



**TIPPERARY**  
Age Friendly

# Information Guide to Services for Older People in County Tipperary

Citizens  
Information



**PPN**   
**TIPPERARY**

**PUBLIC PARTICIPATION NETWORK**



Comhairle Contae Thiobraid Árann  
Tipperary County Council



# Tipperary Age Friendly

Tipperary Age Friendly is part of a national and global Programme. The Age Friendly Programme supports cities, counties and towns across Ireland to prepare for the rapid ageing of our population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

Age-friendly programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become great places, and where appropriate lifelong homes, for people of all ages.

Tipperary Age Friendly adopted its first Strategy in December 2018 and held its first formal Age Friendly Alliance in February 2020. The Age Friendly Cities and Counties Programme provides a means to operationalise the Declaration and with a national infrastructure to bring key actors – City and County Councils, the Health Service Executive, An Garda Síochána, NGO's, business and third level sector representatives – together at local authority level to plan collaboratively, to share resources and to streamline their work, with the interests and needs of older people and an ageing population at their core.

Age Friendly is underpinned by the voice of the older adult and is informed by the views and opinions of older people in local decision-making structures.

The Older Peoples Council (OPC) is a representative group of older people and is open to all non-commercial organisations and individuals committed to improving the quality of life of older people in the county. The Older Peoples Council identify priority areas of need, raise issues of importance, inform and influence the decision-making process and enhance the quality of life of older people living within the county.

The Older Peoples Council through an Older Peoples Council executive work in cooperation with the Age Friendly Alliance and are supported by the Tipperary Age Friendly Programme Manager and staff in the Community Section of Tipperary County Council.

Since the first strategy was adopted Tipperary Age Friendly has achieved some significant milestones, despite the impacts of the pandemic, with some of the projects referenced below:

- Supported Roscrea as Tipperary's first Age Friendly Town
- Conducted walkability in Roscrea and Clonmel
- Older Peoples Council submission to the County Development Plan and Connecting Ireland
- Supported older adults with provision of resilience packs during periods of restriction
- Provided the first all-county Information Guide to Services for Older People in County Tipperary
- Created a video directory of supports and information <https://www.youtube.com/channel/UCqZiuY6kZ5YxjmqlG8tPsBQ>
- Supported networks of older adult groups through provision of small grants
- Supporting digital engagement and digital competencies through Tipperary Digital Connections Projects

- Working collectively to increase dementia awareness in the county, supporting training, knowledge exchange, links with Memory Technology Rooms, Tipperary Library Services and establishing and supporting dementia cafe complementing the national Understand Together campaign
- Promoting reminiscing project with individuals and in partnership with community groups through the local library service
- Promotion of Age Friendly Home Rating Tool, supported by the Sláintecare Age Friendly Homes Pilot in County Tipperary
- Supported Tipperary Gold Star inside out Project Crime Safety Project with Prison Service effects of crime on older people and people with disability
- Provision of Cycling without Age in County Tipperary
- Business engagement to provide Age Friendly Training and Dementia Awareness Training in the county.

This gives an insight into some of the outcomes and projects supporting the Tipperary Age Friendly Strategy and agenda over the last few years. Tipperary Age Friendly will develop a new action and implementation plan to reflect current trends and challenges, this will complement the Tipperary Local Economic and Community Plan.

If you would like to become involved in the wider Older Peoples Council please contact Tipperary Age Friendly on 0818 06 5000 or email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) and for more information in relation to Tipperary Age Friendly see [www.tipperarycoco.ie](http://www.tipperarycoco.ie)

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# ENTITLEMENTS

## Pensions

There is a range of state pension payments available to people when they turn 66.

The **State Pension Contributory** is paid to people who have enough PRSI contributions. The **State Pension Non-Contributory** is a means-tested payment for people who do not qualify for a State Pension Contributory.

You may get paid an increase for a **Qualified Adult Dependant** on your pension, this is means-tested.

You should apply for your pension at least **3 months** before you will reach 66.

The **Widows, Widowers or Surviving Partners Pension** is a weekly payment to the husband, wife, or civil partner of a deceased person. Eligibility is based on either PRSI contributions or a means test. You must not be cohabiting with another person.

## Retiring at 65

If you retire at 65, you may qualify for a **Benefit Payment for 65 Year Olds** until you reach 66. This payment is similar to Jobseekers Benefit, but you do not need to be looking for work or sign on at your local Intreo centre.

## Collecting your Pension

Your payment can be paid into your bank account or you can collect it in the Post Office.

If you are unable to collect your payment at a post office for a short period of time, a temporary agent can be appointed by completing an **Appointment of Temporary Agent Form**. When collecting each payment the agent presents and signs this form along with their photo identification and your Public Services Card.

If you are unable to collect your payment at a post office, due to an illness or loss of mobility for example, you can nominate a person to do this on your behalf by completing an **Authority to Appoint an Agent form** and returning it to the Department of Social Protection.

## Supplementary Welfare Allowance Scheme

The Supplementary Welfare Allowance Scheme consists of financial supplements for certain expenses you may not be able to meet out of your weekly income.

