



2023 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.
- **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 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 2023 Programmes & Activities

2023 was another very successful year, the Sports Partnership delivered over 204 innovations, programmes, events and courses with over 8,559 participants engaging with the Sports Partnership activities which included 671 participants with disabilities, 5,796 young people and 2,092 adults. 51% of participants were female.

The Sports Partnership successfully secured in excess of €600,000 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 and Dormant Accounts.

At the January meeting, Mr Kevin Cummins, was appointed as Chairperson with Councillor Peggy Ryan appointed as Vice Chair.

There were a number of changes to the Board membership during the year as follows: In January the following new members joined the Board: - Marianne O'Donnell PPN Sports Rep; Brian Beck Tipperary County Council replaced Dan Downey and Amy McGuire TUS replaced Seamus Hoyne. Board 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, Robert Murphy commenced as Community Sports Development Officer and in October Ian Collins joined the team as Sports Development Officer and Niamh Carroll as Administrative Assistant on a CES Scheme. A recruitment process commenced for the role of ESF + Social Innovation in Sport Officer and the role of Sports Inclusion Development Officer, with both appointments to be in place in 2024. A blended working process is in place for staff to avail of where staff work both in the office and at home.

The LSP Communications officers team were appointed by Sport Ireland and PR support will be provided by the team to TSP and the LSP Network to increase visibility of the LSPs. A Communications training day was held in Ennis and also 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, Bike Week, Women in Sport, Mens Health Week, Lets Get Visible, Volunteer In Sport Awards, Tipperary Mental Health Week and the Winter Initiative. Input on a monthly basis into Tipperary Together newsletter & Council staff Newsletter formed part of the Partnerships PR & Marketing.

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

In September, 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 the 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 2023 include:

Participation

Active Communities

TSP hired the services of Siul Eile to deliver three 8-week Community Walking Programmes in 2023. These included one spring programme in Rosegreen/Cashel which commenced in January with 14 participants. Two Winter Walking programmes took place, one in Nenagh with 20 participants and one in Cahir with 19 participants. These programmes were a huge success within the communities. Walks began with a distance of 4km building on this distance weekly and taking a new route each night. The Nenagh Walking programme was funded by Healthy Ireland.

In May, a new Couch to Peak 10 week walking programme was piloted in The Glen of Aherlow with 25 participants taking part in the programme. This programme concluded with a hike to the top of Galtymore.

In September, TSP linked with Tipperary Mens Shed Network and facilitated a Walk/Talk on the Suir Blueway for the Men's Sheds from across the county which was led by Siul Eile with 18 participants taking part.

All of the walking 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.



Couch to Peak participants at the summit of Galtymore

TSP delivered 4 Swim for a Mile (SFAM) training programmes in Clonmel Swimming Pool, Nenagh Swimming Pool; Roscrea Leisure Centre and Sean Kelly Sports Centre, The programme was a 12-week programme which involved 2 coached sessions and 1 self-guided swim weekly and aimed to progress participants from swimming 2 lengths of a pool to 64 lengths (a mile). The programme was a great success with 56 participants taking part. On the final night of the programme participants swam for a Mile and received a medal for their achievements.



Swimmers taking part in the Swim for a Mile Final Night in Nenagh 2023

Cycling continued to be supported throughout the year starting with Bike Week which took place during the week of the 12th to 21st May with a total of 25 initiatives being hosted by 13 different groups across Tipperary. These initiatives included bike maintenance workshops, bike skills, mountain biking and community cycles. Over 600 participants took part in a week-long menu of activities and ages ranged from 6 to 86. 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 Family Challenge – the aim was to get families active across the county on their bikes with a chance to win one of five €200 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 €200 sports voucher for their school and €50 sports voucher for themselves. Over 130 people participated over the above three promotional campaigns.



Bike Week 2023

Later in the year, TSP supported a Cyclocross event in the grounds of TUS, Thurles which took place on the 12th of November with Upperchurch Drombane Cycling.

General Public

TSP worked with Sport Ireland & RTE Operation Transformation in relation to promotion of fitness programme and activities while supporting the 1 Operation Transformation Leader in Tipperary.

