



Newsletter, Issue 2 — Sept 2018  
 Tipperary Sport Partnership



## Tipperary Women's Mini Marathon

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The 2018 Tipperary Women's Mini Marathon will take place in Thurles on **Sunday 30<sup>th</sup> September at 11am**. Now in its ninth year, this 10k Women's Mini Marathon has grown from strength to strength since the inaugural event in Thurles in 2010. Registration is open on [www.tipminimarathon.ie](http://www.tipminimarathon.ie) and registration is both online and postal. The event provides a great opportunity for participants to raise funds for their own local charities and there is a charitable donation of €200 to the largest group to register that are raising funds for charitable causes. Details of local Meet and Train or Fit 4 Life running group are



available on the website to help participants to train. Participants will receive a



Samantha Lambert Tipperary Football Ladies Captain launches the 2018 Tipperary Women's Mini Marathon

technical tee-shirt sponsored by LIT Tipperary and all finishers will receive a specially designed race medallion. Spot prizes will also be distributed on the day. All participants will be chip timed and the event is AAI measured and certified. The 2018 Tipperary Mini Marathon is funded through Sport Ireland's Women In Sport Programme and the 2018 committee comprises of members from Tipperary Sports Partnership, Thurles Crokes AC, Tipperary Athletics County Board, Tipperary County Council, Templemore-Thurles Municipal District, Thurles Gardaí & Tipperary Civil Defence.

## Integration Through Sport

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Tipperary Sports Partnership is working on a number of sport and physical activity programmes with Bridgewater House, Carrick on Suir, Direct provision family centre to 140 residents. We link with Martina Cronin, the community liaison officer - 'Integration has always been a very important aspect of running a centre. I have always found over the years that residents settle in better with a little help in the beginning regarding integration into the community. The residents always come to me to say that the welcome they get means so much and integrating into the community helps them feel part of society'. Through TSP programmes over the past 6 months the residents have participated in exercise classes, a local 5 k run, swimming lessons and football matches that were played in the town. They were very well attended and enjoyed by all. Stress, depression, anxiety and lack of sleep can all be improved by regular exercise and it is vital that



Group of Participants from the Direct Provision Centre enjoying a local 5k event

the residents that have left their homes under very traumatic situations are given a chance to participate and enjoy the activities provided. Jenny from Zimbabwe said "the activities were so worth it to us, it kept us refreshed and entertained and we hope they will continue.

*Febbie from Zimbabwe said "Swimming lessons really helped us gain confidence in the water and the football was great fun while the aerobics thought us to keep the body fit, we are all very grateful and appreciate all that has been done for us"*



## UPCOMING PROGRAMMES

**Walking Programmes starting October, 2018**  
*Check our website*

**Swimmin Women—Tues 18th Sept in Thurles and Clonmel**

**SafeTalk Workshop 11th October, 2018**  
**Enagh**

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

## Swim For A Mile

Through Healthy Ireland funding Tipperary Sports Partnership and Swim Ireland held Tipperary's first inaugural Swim for a Mile event in Thurles Leisure Centre on Saturday the 14<sup>th</sup> April. 29 participants from around the county took part completing 64 lengths of the 25m pool. This was a great milestone for everyone with the vast majority of the participants completing this distance for the first time. We were

delighted to be joined by former Olympic Swimmer Grainne Murphy representing Swim Ireland on the day. Thanks to the staff of Clonmel Swimming Pool, Sean Treacy Memorial Swimming Pool and Thurles Leisure Centre for facilitating the 10 week training programme on our behalf. A participant Helena described it as a great event *"I am delighted I took part and hope to complete it again next year"*. Another participant Seamus told us his wife signed him up for the

challenge and in 10 weeks he progressed from swimming 1 length to the full mile. *"I really enjoyed the training and I'm delighted to have completed the 64 lengths in 59 minutes"*.



Former Olympic Swimmer Grainne Murphy with a participant after completing her mile.

## Roscrea Community Street League

Roscrea Community Street League was initiated in 2017 by Tipperary Sports Partnership, FAI, and a group of six Roscrea locals, as a means of getting the local children out and active and away from modern day technologies, especially children not involved with a sports club. Word went out among the estates in the town of Roscrea and six estates came forward with 2 teams per estate. Boys and girls aged 3 -13 years were looking forward to playing and representing their estate in soccer. There are over now 30 coaches and managers with the estates, all very encouraging and supportive of the children.