It includes a **Heating Supplement**, an additional weekly payment to help people who have extra heating needs with the cost of heating their home, for example, people that are ill or have a disability.

It also includes **Exceptional Needs Payments**, these are single payments made to help with an essential, once-off cost that you cannot meet, for example, special clothing for a person who has a serious illness.

This scheme is administered by the Department of Social Protection's representative (formerly the Community Welfare Officer) at your local Intreo centre.

## GP Visit Card

A GP visit card allows you to visit a participating family doctor (GP) for free. The GP visit card is available to everyone **aged over 70** without an income test.

## □ Medical Card

If you qualify for a medical card, you can get certain health services free of charge. To qualify for a medical card, your weekly income must be below a certain figure for your circumstances.

If you are single and **aged over 70** you will qualify for a medical card if your gross income is not more than €550 a week.

If you are a couple and the older person is **aged over 70** you will qualify for a medical card if your gross income is not more than €1050 a week.

## □ Drugs Payment Scheme

Under the Drugs Payment Scheme an individual or family will pay no more than €80 in a calendar month for approved prescribed drugs and medicines and certain appliances, for use by yourself and your family in that month.

## □ Free Travel

Everyone aged 66 and over, living permanently in Ireland, can avail of the Free Travel Scheme. This scheme allows you to travel, free of charge, on public transport and some private services.

If you qualify for Free Travel and you are married, in a civil partnership or cohabiting, your partner may travel with you for free.

If you cannot travel alone for medical reasons, you may get Free Travel for a companion. This allows a person aged over 16 to travel with you for free.

## □ Household Benefits Package

The Household Benefits Package (HBP) provides help with the cost of some household utilities. It includes an Electricity or Gas Allowance and a Free Television Licence. You can get the HBP if you are **aged 70 or over**. You do not need to be getting a State Pension and the package is not means tested. People **under 70** can also get the HBP, but additional rules apply.

## □ Fuel Allowance

Fuel Allowance is a means-tested payment to help people on a long-term social welfare payment with the cost of heating their home during the winter months.

It is €33 per week and is paid for 28 weeks each year from the end of September to April. You can choose to be paid in 2 lump sums (September and January). Only one Fuel Allowance is paid to a household.

## □ Living Alone Increase

The Living Alone Increase is an extra payment of €22 per week for people who are 66, live alone or mainly alone and are in receipt of a social welfare payments, such as the State Pension, Widows Pension, or Deserted Wives Benefit.

There are some exceptions to this rule. People who are under 66, live alone, and are getting Disability Allowance, Invalidity Pension, Incapacity Supplement or Blind Pension will also qualify.

## □ Age 80 Allowance

You are automatically paid an extra allowance of €10 per week in your personal rate of state pension when you reach 80 years of age. This increase is not paid to adult dependents.

## □ Telephone Support Allowance

The Telephone Support Allowance is an extra weekly payment of €2.50 for people on certain social welfare payments, State Pension, Widows Pension, Invalidity Pension, Disability Allowance, Blind Pension or Deserted Wives Benefit, who are also getting both the Living Alone Increase and the Fuel Allowance. This allowance is paid automatically to people who qualify, you do not need to apply for it.

## □ Housing Assistance Payment

The **Housing Assistance Payment (HAP)** is a form of social housing support provided by all local authorities for people who have a long-term housing need. To access a HAP, a household must have qualified for social housing support and be on the local authority housing waiting list.

HAP tenants must find their own accommodation in the private rented market. The local authority will make a monthly payment to the landlord up to the rent limits for their area. The HAP tenant pays their weekly rent contribution directly to their local authority. The tenants may need to pay a weekly "top-up" to their landlord if the rent is higher than the rent limit for the area.

You can get more information or application form for the above payments and schemes from your local Citizens Information Centre, Intreo Centre, Social Welfare Branch Office or Post Office.

# ADVICE & INFORMATION

## ☐ Citizens Information

County Tipperary is served by five Citizens Information Centres which are based in Roscrea, Nenagh, Thurles, Tipperary Town and Clonmel. The county also has 4 Outreach services in Templemore, Cashel, Cahir and Carrick-on-Suir. Citizens Information Centres provide free professional and confidential information on civil and social rights and entitlements.

Contact: Darren Ryan – Development Manager – Tipperary. 086 8068137  
darren.ryan@citinfo.ie

### **Roscrea (part-time)**

Rosemary Street  
Roscrea  
0818 07 6480

### **Nenagh**

16/17 Pearse Street  
Nenagh  
0818 07 6470

### **Thurles**

2nd Floor, Mall House  
Thurles  
0818 07 6510

### **Tipperary Town**

Community Centre  
St. Michael Street  
Tipperary Town  
0818 07 6540

### **Clonmel**

Market Place  
Clonmel  
0818 07 6460

## ☐ Toilet Access

One of the main challenges of the physical environment identified by older people is access to toilets. Public toilets are available in Libraries, Courthouses, Museums and other public buildings for your use. Other private buildings, public houses, restaurants and coffee shops, which provide toilet facilities for their customers, will usually allow older people to use their facilities if approached.