TSP continued to support and promote the Tipperary Park Runs year-round through social media channels and promoted them extensively as part of Operation Transformation and Women in Sport Week. The end of the Operation Transformation 5k run was promoted through all the Park Runs in February.

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

In November, as part of TSP Winter Initiative, TSP linked with Table Tennis Ireland and offered 50 kits for sale to the public. This initiative provided 211 people the opportunity to play Table Tennis in their own homes.

TSP supported 'You can Move' Wellness Event on the Suir Blueway in Clonmel on June 4th as part of National Cancer Survivors Day. 60 participants from all over Ireland enjoyed Kayaking, Yoga and Walking activities.

TSP worked with Sport Ireland and Tipperary County Council IT department in relation to the development of Nationwide audit and mapping of facilities. TSP supported TCC to provide information to Sport Ireland to generate a National Digital Database of Sporting Facilities which was launched by Sport Ireland in November this resource is now available for agencies, community groups and individual to find information on recreation and sports facilities and amenities.

TSP supported the development of the new Fethard Town Park and attended the official opening that took place on June 18th with Minister Humphries officially opening the event. TSP continues to support the work of the Sport Hub in TUS Clonmel. The official opening of the Hub took place on June 9th by Taoiseach Leo Vadakara.



TUS Sport Coordinator Patrick Davoren, An Taoiseach Leo Varadkar and Robert Murphy CSDO with TSP in attendance at the opening of Clonmel Sports Hub

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. The following initiatives were held:

The "Paddles Up" school programme was delivered in April and May and was rolled out to three secondary schools in the area, CBS High School, Loreto Secondary School and CIT with 160 students. As part of the programme the students worked towards their L1 Canoeing Ireland Certification with a focus on journeying in their local environment. Additionally, 25 primary school children from Sisters of Charity school in Clonmel completed an Introductory Kayaking session in June.

In April and May an Integrated "Paddles Up" school programme was delivered in Cahir with 56 students from Colaiste Dun Iascaigh taking part.

Inclusive Paddling was held in Clonmel in May with 10 participants from Scoil Aonghusa and 16 participants from the National Learning Network. The Inclusive Paddling programme with 5 sessions took place in Cahir in June with The Brothers of Charity, 7 participants and Scoil Aonghusa, 6 participants. This was really well received with the young people progressing week on week in competence, confidence and composure on the water.



Loreto Secondary School pupils taking part in 'Paddle Up' at The Workman's Boat Club Clonmel

TSP supported Canoeing Ireland's 'For the Love of It' Paddling event on April 22nd with 60 young people taking part. They enjoyed Slalom, Freestyle, SUP, Open Canoe, Canoe Polo and Water Safety.

TSP supported 3 instructors from the Hub to complete REC3 First Aid training. Support is been provided for the development of a new Canoe Club in Carrick on Suir. Training was supported for four leaders in the club to attain level 3 skills.

In June and July, 4, week long Summer Camps were held which included two kids kayaking camps and two teen kayaking camps. There were 35 participants in the camps, ranging in age from 10 – 17 years.



Kids Summer Camp

The discipline of Freestyle continued to be supported with Freestyle clinic with SE Freestyle on the 1st week of July with 12 participants.

TSP linked with Canoeing Ireland and Clonmel Canoe Club to support 'For the Love of It' Summer Camps with 19 participants. The camps took place during July and August.

TSP worked with Colaiste Dun Iascaigh in Cahir to deliver a canoeing programme for their school which formed part of their Leaving Cert PE. 5 students completed the pilot to attain their LCPE with kayaking. One student received HI and 4 received H3 in PE for kayaking elements 2 H1; 2 H2 and 1 H3.

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 3 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. TSP supported Canon Hayes successful application for Sport Capital. TSP worked with the centre with regard the purchase of equipment to date, 5 Treadmills, Teqball Table, Dumbbell Rack and a Stairmaster and a variety of sports equipment were purchased.

Throughout year a variety on 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 also used the Community Sports Hub.

TSP supported a boccia programme with Moorehaven which started on the 16th of May with 12 participants along with a soccer programme with the Brothers of Charity and the FAI with 14 participants at the Community Sports Hub.

