



**MORE SPORT  
MORE LIFE**



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## Tipperary Talks Sport

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Tipperary Sports Partnership has launched a free webinar called 'Tipperary Talks Sport' which will take place on Tuesday, 26th of January from 7pm to 8.30pm. RTÉ Sports Presenter, Evanne Ní Chuilinn will present the show which was created to celebrate the very best of Irish women in sport and to promote excellence, inclusion and inspiration for attendees nationwide.

Olympian and World Champion Rower, Sanita Pušpure and World and European Para Swimming Medallist, Nicole Turner will share their stories and experiences. Irish and Munster Rugby Star, Dorothy Wall and Tipperary Footballer, Aishling Moloney will be joined by Declan Browne and James Scott who are heavily invested in Ladies GAA and Soccer at county and national level respectively.

In this inspirational and uplifting webinar, Mary O'Connor, the Chief Executive Officer of the Federation of Irish Sport and Nora Stapleton of Sport Ireland will discuss the importance of women's sport, inclusivity and how women are involved in all aspects of sport from playing and visibility to coaching,

officiating and leadership and governance.

The event is free to attend however, you must pre-register online by visiting our website [www.tipperarysports.ie](http://www.tipperarysports.ie)

'Tipperary Talks Sport' is hosted by Tipperary Sports Partnership in association with Sport Ireland and Tipperary County Council.

# TIPPERARY talks sport

Tuesday 26th of Jan @ 7pm



## TIPPERARY talks sport

Tuesday 26th of January 7-8.30pm

**REGISTER NOW**



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# KEEP WELL



Riailtas na hÉireann  
Government of Ireland

The "Keep Well" Campaign was launched on October 29th 2020. The Keep Well Campaign aims to support people and communities to mind their physical and mental health over the coming months. This is a call to action to everyone across our society. It is an invitation to individuals, communities, voluntary groups, sporting organisations, those involved in creativity and the arts, local heritage and history, businesses, as well as local and national government to find ways to support everyone to discover new activities and routines that will do us good.

The "Keep Well" Campaign is focussed on five main themes:

- Keeping Active** and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.
- Staying Connected** with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.
- Switching off and being creative** or learning something new, getting back to nature and finding ways to

relax can help our general wellbeing.

**Eating Well** by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.

**Minding your Mood** equipping people with information on where to access support. This will also be linked with the local community helpline to ensure that people can access the support they need.

Tipperary Sports Partnership will be focusing on the Keeping Active theme of the campaign. Why not check out our website at [www.tipperarysports.ie](http://www.tipperarysports.ie) for fun and exciting ways for people of all ages and abilities to keep active and well now and into the future.

For more information on the "Keep Well" Campaign go to <https://www.sportireland.ie/keepwell>



Keeping active

## UPCOMING PROGRAMMES

- **Women in Sport**  
26/01/2021  
7pm–8.30pm
- **Safeguarding 1**  
**Online Workshops**  
1/2/2021  
8/2/2021  
1/3/2021  
8/3/2021  
19/4/2021  
26/4/2021

Full details and booking log on to [www.tipperarysports.ie/](http://www.tipperarysports.ie/)



If you are feeling worried or stressed during these difficult times, please be aware that resources are available to help mind your mental health and wellbeing. See list of resources below available to support you:

- [You, Your community & Covid19](#)
  - [#InThisTogether](#)
  - [#HoldFirm](#)
  - [Stay Safe guidelines](#)
- For the most up to date information and advice on Coronavirus, please go to:
- [Gov.ie - Coronavirus](#)
  - [Health Services Executive](#)
  - [Health Protection Surveillance Centre](#)



## Activities at Home Resources



Tipperary Sports Partnership is one of 29 Local Sports Partnerships in conjunction with Sport Ireland who have come together to develop resources to target activities at home

- ◆ Older adults
- ◆ People with a disability
- ◆ Families

The resources aim to encourage people to try and reach the minimum of 30 minutes of daily physical activity for adults and 60 minutes for children, as recommended in Ireland's National Physical Activity Plan. It will help an



individual's strength and confidence in their body, which will support them to be more physically active as well as developing transferable skills for everyday life.

All the resources are available to download from our website

[www.tipperarysports.ie](http://www.tipperarysports.ie)

## Operation Transformation 2021—Minimum Fitness Test



Welcome to the Operation Transformation Minimum Fitness Test as devised by the DCU School of Health and Human Performance. Here you will find instructions as to how to perform each component of

the test relevant to your age and gender. Always ensure that you are performing each exercise safely and only if it is safe to do so.

Remember - this test is designed to show whether or not you fit within our minimum standards of physical fitness. If you don't



pass on the first attempt, keep using the OT exercise plan to improve your strength and fitness and try again in a few weeks.

Visit [www.tipperarysports.ie](http://www.tipperarysports.ie) to learn more about the expert advice they can offer.



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## Get Ireland Walking App

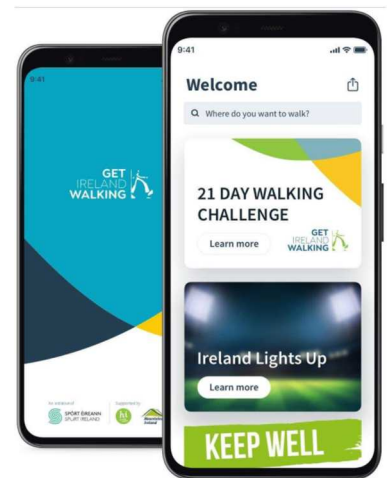
Get Ireland Walking have launched a new app that will allow you to keep a record of your walking and help you to stay motivated. The handy app will provide useful tips on advice on how to build walking into every day routines. It can be downloaded at <https://www.getirelandwalking.ie/app/>

Get Ireland Walking are challenging you to walk at least once a day for 21 days in a row and promise that if you complete the challenge, you'll

have a walking habit to be proud of in 2021.

Aim to walk for at least 30 minutes each day. You don't have to do it all at once you can build up to 30 minutes or more by being active for at least 10 minutes in the early days. Just keep increasing the length of your walk and watch the minutes add up. By using the free app you will keep a record of your walking every day. By tracking how long or how far you walked, you'll see proof of your improvements and receive

tips and encouragements along the challenge! This is a great motivation to keep going!



## Child Welfare & Protection in Sport (Via Zoom)



The next series of Child Welfare and Protection workshops will be delivered by Sport Ireland tutors via zoom from 6pm–9pm on the following dates. To book your place visit

[www.tipperarysports.ie](http://www.tipperarysports.ie)

Cost is €15 plus booking fee. A certificate of attendance will be issued on completion of the workshop. For further information please contact 0761 06 6201 or email [info@tipperarysports.ie](mailto:info@tipperarysports.ie)

Date	Time
Monday February 1st	6pm - 9pm
Monday February 8th	6pm - 9pm
Monday March 1st	6pm - 9pm
Monday March 8th	6pm - 9pm
Monday April 19th	6pm - 9pm
Monday April 26th	6pm - 9pm

## Sports Capital Grant Scheme 2021

**The Sports Capital Programme is now open for applications and the deadline for applications has been extended until 5pm on Monday, 1st March, 2021.** €40 million is being made available in 2021 under a new round of the Sports Capital and Equipment Programme (SCEP). The SCEP is the Government's primary vehicle for providing support to sports clubs and communities to develop sports infrastructure around the country. Further information and details can be found at <https://www.gov.ie/en/service/d13385-sports-capital-programme/>

**Find us on Facebook, Instagram and Twitter - To book or find out more information check out [www.tipperarysports.ie](http://www.tipperarysports.ie)**