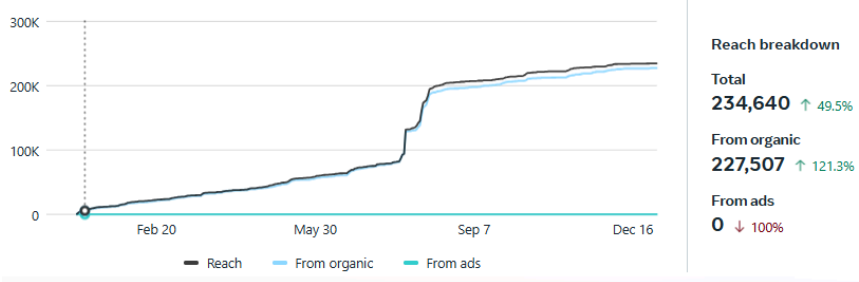
Social Media

Facebook January - December 2024



32.3
Page
Visits

Reach 234.6K ↑ 49.5%	Content interactions 8.3K ↑ 9.3%	Followers Lifetime 6.1K	Link clicks 1.5K ↓ 49.5%
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234.6k
Reach

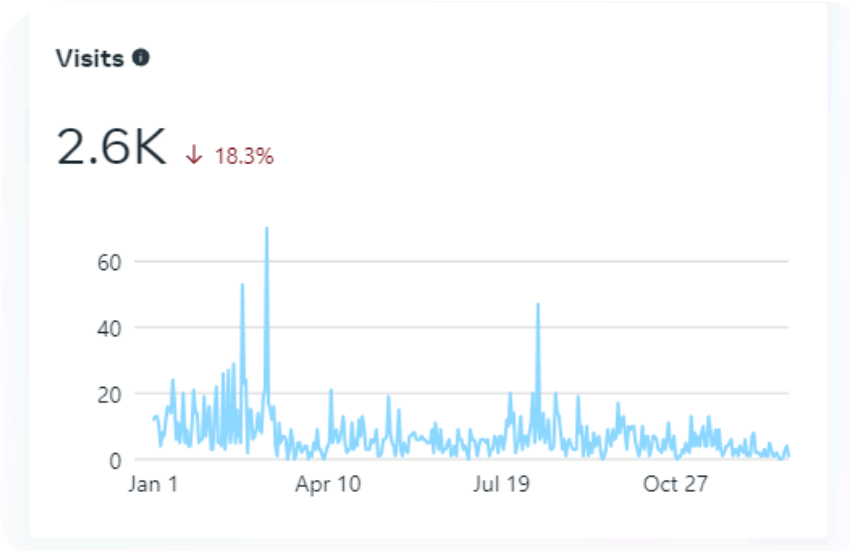
- Video Tipperary Sports Partnership
- Happy New Year. Wishing you all a Healthy, Active and Sporting 2025. Athbhliain faoi mhaise daoibh go léir. Keep an eye on our facebook page for ...
- Happy New Year. Wishing you all a Healthy, Active and Sporting 2025. Athbhliain faoi mhaise daoibh go léir. Keep an eye on our facebook page for ...
- This post has no text
- Mastering Midlife for Women | Cahir House Hotel | January 11th. Booking and further information | https://bit.ly/49iHrS @sportireland @ti...
- Mastering Midlife for Women | Cahir House Hotel | January 11th. Booking and further information | https://bit.ly/49iHrS Sport Ireland Tipp...
- Are you looking for something do over the Christmas break. Check out the Get Ireland Active Database to find more information about clubs, pa...
- Are you looking for something do over the Christmas break. Check out the Get Ireland Active Database to find more information about clubs, pa...
- This post has no text