A presentation of Disability Activities for ETB was delivered and included the activities of Boccia and VI soccer on the 25th of January with 23 participants.

A 6-week kickfit soccer programme for women in association with the FAI commenced on the 7th of February with 9 participants.



Ladies Kickfit Soccer Programme.

TSP supported Fundamental Movement Days that was completed by 36 students from St. Michaels BNS on the 24th of April and 30 students from St. Joseph's Girls School on the 17th of April. Through the year, linkages were maintained with local schools The Abbey, St Anne's and St Ailbes use the hub for their leaving cert PE programme and 15 students used the facilities for the 'Let's Get Rowing' with Rowing Ireland and Clonmel Rowing Club.



Students from the Abbey CBS using the gym facilities

In April, following consultation with the Tipperary Primary Care Centre and the COPD Clinic, a circuit training class for older adults took place. This programme ran up to and including the summer months with over 20 participants each week. The group continue to meet on a Wednesday in the centre for some light circuits with centre staff.



Older Adults from the Circuit Class

The hub was delighted to support the 'Her Moves' initiative. Funding was secured to run a programme with 20 inactive transition year girls from St Ailbes. Consultations were held with the girls early in the year and activities such as basketball, badminton, Zumba and Pilates were completed throughout the year. The programme completed with the girls travelling to Sport Ireland to do a gymnastics session at the National Gymnastics Training Centre.



Girls enjoying the Her Moves Programme.

ICOACHGIRLS project is a European pilot project. The Hub with the support of Sport Ireland Coaching developed a Kids Play Centre. A 10-week pilot project for inactive girls between the ages of 5 and 12 was delivered. 28 girls participated in the project which commenced on October 4th. 12 assistant coaches from St Ailbes Secondary School and 2 head coaches assisted on the project. Specific Training was provided by Sport Ireland Coaching for the Head Coaches and Assistant Coaches. The pilot is currently been evaluated with Sport Ireland Coaching.



Girls enjoying the ICOACH girls programme

TSP continued to support the newly formed Badminton Club based in the Hub. A Badminton Coaching Course was delivered in association with Badminton Ireland on the 11th of November with 8 participants. Participants included staff from local primary schools and members of the local Tipperary Town Badminton Club.



Participants at the Shuttle Time course

The Hub, in partnership with the FAI, the Gardai and Tipperary Town Revitalisation Task Force ran 6 weeks of soccer and basketball in the MUGA (Multi Use Games Area) St. Michaels Avenue and commenced on the 4th of July for children aged between 5 and 12 years of age from the locality and neighbouring estates, The Three Drives Resource Centre and Knockanrawley Family Resource Centre took part, 42 children took part.

Activator Walking continued at the hub weekly with between 5 and 7 people participating weekly. Walking poles are provided by the Partnership and participant have access to the poles to facilitate their walking.

Outdoor Initiatives

Tipperary Sports Partnership, in association with Waterford Orienteers and the Irish Orienteering Association is currently developing Orienteering across Tipperary. TSP support Orienteering through provision of resources on TSP Website and 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 were mapped in 2023. Orienteering in the Clonmel area was promoted as part of the urban adventure project.

The partnership continues to work with Tipperary County Council & the Leader Companies Rural Recreation Officer in relation to walking trails with the National Trials Office. TSP promoted walking trails across Tipperary with Tipp Fm.

Schools/Pre-Schools

The Sports Leader programme which provides young people skills in leadership through sports was rolled out in Newport College in 2023 with 16 participants. The group received certification from Sports Leader UK.



Students from Newport College with their Sports Leader Certificate.

The Sports Hall Athletics programme was delivered to 1,489 pupils in 7 Primary Schools – CBS Primary, Nenagh; Corville N.S., Lissenhall N.S., Newport Boys N.S, Nenagh Gael Scoil, Dromakeenan N.S and St. Michael's Cloughjordan N.S.