The first match was played on the 25th of April 2017 and the league continued for 12 weeks with 250 participants, with Kennedy Park junior and Gleann Glas seniors becoming league winners. Over 330

children participated this year, with 10 estates taking part. Many of these children have never played sport in their lives. They have grown in confidence, made many new friends, as well as getting to know children and parents from other estates. The competition between each estate is wonderful, and the emphasis is always on taking part and



Group of children participating in the Roscrea Street League after receiving their certificates

enjoying the experience. When a match takes place it is played in the estate green, and with the match comes the support - the parents, family members and neighbours come out in force and support their estate. No child is left on the sideline, all children get to play.

Support from the FAI and TSP has been very important, for example providing goal posts and setting up training courses for the children and coaches / managers. The Roscrea Lions Club, Roscrea Credit union, NTLF and Moloney Hurling Store are also very important partners and supporters. This year the league winners were Sheehane (juniors) and Chapel Lane (seniors). Finals day is September the 1st in Killavilla FC.

*"When I started last year I never even played soccer before and was very nervous now my 2nd year doing it and I got picked to play for Roscrea Community Games soccer team and we came 2nd in the All Ireland"*  
Participant aged 10

*"I was very lucky to be part of the street league for 2 years. First year with Sheehane and this year with our new team CMCB. I'm a bit sad because this is my last year I can play because I finish Corville. I really loved the street league because I got to meet friends from other estates. I'm gonna help my daddy with the training next year so I can see all the players"*  
Participant aged 12



## Smart Moves Programme (Healthy Ireland Funded Project)

**Do you work or have a child with Dyspraxia/ Developmental Co-ordination Disorder, Hand writing difficulties, Cycling issues and Co-ordination issues?**

If so, then why not attend this fun, practical and informative 1 day workshop led by an international trainer and well known author of many practical resources for schools and therapists in the UK, Sharon Drew.

Sharon Drew is an international trainer and a well known author of many practical resources for schools & therapists in the UK.

This workshop is suitable for parents, teachers, SNA's and O.T's, other professionals, sports clubs. During the workshop you can:

- ◆ Learn more about Dyspraxia/DCD, Smart Moves Motor Skills Programme
- ◆ Participate in a selection of gross motor games & activities using low cost/no cost resources to help fine motor skills
- ◆ Explore practical solutions to common gross and fine motor difficulties
- ◆ Meet others and share your experiences and ideas



**On:** Thursday 15th November, 2018

**At:** Moycarkey-Borris Community Centre, Littleton

**Time:** 9.00 - 3.00pm

**Cost:** €20.00 (plus online booking fee)

**Pre-Booking Essential**

Tea & Coffee / Light Lunch included.

**For further information**

**Contact Tipperary Sports Partnership**

**Tel: 076 106 6888 or email**

**info@tipperarysports.ie**

## Bike Week 2018

Bike week 2018 took place from 9<sup>th</sup> -17<sup>th</sup> June with funding provided by the Department of Transport, Tourism and Sport. Tipperary Sports Partnership supported a number of events around the county including Bike Maintenance workshops, Sprocket Rocket training, Cycle for your supper, Pink Cycle, Cyclo-cross, Bike Talks, Cycling first aid and a number of leisurely cycles. Feedback from all the bike week events across Tipperary was fantastic and everybody is looking forward to the week again next year. Well done to all of the organisers involved in these events Fethard Pedallers, Rock Pedallers, Cloughjordan Community Development Committee, Slievenamon Cycling Club, Tipperary Wheelers, South Tipperary Cycling Club, Clonmel Cycling Club and St. Colmcilles Primary School.

One of the Bike Week highlights was Tipperary Sports Partnership in association with Tipperary Childcare Committee hosting their first Balance Bike Blitz events which were held on 12<sup>th</sup> June in Moyle Rovers Clonmel and on 13<sup>th</sup> June in the Dome Thurles. Participants were preschool children who had

previously participated in the 6 week Wibly Wobby Bike programme giving them the opportunity to demonstrate the Balance Bike skills they had gained. Activities included Tour de Tipperary a series of mini track races, Road Safety activity incorporating the safe cross code, traffic lights and road signs, Bean Bag Bins activity

which allowed participants to further develop their balance, a photo booth and colouring activity, inflatable balance obstacle course, a bike workshop with John Dempsey from Verge Sport which taught children how to take care of their bikes and a talk from the local Gardaí Síochána. 222 preschool children from 13 preschools across the County took part in the events and feedback from the preschools was extremely positive with one service stating *"It was a fantastic experience for all the children and brilliant to use the balance bike skills they had gained"*. Another preschool loved the community spirit involved in the event stating *"It was a lovely chance to mingle with other preschools from our area, and for the children from our service, which is small and rural, to mix with a large number of children"*.