## ☐ Guide to Entitlements

A useful and practical guide to services and rights for people aged sixty and over is published by the Citizen Information Board. This booklet is available through the Citizens Information Centres.

National Citizens Information Phone Service 0818 07 4000 (Monday to Friday 9.00am to 8.00pm) Web address: [www.citizensinformation.ie](http://www.citizensinformation.ie)

## ☐ Money Advice & Budgeting (MABS)

The Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with debt and helping them to manage their money. Their Helpline is open Monday to Friday, 9.00am to 8.00pm (0761 07 2000) if you would like to have a chat.

### **Nenagh**

31 Pearse Street  
Nenagh

0818 07 2760

### **Thurles**

Mall House  
Slievenamon Road  
Thurles

0818 07 2130

### **Tipperary Town**

19 Davis Street  
Tipperary

0818 07 2740

### **Clonmel**

Anglesea House  
Anglesea St,  
Clonmel

0818 07 2750

### **Carrick-on-Suir**

Nano Nagle Community Resource Centre  
Greenside  
Carrick-on-Suir

0818 07 2810

**□ Making a Will**

It is important to make a will to ensure that your wishes are carried out. It also makes it easier and less costly to administer your estate after your death. Professional advice is advisable, especially if your estate is large. There are a number of ways to access information on this

- Your local Citizens Information Centre provides information on 'Making a Will'.
- The Irish Hospice Foundation launched a new booklet called "Think Ahead". This booklet encourages you to gather your thoughts about your financial and legal affairs. It gives you a chance to write down your personal wishes for future medical and personal care. Forms are available from your local Citizens Information Service and Pharmacies or can be downloaded at [www.thinkahead.ie](http://www.thinkahead.ie)
- Safeguard your finances in later life; log on to [www.keepcontrol.ie](http://www.keepcontrol.ie) to find out more

**□ Free Legal Advice**

A Free Legal Advice service operates from Citizens Information Centres in Nenagh, Thurles, Tipperary Town and Clonmel. The service is available one evening per month. Please contact your local Citizens Information Centre for details of dates and times.

**□ Eircode**

**Eircode** is the new Postcode that was introduced to Ireland in July 2015. The new Postcode is a mix of Letters and Numbers and will be seven characters in length. The **Eircode** Postcode is divided into two parts; a routing key and a unique identifier.

Eircode brings many benefits:

1. Makes it quicker and easier for medical emergency services to locate addresses.
2. Allows delivery and service companies to accurately identify addresses so deliveries get to the right location.
3. Makes it quicker and easier to shop online.
4. Helps to develop Irish businesses and facilitate better planning and delivery of public services.

Ensure that you keep your Eircode beside your phone or attached to your phone at all times.

**□ MapAlerter – Text Alerts**

Tipperary County Council is now offering its customers a FREE text alert system to advise of the following: Register for free at <https://www.mapalerter.com/councils/tipperary>

- Severe Weather Notifications
- Road Closures & Diversions
- Community Events & Initiatives
- Local Planning Activity
- Flood Potential Events

General Community Notices Alerts will only ever be issued for your local area. There are no costs to get the text messages and the system is designed to keep you better informed about activity across the county. You can also get your alerts using the free MapAlerter App. Search for "MapAlerter" on the App Store or Google Play.

# HEALTH

## □ Health Service Executive (HSE)

The HSE provides health and social services to everyone living in Ireland. Services are delivered to young and old, in hospitals, health facilities and in communities across the country. Services provided in the community include Public Health Nursing Service, Home Support Services, provision of Oxygen and Aids & Appliances. Please see additional services listed below for information

If you would like more information please contact the HSE information line from 8am to 8pm, Monday to Saturday. Callsave 1800 700 700.

You can also contact the HSE at Community Services Western Road, Clonmel 052 617000 and at Tyone Health Centre, Nenagh, 067 46400.

## □ Primary Care Teams

Primary Care Teams are part of a Healthcare Network that provide shared services within a defined geographic area. For further details contact your local Health Centre. See page 62 for list of Health Centres.

A Primary Care Team is a team of Health Care Professionals responsible for organising and delivering primary health care for the local population. The aim of the primary care team is to provide high quality services that meet your needs and are easy to access. The Primary Care Team will provide services in a caring, courteous and professional manner.

The team is made up of GPs, Public Health Nurses, Physiotherapists, Occupational Therapists, Speech & Language Therapists, Home Help Coordinators and Primary Care Social Workers.

## □ Public Health Nurse (PHN) - Community Nursing Service

The Community Nursing Service is part of the wider Primary Care Team Services. It provides clinical Nursing services within a Health Centre setting or within the home.

Health Care delivery is based on the individual client's need and may include wound management, assessment and care planning for Home Care Support, clinical support post hospital discharge and advice in relation to other relevant Community Agencies. See page 62 for list of Health Centres.

## □ Speech & Language Therapy

The Speech & Language Therapist works with adults who have difficulty in communication and swallowing. Referral is made through any healthcare professional you attend.