TSP supported Clonmel Rowing Club and Rowing Ireland to deliver 'Get Going Get Rowing' Programmes to 22 pupils from High School Clonmel, 58 pupils from Presentation Secondary School Clonmel, 20 pupils from Gael Cholaiste Cheitinn, 33 pupils from Cashel Community School, 23 pupils from Clerihan N.S, 43 pupils from Sisters of Charity, 51 pupils from Powerstown N.S, 28 pupils from Gael Scoil Primary, 69 pupils from Borrisokane Community College and 19 pupils from High School, Clonmel.

A Try Rowing Programme for TY students in partnership with Rowing Ireland was completed with Newport Community College with 26 leaders trained, St Ailbe's School had 20 leaders trained and Rockwell College had 25 leaders trained. Following the training the TY leaders organised rowing for the junior section of their respective schools.

Active Schools Week 2023 garnered promotion in a total of six schools, including Clerihan NS, St. Joseph's Primary in Tipperary Town, Presentation Primary in Clonmel, Carrig NS in Nenagh, Kilbarron NS, and Burncourt NS. 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.

TSP continued to provide information to support primary schools to achieve their active school's flag throughout 2023 school term online challenges were promoted through our social media.

The Sports Partnership supported South East Viking Orienteering's orienteering event for schools on the 12th of October in Templemore Town Park with 260 participants. TSP also supported an a 'Ready to Go Orienteering 'training course for teachers in St. Joseph's CBS Nenagh on November to 12 teachers.

Throughout the year, 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. 36 schools across Tipperary fully completed the programme with 902 primary school children benefiting from the initiative.

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 and funded by Healthy Ireland CYPSE funds. 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 32 preschools across the county with over 824 toddlers partaking.

People with a Disability

TSP supported the launch of Active Disability Irelands "Active Healthy Me" initiative. Active Healthy Me is a health and wellbeing programme that is delivered directly to people with disabilities in day service locations by disability service staff. The initiative was signed up to by 30 services from across Tipperary.



TSP hosted two Sport4All Taster events in 2023. A Golf4All Taster event was held in Thurles in partnership with Golf Ireland, IWA and Thurles Golf Club on the 15th of April and 30 attended. In partnership, with Nenagh Hockey Club and Hockey Ireland a Hockey4All Taster session was held and was attended by 13 young people.



Participants enjoying Golf4All



Participants enjoying Hockey4All

On the 18th of August, TSP hosted our inaugural Sports Ability Day in Thurles to showcase inclusive sporting opportunities across Tipperary. Activities on the day included Boccia, Soccer, GAA, Cycling, Golf, Athletics, Hockey and Basketball. 72 people with disabilities attended on the day with their guardians and services.



Sports Ability Day

TSPs Virtual Movement for All programme commenced the 22th of February with disability services across Tipperary. The programme aims to increase physical activity levels and movement abilities for individuals with disabilities. 3 programmes ran over the course of the year, with 128 participants from 10 Disability organisations participating.

The delivery of a 10-week virtual Active Neuro exercise programme for people with neurological conditions in collaboration with MS Ireland, Clare Sports Partnership and Limerick Sports Partnership was supported with 8 individuals taking part.

TSP linked with Chronic Disease centre Carrick on Suir and supported a physical activity session.

A number of pieces of equipment were purchased throughout the year to support participation on the water, 2 triple open top canoes and 2 sit on top kayaks were purchased with all associated paddles. TSP also expanded on its capacity to provide inclusive water sports with the purchase of a Hippocamp Wheelchair and 2 Kayak Chariots and Transfer Benches.

TSP 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 Inclusive Swim programme was ran in partnership with 3 organisations across Tipperary. Down Syndrome Tipperary (Thurles and Nenagh), Presentation Secondary School (Thurles), and Kilruane N.S. (Nenagh). This programme facilitated 47 young people with disabilities in swim programmes, ranging from 6-8 weeks.



Participants enjoying the Inclusive Swim.

TSP Social Inclusion Disability Officer supported NCBI & Vision Sports Ireland by attending 2 days of Camp Abilities, a week-long residential camp for children aged 10-14 with vision impairments to take part in sport and physical activity. Participants took part in horse-riding in Solohead, Judo in Cannon Hayes Sports Hub and swimming in Sean Tracy Swimming Pool, Tipperary Town.

A Learn to Cycle 3-week Programme was supported in partnership with Autism Awareness Roscrea in April with 8 participants.