Children enjoying the road safety activity



## Outdoor Community Sports Hub

The Hub was established in 2015 in Clonmel through Dormant Account Funding from Sport Ireland, this funding has continued supporting its development. It is a partnership project between the Sports Partnership, Tipperary County Council, Canoeing Ireland & Clonmel Canoe Club. The provision of the Hub aimed to provide a facility for outdoor recreation and to connect the community with the River Suir. In 2016, the longest white water Canoe Slalom course in Ireland was opened in Clonmel. Since opening, it has attracted paddlers from across Ireland including the National Slalom Team. In March, Sheelagh Hennessy, Hub Coordinator/Canoeing Officer joined the team, her position is a partnership with Canoeing Ireland and is integral to the development and implementation of a comprehensive plan to promote, attract

and develop sustainable usage of the Hub and Canoeing on the River Suir and nationally.

The Hub has been a hive of activity, in April a Schools Paddles Up Programme was rolled out in 6 Secondary Schools with 110 students participating which culminated in a Paddles Up celebration event with Waterways Ireland & Canoeing Ireland held on Lough Derg. A number of training initiatives were delivered to local youth and disability groups, 4 Teen Adventure Camps and 10 Kids camps were delivered in Ardfinnan, Cahir & Clonmel and supported by the HSE. Over 130 young people participated in the programmes to date in 2018. Opportunities were also provided for adults, including Taster sessions and a 6 week course with 14 participants achieving their Level 2 skills. Club Development is a key element to date in 2018, 3 instructors received their Level 1 Coaching Awards and 10 received Level 2 Instructor Training, Safeguarding and REC2 courses were also facilitated. On the 10th June, Clonmel Canoe Club hosted a Canoe Slalom



Enjoying the sunshine at the kids kayaking summer camps

Event with the support of the Irish Canoe Slalom Committee & TSP. This was one of the highlights of the year with one of the highest entries, another event is planned for October. All partners are continuing to work together to further develop opportunities. Since its establishment, over 1,100 people have participated in canoeing activities on the River Suir directly through this project.

## UPCOMING SAFEGUARDING COURSES

Club Welfare Protection Safeguarding Level 1		Club Children's Officer Safeguarding Level 2	
<b>CASHEL</b> Spafield Family Resource Centre, Cashel	13th September 2018 6.00pm-9.00pm	<b>THURLES</b> LIT (Thurles Campus), Thurles	25 <sup>th</sup> October, 2018 6.00pm-9.00pm
<b>THURLES</b> LIT (Thurles Campus), Thurles	20th September 2018 6.00pm-9.00pm	<b>Designated Liaison Officer Safeguarding Level 3</b>	
<b>NENAGH</b> Abbey Court Hotel, Nenagh	11th October 2018 6.00pm-9.00pm	<b>THURLES</b> LIT (Thurles Campus), Thurles	15 <sup>th</sup> November 2018 6.00pm-9.00pm
<b>CLONMEL</b> LIT (Clonmel Campus), Clonmel	15th October 2018 6.00pm-9.00pm	<b>Cost per course €15 (plus online booking fee)</b> For booking please log on to <a href="http://www.tipperarysports.ie/">http://www.tipperarysports.ie/</a> For Further Information Email <a href="mailto:info@tipperarysport.ie">info@tipperarysport.ie</a> or phone 0761 06 6201	
<b>CLONMEL</b> LIT (Clonmel Campus), Clonmel	8th November 2018 6.00pm-9.00pm		
<b>ROSCREA</b> Rackethall Hotel, Roscrea	22nd October 2018 6.00pm-9.00pm		

To book a place on these courses please follow the eventbrite link below:

<https://www.eventbrite.ie/e/safeguarding-1-child-welfare-protection-basic-awareness-course-tickets-48731873345>