## □ Occupational Therapy

These services are provided to people who through illness or disability are in need of support or change to their lifestyle. Occupational Therapists can advise on changes that may be needed in the home to support a person with special needs and on activities of daily living that will help a person to improve their level of independence. Occupational Therapists can also assess and advise on suitable mobility aids that may be required by a person. Referral to the Community Occupational Therapy Service can be done through your local Public Health Nurse or your GP or any member of your local Primary Care Team.



### □ **Physiotherapy**

The Physiotherapy service supports patients in the community to be as independently mobile and functionally safe as possible. Normal aging process can affect how we move and increase the likelihood of falls and injury. We may also develop problems and diseases that impact on our wellbeing and independence. The role of the physiotherapist working with the older population includes:

- Relieving symptoms like pain, stiffness, swelling and improving function
- Evaluation of mobility and provision of mobility aids
- Early identification of falls risk and appropriate treatment
- Advice on how to safely exercise
- Provision of specialised footwear and orthotics.

Access to community physiotherapy service is usually through your GP and local primary care team. See page 62 for list of Health Centres.

### □ **Home Help (Private)**

Private Home Help services are also available & provide a wide range of supports to maintain people at home. Clients are responsible for cost incurred for services provided through arrangements with Private Care Providers. Tax relief may be claimed in respect of these services.

### □ **Home Help (HSE)**

Home Help is a community-based service that aims to provide support and assistance to older people to enable them to remain within their own homes for as long as possible. The Service is delivered by trained Home Helps, employed by the HSE, who provide mainly personal care to the client group. This service is a discretionary one, and services provided depend upon the resources available.

Referrals are accepted from G.P.s, Public Health Nurses, and family members. Self-referrals are also accepted in North Tipperary. For more information please contact your local Home Help Office.

Nenagh: 067 46463

Thurles: 0504 27670.

Clonmel: 052 6177277

Cahir/Clogheen: 052 7444929

Tipperary Town: 062 87235

Carrick on Suir/ Slieveardagh: 051 603956

### □ **Medical Card Scheme**

The Medical Card Scheme entitles eligible people to a range of public health services free of charge. Medical Card eligibility is based on a means test. There are different guidelines for the means test depending on whether you are under or over 70 years of age. Medical card application forms can be obtained from your Local Health Centre. You can also download the form from [www.medicalcard.ie](http://www.medicalcard.ie) or Phone 1890 252 919 or contact your local Citizens Information Centre.

### □ **GP Visit Card for Over 70's**

Any person aged over 70 who lives or intends to live in the Republic of Ireland for at least one year is eligible for a GP visit card – for over 70s. This is not means tested. GP visit card application forms can be obtained from your Local Health Centre. You can also download the form from [www.medicalcard.ie](http://www.medicalcard.ie) or Phone 1890 252 919 or contact your local Citizens Information Centre



**□ GP Out of Hours Service**

**Shannodoc 0818 123 500 Caredoc 0818 300 365**

These services provide you and your family with access to urgent family doctor services outside of normal surgery hours. Access to the services are by appointment only, by contacting the phone numbers above. Shannodoc and Caredoc are NOT Walk in Services. The services operate Monday to Friday 6.00pm – 8.00am and Saturday, Sunday & Public Holidays 8.00 am – 8.00 am (24 hours)

**□ The Desmond Programme**

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed. It is a programme for people with Type 2 Diabetes, delivered over two half days to help clients self-manage and prevent complications by having up to date evidence-based information and acquire skills to modify health related behaviours.

You can request a referral to the programme through your GP or any member of the Primary Care Team. The programme runs regularly in Nenagh, Thurles, Roscrea and Borrisokane.

The sessions are led by trained health professionals. Topics covered will include:

- Your Story (thoughts and feelings about diabetes)
- Professional Story - Diabetes and glucose
- Monitoring Diabetes - How and when to monitor
- Food Choices
- Risk Factors and Complications
- Physical Activity
- Diabetes Self- Management Plan

As well as getting up to date information, you will learn practical skills which may be helpful in managing your diabetes. An opportunity will be provided to discuss and answer all your questions in relation to diabetes. You will be able to meet and talk to others in the same situation. You are welcome to bring your partner, family member or friend. For further details please contact Borrisokane Primary Care Centre at 067 49000.

**□ Respite Care Grant (Carer’s Support Grant)**

Persons in receipt of Carer’s Allowance, Carer’s Benefit, and/or Prescribed Relative’s Allowance automatically receive the Respite Care Grant from the Department of Social Protection. This is paid once a year usually on the first Thursday in June. For more information or to get an application form you can contact your local Social Welfare Office or your local Citizens Information Centre.

**□ Respite Care**

Respite Care may involve providing alternative care for older People in order to provide the full-time carer with a break for holidays or other events. For more information contact your Public Health Nurse or G.P. Respite Care is provided in the following HSE facilities in Tipperary:

Community Hospital of the Assumption, Thurles	(0504)	21055
St. Conlon’s Community Nursing Unit, Church Road, Nenagh	(067)	31893
Dean Maxwell Community Nursing Unit, Roscrea	(0505)	21572
St. Theresa’s Hospital, Clogheen	(052)	7465205
Watermans’ Lodge, Ballina, Killaloe	(061)	374888
Cluain Arann, Tipperary.	(062)	52186

## □ Dental Treatment Services Scheme

This Scheme (DTSS) provides access to limited dental treatment for adult medical card holders (only) and does cover GP Visit Cardholders. This includes a free oral examination every calendar year and free emergency dental treatment to relieve pain.