Support was provided to Peake Villa FC to establish Football4All programme in Thurles and supported Roscrea RFC and Thurles RFC to establish inclusive Rugby and Moycarkey Borris GAA to expand on their inclusive offerings. Nenagh Hockey club were aided for the establishment of inclusive hockey in the Nenagh area. Toomevara GAA were supported to host GAA4All taster event.

A Boccia league commenced in May for 4 weeks in Borrisoleigh and Canon Hayes Recreation Centre Sports, Tipperary. Both centres came together for a friendly tournament in Thurles to showcase their skills in June with 30 participants taking part.



Participants enjoying the Boccia tournament

Throughout the year a number of Active Disability Ireland workshops were delivered to support clubs and volunteers. On the 19th of January, Active Disability Ireland's Disability Inclusion in Sport workshop was delivered via online delivery to 20 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. This workshop is designed to help participants to recognize and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions. All participants received a Active Disability Ireland Certificate of Attendance endorsed by Sport Ireland and a resource manual upon completion of the training.

In February, 12 members of TSP staff and board members completed Disability Awareness training in pursuit to make TSP more inclusive and to achieve Xcessible accreditation. TSP made significant strides on its "Bronze Accessible Programme" journey, with a number of initiatives put in place. TSP were already implementing a number of criteria points in their current practice and interventions to make the organisation more accessible will be monitored in 2024.

A 2nd Disability Inclusion workshop was held in person, in Holycross GAA grounds 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 20 coaches took part participated.

An online Autism In Sport workshop was delivered on the 14th of September with 18 participants.

TSP 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 TSP website and promoted through social media.



Marginalised Communities & Youth at Risk:

TSP and the HSE supported SilverArch to deliver 2 Green Exercise Programmes one in Spring and one in Autumn. The Green Exercise Programme was a 12-week programme targeted at individuals with low physical activity levels and/or those who are returning to exercise. 19 people attended the Spring and Walk and 12 attended the Autumn walks.

TSP supported a 6-week Wellness Through Activity programme with Youths from SilverArch which consisted of workshops and activities throughout July and August with 6 participants.

The Youth Reach Olympic Games took place on April 27th with 190 participants from CTCs all over Tipperary, prior to attending the Games, each of the centres familiarised and practiced the Games activities.



Participants at the Youth Olympic Games.

TSP supported 82 young people that are part of both the migrant and LGBTI+ communities with summer programme of multisport activities in Cannon Hayes Sports Complex, Tipperary Town.

In partnership with YWIT and Nenagh CTC, youths from disadvantaged communities engaged with our 'Youth at Risk' programme. In the South, YWIT Active8 summer programme included soccer, hiking, roller skating and team activities with 18 participants. In the North, Nenagh CTC completed a 10 week @Make Waves, Build Gains, gym and swim programme with 30 participants.

TSP were proud to support YouthReach Cappawhite with their Bike Maintenance & Training Programme, as part of their journey towards acquiring their amber & active flags. Students had the opportunity to learn practical maintenance skills with recycled bikes obtained from an Garda Siochana, while also benefitting and promoting rules of the road education, alongside physical fitness with a CycleRight programme with 25 participants.



Traveller Participation Programmes

TSP linked with NTDC to support a Traveller Women Yoga programme in Littleton that was attended by 9 participants.

Women in Sport

Meet & Train groups continued to be supported and promoted throughout the County in 2023 with their weekly running activity sessions. Meet & Train groups continue their group training sessions each week.

TSP supported Cahir Meet and Train to host a womens mini marathon event on September 29th with 450 female participants. This event aims to build on the previous Tipperary Women's Marathon organised by TSP which the Partnership no longer provides.

TSP linked with FAI to deliver Female Coach Education programme in July and August with 12 participants and they obtained their FAI National D Licence and completed PDP 1 and two 7 v 7 and 9 v 9 workshops and football fitness.

A Kick Fit Programme recommenced with Moneygall Football Club and the FAI and a programme was supported in Killenaule in March and April. A Kick Fit programme was delivered in Two Mile Borris on November with 10 participants.