776
Posts

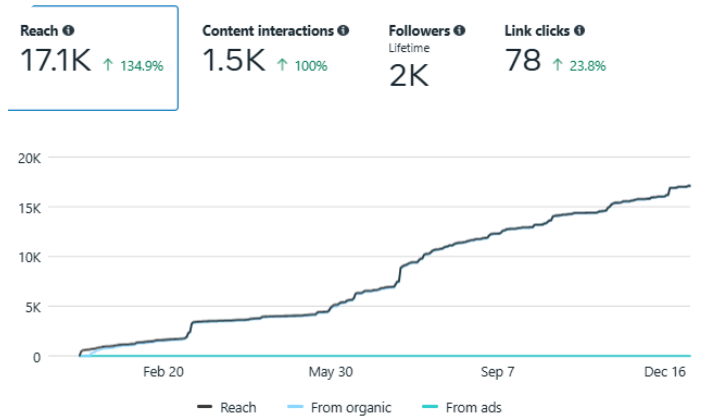
Instagram January - December 2024



503 Posts



2.6K Page Visits



Content interactions 1.5K ↑ 100%

Followers Lifetime 2K

Link clicks 78 ↑ 23.8%

Reach breakdown

Total 17,107 ↑ 134.9%

From organic 17,076 ↑ 100%

From ads 0 0%

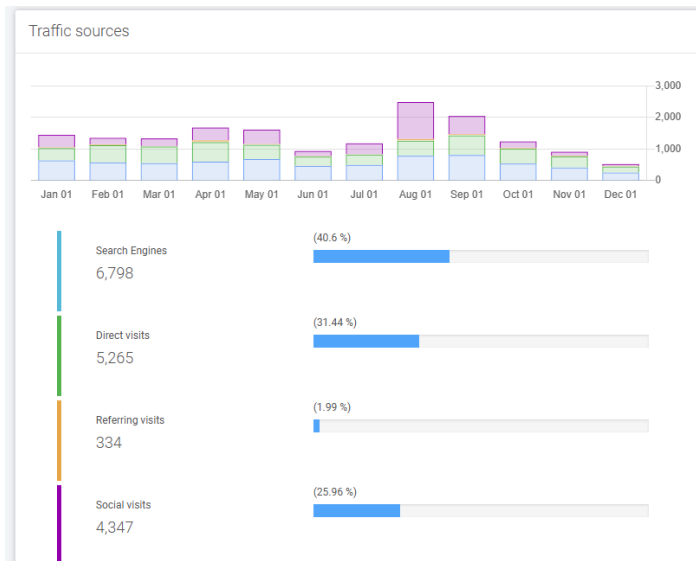
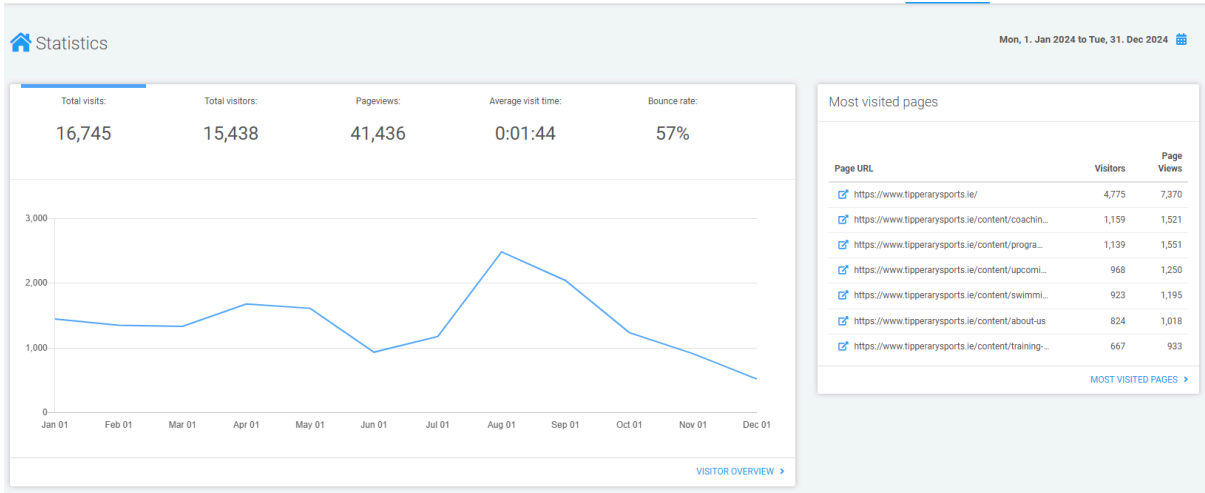
17.1K Reach