## □ Day Centres for Older People

Day centres are places where older people come together locally to combat loneliness, to have a chat and take part in activities such as exercises, arts & crafts, painting, computers, play cards, bingo, listen to music and sometimes dance. Older people are warmly welcomed and are treated to a cup of tea/coffee, a snack and lunch.

### Day Centres in CHO3 Mid-West Region

Templemore Day Care	Bank St, Templemore	0504 31291
Golden Years Day Centre	St. Marys Health Centre, Parnell St, Thurles	0504 27654
Watermans Lodge	Ballina, Killaloe	061 374888
Aras Mhuire Day Care Centre	Ashe Rd, Nenagh	067 33177
Newport Day Care	Social Services, Church Rd, Newport,	061 378566
Borrisokane Day Care Centre	Convent Road, Borrisokane	067 27957
Roscrea Day Care Centre	Dean Maxwell Community Nursing Unit, Roscrea	0505 21572
CAMEO CARE Dementia	T.C.I.L. Stradavoher Retail Park, Thurles	0504 24236

### Day Centres in CHO5 South East Region

St. Vincent's Day Care Centre	Tipperary Town	062 82105
Vee Valley Day Care Centre	Clogheen	052 7465477
Fethard Day Care Centre	Fethard	052 6132917/
Cahir Day Care Centre	Cahir	052 7445480
Carrick Day Care Centre	Carrick on Suir	051 640 085
Clonmel Day Care Centre	Clonmel	052 6124882
Cashel Day Care Centre	Cashel	062 83288
Cappawhite Day Care Centre	Cappawhite	062 75071

## □ Nursing Homes Support Scheme - "Fair Deal"

The Nursing Home Support Scheme known as the 'Fair Deal' provides financial support to people who need long term nursing home care. Under this scheme, you will make a contribution towards the cost of your care and the State will pay the balance. This applies whether the approved nursing home is public, private or voluntary. The HSE administers the Fair Deal Scheme within the resources available. Prior written approval from the HSE is required before you can avail of State Funding for a nursing home place. Your Public Health Nurse can supply you with a list of nursing homes & application forms.

## □ Community Hospitals

Community hospitals offer a higher level of medical support compared to the average nursing home. Services such as respite care, convalescence, rehabilitation, palliative care and long-term care are provided in Community Hospitals. See list below for contact details:

Hospital of the Assumption, Thurles	0504 21055
Cluain Arann, Tipperary	062 52186
St. Theresa's Hospital, Clogheen	052 74 65205
St. Anthony's, Clonmel	052 6177480
Cashel Residential Older Persons Services	062 70400

## □ Community Nursing Units

Community Nursing Units provide respite care, palliative care and long-term care. Below is a list of the Community Nursing Units in County Tipperary:

Dean Maxwell Community Nursing Unit, Roscrea, Co. Tipperary: (0505) 21572  
 St. Conlon's Community Nursing Unit, Church Road, Nenagh, Co. Tipperary (067) 31893

## □ Voluntary Groups

The Health Service Executive is responsible for grant aiding voluntary groups and for managing the Health Service Executive Lottery Funding. A range of voluntary agencies are partially funded through the HSE & provide a wide variety of activities for older people in the community.

See section on Support and Information Resources p66 for further reference.

## □ Treatment Benefit Scheme

The Department of Social Protection provides limited dental, optical and aural services under the Treatment Benefit Scheme. This Scheme is available to insured workers and retired people who have the required number of PRSI contributions. Contact the Treatment Benefit Section on Lo-call: 0818 300 600 or contact your local Citizens Information Centre for more information.

## □ Mental Health Services in Co. Tipperary

Mental health problems can range from experiencing a low period to more serious depression, to a small number of people who will experience very severe issues. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for advice. If you are worried about yourself or someone you know, it is important to get help as soon as possible. There are a number of options:

- Contact your local GP or in the evening or night-time, contact Shannondoc or Caredoc.
- Go to the Emergency Department at your nearest hospital, University Hospital Limerick or Tipperary University Hospital. Contact Emergency services on 999 or 112.
- Call the Samaritans, the 24 hour listening service, to talk to someone about what's on your mind. Call: 116 123.
- Contact the HSE Mental Health services for South Tipperary on (052) 61 77000 or North Tipperary on (067) 46800 (Nenagh area) or (0504) 27617 (Thurles area).

## □ HSE Safeguarding & Protection Team — Elder Abuse Supports

Safeguarding adults is about protecting those at risk of harm from suffering abuse or neglect. Abuse can happen anywhere. It can happen at home, in a residential or nursing home, in a hospital, at work or in the street.

A vulnerable person is “an adult who may be restricted in capacity to guard him/herself against harm or exploitation or to report such harm or exploitation.” Restriction of capacity may arise as a result of physical or intellectual impairment.