Her Outdoors week took place from August 14th-20th. On August 14th a Women on the Water Kayaking programme took place at the Clonmel Outdoor Hub with 10 women taking part. A Circuit training took place in the Canon Hayes in Tipperary Town on the 16th of August with 16 participants. A Swimmin' Women Aqua-aerobics was hosted at Ballina Riverside pool with 19 participants. An Introduction to Mountain Biking was held at Careys Castle Clonmel on Thursday August 17th with 8 participants. A Women's Dragon Boating taster session was planned for Saturday 19th August but was postponed until August 9th due to poor weather. 16 women participated in the Dragon Boating with The Clonmel Dragon Boating Club.



Dragon Boating as part of 'Her Outdoors Week'

TSP ran two very successful "How to Train as a Midlife Woman" Workshops in Clonmel with 24 participants and Nenagh with 43 participants in the first half of the year. 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

TSP delivered a 5-week Swimmin Women midlife programme at Ballina outdoor pool with 22 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.

TSP delivered six Swimmin Women training programmes in 6 swimming pools - Clonmel Swimming Pool, Nenagh Swimming Pool, Tipperary Town Swimming Pool, Thurles Leisure Centre, Sean Kelly Sports Centre, Carrick on Suir and Roscrea Leisure Centre. The programme was a 8-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 89 participants.



Participants on first night of 'Swimmin Women' in Roscrea Leisure Centre, Roscrea.

Teenage Girls

In partnership with Sport Ireland Coaching, A Coaching Teenage Girls workshop was delivered with 9 participants 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.

St Marys secondary School, Newport school ran a 6-week gym programme with 30 Transition year girls. The programme consisted of educating the girls how to train safely and effectively and included circuit training as a practical element of the programme. This programme took place in 'The Workshop' gym Newport and was completed in April.

The Hoops for Girls Basketball event was held over three nights in March with 186 participants from 8 schools. On the 14th and 16th March events took place in Thurles and 29th of March the final event took place in Clonmel with Presentation Thurles, Ursuline Thurles, Col Mhuire Thurles, St Annes Tipperary, Presentation Clonmel, Loreto Clonmel, Presentation Ballingarry, and St Marys Nenagh.



Participants taking part in 'Hoops for Girls' in Thurles

Waterford & South Tipperary Community Youth Service took part in 3 Blueway cycles as part of their summer programme, where 18 teenage girls participated. This cycle aimed to introduce the girls to the Suir Blueway while increasing their fitness and cycling skills.

Older Adults

Our Go for Life Older Adult Festival was held on the 8th May in the Anner Hotel, Thurles, a total of 43 participants from 17 Organisations participated on the day. Participants enjoyed 4 physical activity demonstrations Boccia, Activator Poles, Yoga and Fitness exercises. Following the activities, the participants enjoyed some music and dance. A very enjoyable day was had by all.



Older Adult Festival in Thurles.

Go For Life Funding Scheme was promoted to all Older Adult groups across Tipperary on TSP older adult database. €16,360 was distributed across 47 older adult groups in Tipperary.

Two Walking Football programmes were held in Cashel in conjunction with Cashel Men's Shed/Tidy Town with 10 participants over 6 weeks for both programmes.

TSP developed a Community Boccia Programme in Nenagh, linking in with 4 group - COPD Nenagh, Ballinaclough ICA, Nenagh Hockey and Nenagh Olympic A.C.. 22 participants took part in the programme and each group is set up to continue to play Boccia.

Two Aqua Fit programmes were delivered in Nenagh Leisure Centre and in Sean Kelly's Carrick on Suir with 56 participants taking part in total. This activity proved very popular and was funded by Healthy Ireland.



Aqua-Fit' Participants in Sean Kelly's Sports Centre, Carrick on Suir.

TSP promoted GFL Exercise programmes via social media and provided Older Adult Activity resource on TSP website.

TSP delivered an Activator taster session in Fethard Town Park on May 30th with 11 participants. It is planned to extend establish a regular group in 2024.

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

Mental Well Being:

TSP linked with HSE MidWest for a HSE Healthy Dojo in Nenagh. This consisted of 2 exercise sessions a week for 8 weeks with 12 participants. Mental Health week was promoted through social media.

