**A close up of a sign

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**Carlow Sports Partnership**

**Media Release**

**Thursday 19th June 2020**

**Title: Keep Active with Carlow Sports Partnership**

Sports and activities are invaluable for both our physical and mental wellbeing and they play a vital role in communities across the county of Carlow. As a result of the impact of COVID-19, our ability to participate in sporting and exercise related activities has been limited. The presence of COVID-19 in our communities posed an additional strain on our mental wellbeing and with some restrictions in place, many of our preferred sporting and recreational hobbies remain unavailable.

Recognizing the need to adapt to this new situation and identifying how vital it was for Carlow Sports Partnership to continue our support of our communities, clubs and volunteers during this time, in collaboration with Cork Sports Partnership we developed an interactive, digital booklet with 44 pages jam-packed with sports and activities for all ages and abilities - ‘Keep Active with Carlow Sports Partnership’.

For ease of use, we divided the booklet into 6 colour-coded sections, each designed to appeal to different age groups and abilities, all of which contain a variety of activities that can be enjoyed at home, in your locality, indoors and outdoors.

Our focus was on providing a range of activities that can be enjoyed alone or in small family or friend groups. We wanted to offer at home alternatives to the activities and sports that we had all previously enjoyed participating in. Each section of Keep Active with Carlow Sports Partnership is filled with links to videos, downloads, competitions, and other supports ensuring you get a fully immersive experience in your chosen activity.

Carlow Sports Partnership is excited to see participation from across the county and with that in mind look forward to seeing social media posts of your activities. Make sure to share your photos or video’s tag us and use the hashtag #KeepCarlowActive.

Facebook: https://www.facebook.com/CarlowSportsPartnership/

Instagram: https://www.instagram.com/carlowsportspartnership/

Twitter: https://twitter.com/ActiveCarlow

**Ends.**

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**Available Resources:**

Downloadable Booklet <https://carlowsports.ie/keep-active/>