Twitter January - December 2024



450
Tweets
Sent

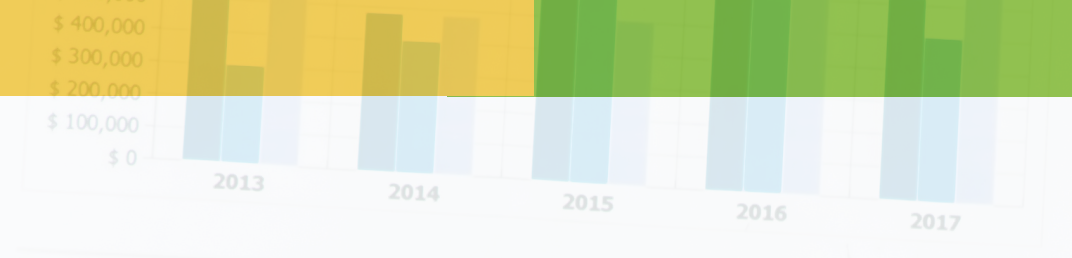
Website January - December 2024



16,745
Website
Visits

55 Articles/
Pages
Produced

Happy Christmas from all the team at Tipperary Sports Partnership	News	mary.stephens	published	12/18/2024 - 12:32
Safeguarding 3	General Content for Training Education and Programmes	geraldine.quinn	published	11/28/2024 - 13:06
Safeguarding 2 Club Children's Officer Training	General Content for Training Education and Programmes	geraldine.quinn	published	11/28/2024 - 13:07
Safeguarding Autumn Schedule 2024	News	mary.stephens	published	11/28/2024 - 13:04
Child Welfare & Protection in Sport Basic Awareness Training - Safeguarding 1	General Content for Training Education and Programmes	mary.stephens	published	11/28/2024 - 13:03
About Us	Basic page	ruth.maher	published	11/28/2024 - 12:44
Spring Safeguarding 2025	News	mary.stephens	published	11/28/2024 - 12:22
Social Basketball	News	mary.stephens	published	11/19/2024 - 13:14
Tipperary Sports Club Support Package 2024.	News	mary.stephens	published	11/19/2024 - 13:12
Tipperary Town Community Sports Hub	Basic page	administrator	published	11/19/2024 - 13:12
Volleyball Taster Sessions	News	mary.stephens	published	11/14/2024 - 11:12