### Recognise the signs of Elder Abuse

A wide range of people may abuse older people, including relatives and family members, professional staff, paid care workers, volunteers, other service users, neighbours, friends and associates. There are several forms of abuse, which may be carried out as the result of deliberate intent, negligence or ignorance. Below are some examples and indicators:

- **Psychological Abuse:** Feeling afraid in your living accommodation or experiencing feelings of hopelessness or helplessness because of the attitude/behaviour of others.
- **Neglect and Acts of Omission:** Includes ignoring medical or physical care needs, failure to provide access to appropriate health, social or educational services, the withholding of the necessities of life such as medication, adequate nutrition and/or heating. It also includes being left alone for long periods when you cannot move about easily and are experiencing significant discomfort even though it is brought to someone’s attention.
- **Financial Abuse:** Someone else has access to your accounts without your full permission and/or you feel pressured to allow someone else access to your accounts. Perhaps someone else makes decisions about your money without speaking with you and/or you feel you have lost all control over your money.
- **Physical Abuse:** Being treated roughly, which may or may not leave marks, bruises or broken bones. Includes slapping, hitting, pushing, kicking, misuse of medication, restraint or inappropriate sanctions.
- **Sexual Abuse:** Any sexual act to which you have not consented, or could not consent, or into which you are compelled to consent.
- **Discriminatory Abuse:** Includes ageism, racism, sexism, based on a person’s disability and other forms of harassment, slurs or similar treatment.
- **Institutional Abuse:** May occur within residential care and acute settings including nursing homes, acute hospitals and any other in-patient setting, and may involve poor standards of care, rigid routines and inadequate responses to complex needs.

If you are experiencing any of the feelings or effects outlined above, you may need to speak with your GP or Public Health Nurse. The HSE has a dedicated Safe Guarding & Protection Team.

Contact: 056 778 4325 (South Tipperary) or 067 46470 / 46428 (North Tipperary)

HSE Information Line: Monday to Saturday, 8.00am-8.00pm Phone:1850 241850  
Email: info@hse.ie

See the Appendices at the back of the Guide for telephone numbers for all Agencies.

HSE safeguarding South Tipp safeguarding.cho5@hse.ie

□ **AWARE** provides information for many people: those include individuals who are experiencing depression, or related mood disorders; those who are concerned for a family member or friend; people who are seeking to learn more about the condition, and also those who may be wondering if depression could be a factor for them.

Contact [info@aware.ie](mailto:info@aware.ie) Tel: 01 661 7211.

□ **GROW** is a voluntary organisation that provides friendship and support for people with mental health problems and people who are at risk of mental health problems. They can be contacted on [grow.ie](http://grow.ie) or [info@grow.ie](mailto:info@grow.ie)

South Eastern Region 056 7761624 – [southeasternregion@grow.ie](mailto:southeasternregion@grow.ie)

#### □ **Ascend – Domestic Abuse Service**

Ascend provides support and information to women who have or are experiencing domestic abuse in their intimate relationships. Support is provided to women to make their own decisions about their relationships/lives by providing impartial information and outlining possible options. Options include: A Court Accompaniment Service, a Confidential listening and telephone information service and the creation of a Safety plan in consultation with you. We can meet you at a time and place of your choosing throughout North Tipperary.

Ascend, New Line, Roscrea, Co. Tipperary.

Phone: Office 0505 23379; Confidential Line 0505 23999 Co-ordinator 086 828 3399

#### □ **Cuan Saor**

Cuan Saor (Safe Haven) provides services for women who were experiencing domestic violence in South Tipperary, providing refuge accommodation and outreach services.

Cuan Saor provides the following free and confidential services:

- Refuge accommodation (short-term crisis accommodation)
- 24 Hour/365 day Freephone helpline
- Support and information (drop-in or by appointment)
- Counselling
- Outreach to designated clinics in South Tipperary area
- Court Accompaniment Service
- Aftercare
- Training and Awareness-raising
- Child and Family Support

Call the Freephone helpline 1800 576757 to access the service and a trained member of staff will listen and provide support and information and explain other aspects of services provided. This service is available 24/7 365 days a year.

#### □ **Long Term Illness Scheme**

If you have certain long-term illnesses or disabilities, you may apply to join the Long-Term Illness Scheme and you will be supplied with a Long-Term Illness book. This book allows you to get drugs, medicines, medical and surgical appliances directly related to the treatment of your illness free of charge. It does not depend on your income or other circumstances and is separate from the Medical Card Scheme and the GP Visit Card Scheme.

Long-Term Illness Application forms can be obtained from your Local Health Centre. You can download and print the form from [www.hse.ie](http://www.hse.ie) or Contact your local Citizens Information Centre for further information.

### □ **Psychiatry of Later Life Team (HSE)**

The Psychiatry of Old Age Multi-Disciplinary Team provides specialist mental health services to people over 65. They work in partnership with local GPs, acute hospitals and other local health care and social services.

The team includes; Consultant Psychiatrist, Non-consultant hospital doctors, Clinical Nurse Specialists, Social Worker, Occupational Therapist and Psychologist.