Club Development:

In 2023, 30 clubs secured funding to the value of €22,903.57 under the TSP Coaching and Development Fund, while 71 clubs secured funding to the value of €78,7842.52 under the TSP Return to Sport Fund. 1 Community Facility was also allocated funding totalling €17,730 under Sport Ireland Energy Support Scheme Phase 1. TSP promoted the Sports Capital Grant scheme to all clubs.

TSP in partnership with TUS delivered a Level 6 Certificate in Sports Administration 'Running Sport' with 10 ECTS and linked with Limerick and Clare Sports Partnerships.

The course content includes club finances, club management, club marketing and club development. This online course commenced on the 26th of September, 2023 with 11 participants from Tipperary. It was delivered over 12 weeks and adopted a flexible learning approach.

As part of the Club Development programme, TSP continued to promote Code of Ethics training with 12 Safeguarding 1 workshops delivered via zoom with 147 participants. 2 Club Children Officers (Safeguarding 2) were delivered in March and November with 28 participants. 2 Club Children Officers (Safeguarding 3) were delivered in April and November with 29 participants. TSP promoted the Sport Ireland Safeguarding Refresher online programme.

TSP delivered a 4-night Tipperary Sports Club Package in November over Zoom to 22 volunteers. This was delivered by a top-quality line up including Pdraig Roche, Aaron Grant, Keith Hennessy and Dr. Philip Kearney experts in their disciplines and they spoke about Strength and Conditioning in Sports, Sports Nutrition, Sports Psychology and Long-Term Athlete Development in Sport. A Sports First Aid course was delivered on June 17th in Thurles to 21 participants.

A review of all TSP Club, School and Older Adult databases was undertaken and completed.

Volunteers in Sport

TSP and the National Network with the support of Sport Ireland sponsored the Federation of Irish Sport – Volunteer in Sport Awards 2022. Niall O’Sullivan was selected by the FIS judging panel as the Tipperary VIS for 2022 and received his award at the FIS Ceremony on 22nd March 2023.



Niall O’Sullivan, Tipperary Sports Volunteer 2023 at the Federation in Sport Awards

Infrastructure Development

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.

Research

TSP linked with TUS with regard a 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. Research continues to be carried out, to date a coaching workshop took place on 19th May and a schedule of work is in place. In September, initial testing took place however, numbers are small and in 2024 further testing is planned.

Innovation Project – Suir V

A Working Committee comprising of TSP, LIT, Canoeing Ireland, Tipperary Tourism and Clonmel Canoe Club continue to work on the Innovation project. A 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 2023. The project was promoted at Sport Ireland 'Get Active' at the National Ploughing championships at Shine Event. It was also presented at Sport Ireland Sport and Innovation Summit on November 28th. It was also promoted as part of Clonmel Junction Festival with our partner TUS.



Participants enjoying the VR Experience.

Overview of TSP Income and Expenditure 2023

Income 2023

€

Carry over from 2022	845,191.16
Sport Ireland	355,121.00
Tipperary County Council	17,000.00
Health Service Executive	19,940.00
Go For Life Grant	1,600.00
Course/Event/Activity Income	45,417.68
Bike Week	9,077.18
Healthy Ireland Phase 6	20,000.00
Sport Ireland Coaching	1,600.00
Sport Ireland Dormant Accounts	91,850.00
Sport Ireland Research & Innovation	1,500.00
Energy Support Scheme	22,000.00

Total Income

1,430,297.02

Expenditure 2023

€

Staff Costs	271,717.60
Non Staff Operational Costs	41,066.50
Strategic Planning	700.00
Education & Training	23,623.57
Sport Ireland Programmes	7,294.20
Go for Life	2,761.40
Women in Sport	18,259.26
Sport Ireland General Participation	32,849.28
Generic Training	12,229.63
HSE Co-Supported Programmes	17,606.27
Social Inclusion Programmes	13,787.88
Dormant Accounts Funding	159,414.11
Sport Ireland Covid 19 Support Grant Scheme	78,842.52
Healthy Ireland	16,101.57
Energy Support Scheme	17,130.00

Total Expenditure

713,383.79

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



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