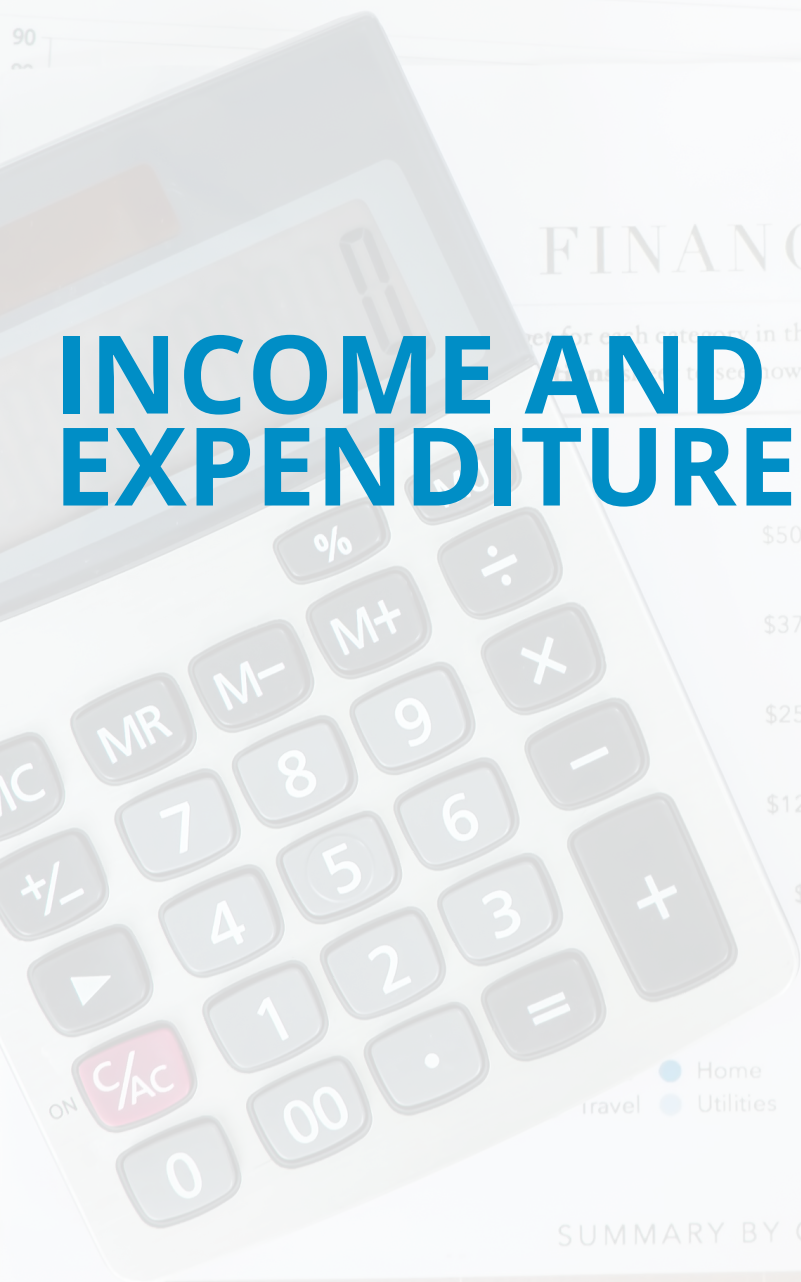


SALES COMPARISON - QUANTITY

Year	Company A	Company B	Company C
2013	47	71	43
2014	41	65	25
2015	32	48	34
2016	44	35	60
2017	50	27	78

FINANCIAL

INCOME AND EXPENDITURE 2024



Get for each category in the **Summary By Category** table below. This will help you to see how your actual spending compares to your budget.



SUMMARY BY CATEGORY

Category	Budget	Actual	Difference
Auto	\$200.00	\$90.00	\$110.00
Entertainment	\$200.00	\$32.00	\$168.00
Food	\$350.00	\$205.75	\$144.25
Home	\$300.00	\$250.00	\$50.00
Medical	\$100.00	\$35.00	\$65.00
Personal Items	\$300.00	\$80.00	\$220.00

Income 2024

	€
Carry Over from 2023	713,187.22
Sport Ireland	421,224.00
Tipperary County Council	18,000.00
Health Services Executive	18,940.00
Go for Life Grant	500.00
Course/Event/Activity	36,540.80
Income Bike Week	9,432.00
Healthy Ireland Phase 6 Sport Ireland	24,00.000
Dormant Account	5,990.00
ESF + Programme	79,000.00
SI WIS Additional Funding	5,150.00
Outdoor Swimming Fund	5,500.00

Total Income

€1,397,464.02

Expenditure 2024

	€
Staff Costs	302,086.55
Non Staff Costs	44,698.69
Education & Training	34,046.47
Sport Ireland Programmes	5,760.00
Go for Life	7,848.65
Women in Sport	12,659.30
Sport Ireland General Participation	25,991.45
Generic Training	15,943.09
HSE Co Supported Programmes	24,855.77
Social Inclusion Programmes	10,646.55
Dormant Account Funding	158,517.40
Sport Ireland Covid 19 Support Grant Scheme	84.64
Healthy Ireland	25,949.36
Energy Support Scheme	4,870.00
ESF Social Innovation in Sport	63,704.13
Outdoor Swimming	5,454.05

Total Expenditure

€743,116.20

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



Tipperary Sports
PARTNERSHIP
— SPORT IRELAND —

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