A GP referral is required to access the service. Following an assessment, treatment goals are collaboratively agreed and a range of interventions offered. These may include behavioural & talking therapies, medication, and mental health education strategies targeted at specific conditions.

The team aims to assess, treat, and support recovery for people with a range of mental health conditions.

The team's catchment area is South Tipperary.

Contact the Psychiatry of Old Age Team at Rosehill, Glenconnor, Clonmel on 052 61 77491.

### □ **Tipperary University Hospital Clonmel**

Tipperary University Hospital, Clonmel is a general and maternity Hospital, which forms an integral part of the Health Service Executive South East Region. The Hospital aims to deliver a patient-centred, quality-driven focused service and provides a wide range of diagnostic and support services for County Tipperary. Tel: 052 61 77000.

### □ **UL Hospital Nenagh**

Nenagh Hospital is part of the UL Hospital group serving the county of North Tipperary and surrounding counties. The services provided at UL Hospital Nenagh are appropriate for a Model 2 Hospital and deliver non-complex care. Services include a wide range of Endoscopy and Day Surgery Procedures, an In-Patient Medical Ward, Medical Assessment Unit, Local Injuries Unit and Out-Patient Department. The hospital aims to deliver the best possible patient experience in a safe and clean environment. Tel: 067 31491

### □ **HIQA - Health Information & Quality Authority**

HIQA's Older People's inspection team are legally responsible for the monitoring, inspection and registration of designated nursing homes in Ireland. If you have a concern about a health or social care service you or your family is receiving, you can let HIQA know:

Phone: 021 240 9646

Email: [concerns@hiqa.ie](mailto:concerns@hiqa.ie)

Post: Concerns About Services, Health Information and Quality Authority, George's Court, George's Lane, Smithfield, Dublin 7, Ireland.

### □ **Dementia Adviser Service**

The Dementia Adviser Service provides locally based, one-to-one information, signposting, and emotional support. This is a free and confidential service. For more information contact your local Dementia Adviser:

North Tipperary Contact: David Kieran, 087 9137520, [david.kieran@alzheimer.ie](mailto:david.kieran@alzheimer.ie)

South Tipperary Contact: Gemma O'Donnell, 0873910840, [gemma.odonnell@alzheimer.ie](mailto:gemma.odonnell@alzheimer.ie)



## □ Living well with Dementia

The Living Well with Dementia in South Tipperary is a HSE supportive service for people with dementia and their families. Our team consists of two Dementia Nurse Specialists and an Occupational Therapist.

The service is structured around activities, information and supports relevant to the different stages of the illness. This includes:

Consultation with the dementia nurse specialist

Provision of a support worker to promote and facilitate more social interaction where appropriate

A two-day training programme for family members, support workers and health care professionals

Memory rehabilitation group for people newly diagnosed with dementia

*For more information please contact us at 087 055 0050 or 052 61 77080*

*Living Well with Dementia, The Memory Technology Library, The Grounds of Tipperary University Hospital, Clonmel, Co. Tipperary.*

## □ The Memory Technology Library

The Memory Technology Library is a HSE resource working together with the Living Well with Dementia Service. The MTL provides dementia specific advice about assistive technologies and has a dedicated occupational therapist that facilitates appointments with family members, carers, and people with dementia or other memory concerns. The MTL provides advice and practical strategies to support independent living and has the following aims:

- To raise awareness of assistive technology available to people with dementia and their carers
- To offer information on the benefits and the limitations of assistive technology
- To enable people try out products they are considering purchasing
- To offer those in South Tipperary a short-term loan of appropriate devices to try out at home
- Work with the Living Well with Dementia Service in providing assessment, training and memory rehabilitation groups.

*The Memory Technology Library, The Grounds of Tipperary University Hospital, Clonmel, Co. Tipperary For an appointment please contact 052 61 77080*

Memory Technology Resource Service, Community Hospital of the Assumption, Thurles, Co Tipperary. Telephone: 0504 27702

**Diabetes**

DISCOVER Diabetes courses are available for people with Type 2 Diabetes. The course is provided by HSE registered dietitians who are experts in food and health.

<b>DISCOVER DIABETES – Type 2'</b>	
A group course Relaxed and enjoyable Friendly and welcoming A family member, carer or friend is welcome to attend with you. Just book place for them	<b>During the course you will learn to:</b> Understand your diabetes more Identify how food and lifestyle can affect your diabetes Prevent/reduce diabetes-related health problems Manage your weight Improve your overall health
Courses are available to attend in person or online.	
<b>In person course details:</b> -4 sessions, over 4 consecutive weeks -each session lasts 2.5 hours -at a venue near you in South Tipperary -free booklets and information	<b>Online course details:</b> -6 sessions, over 6 consecutive weeks -each session lasts 1.5 hours -free booklets and information -what you will need to join-internet access, suitable device (laptop, computer, smart phone), if you are new to technology we can support you getting started
You can book your place on a course call	1850 241850
Register:	<a href="http://www.hse.ie/diabetescourses">www.hse.ie/diabetescourses</a>

**Living Well**

The HSE South East Community Healthcare provides a free, online Self-Management programme for adults with long-term health conditions. The "Living Well Programme" is for adults 18 years and over living with one or more long-term health conditions and for those caring for someone with a long-term health condition.

A long-term health condition is one which can be treated and managed but usually not cured. These health conditions include (but are not limited to): Chronic Obstructive Pulmonary Disease (COPD), Asthma, Diabetes, Heart conditions, Stroke, Multiple Sclerosis (MS), Arthritis, Cancer, Crohn's Disease, chronic pain and depression, and also more recently COVID19.

The Living Well programme is delivered over six workshops (2.5hrs x 6), and is facilitated by trained leaders, most of whom are also living with a long-term health condition.

The aim of Living Well is that participants will develop Self-Management skills and confidence to live well with long term health conditions.

The following support available for anyone who needs help;

- One to one support
- Loan of devices (tablets cameras headsets)
- Technical support available on every programme.

To book a place contact 0874088325 or 0872939881 or email [selfmanagementsupports@hse.ie](mailto:selfmanagementsupports@hse.ie)



# HOUSING

## □ Tipperary County Council Housing Department

Tipperary County Council's Housing Department provides confidential support services for older people and people with disabilities who are in need of housing or who need to improve the accessibility of their homes. For more information you can contact Tipperary County Council, Tel: 0818 06 5000 or visit the website at [www.tipperarycoco.ie](http://www.tipperarycoco.ie)

## □ Mobility Aids Housing Grants Scheme

The Mobility Aids Housing Grants Scheme is available to cover works to address mobility problems, primarily, but not exclusively, associated with ageing. The works grant aided under the Scheme include: grab-rails, access ramps, level access shower, stair-lifts and other minor works deemed necessary to facilitate the mobility needs of a member of a household. The maximum grant is €6,000. The grant is available to households whose gross annual household income does not exceed €30,000. Contact Tipperary County Council on 0818 06 5000 for more information.

## □ Housing Adaptation Grant for People with a Disability

Housing Adaptation Grant for People with a Disability is available to assist in the carrying out of works that are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who is a member of the household. The maximum grant available is €30,000. Contact Tipperary County Council on 0818 06 5000 for more information.

## □ Housing Aids for Older People Grant Scheme

The Scheme of Housing Aids for Older People is available to assist older people living in unsuitable housing conditions to have necessary repairs or improvements carried out. The types of works grant-aided under the Scheme include re-roofing, re-wiring and the provision of central heating (where none exists). Applicants should be 66 years of age or over and should be living on their own or with a spouse or with another person 66 years of age or over. The level of grant aid available shall be determined on the basis of gross household income and the approved costs of the works as assessed by Tipperary County Council. The maximum grant available is €8,000. Contact Tipperary County Council on 0818 06 5000.

## □ Healthy Age Friendly Homes Programme

The Healthy Age Friendly Homes Programme is a Sláintecare and Age Friendly Ireland joint programme. This programme aims to support older people who have been identified as having significant social care needs and at risk of hospitalisation or premature entry into long term residential care. It is the aim of this programme to target supports at these older people in the form of improving their living conditions, access to continued health and social care supports and tailored community supports. The Local Coordinators will support older people and their families to navigate the services by proactively linking them to the appropriate supports and services.

Ultimately this approach aims to:

- Support the avoidance of early or premature admission to long term residential care
- Enable older people to continue living in their homes or in a home more suited to their needs (Rightsizing)
- Live with a sense of independence and autonomy
- Be and feel part of their communities.

Contact: Healthy Age Friendly Homes Programme Coordinator in Tipperary on 085 8603416.

# HOME SERVICE SUPPORTS & MAINTENANCE

## □ **Better Energy Warmer Homes Scheme**

This scheme aims to improve the energy efficiency and warmth of the homes of older and vulnerable people, built before 2006. It is operated by the Sustainable Energy Authority of Ireland (SEAI) and is available nationwide. The service involves the installation of standard energy efficiency measures appropriate to the eligible household subject to SEAI survey, budget allocation and available capacity. The service is provided at no cost to the household and the measures currently available under this scheme are: attic insulation, draught proofing, lagging jackets, energy-efficient bulbs, cavity wall insulation and energy advice.

For more information, call the Better Energy Warmer Homes helpdesk on: 1800 250 204

Contact your local Citizens Information Centre for further details.

## □ **Better Energy Homes Scheme**

The Better Energy Homes Scheme provides grants to homeowners to improve energy efficiency in their homes. This scheme is different to that listed above as it provides grants to improve energy efficiency rather than installation. Grants are available for the following energy saving work:

- Roof insulation.
- Wall insulation - for example, cavity wall, internal dry lining or external insulation.
- Heating controls upgrade.
- Installation of a high-efficiency boiler (more than 90% efficiency) including a heating controls upgrade.
- A Building Energy Rating (BER) after the energy-saving work is carried out (you must get this BER to qualify for the grant).
- Solar heating.

For more information, contact Better Energy Homes Scheme on Lo-Call 1850 927 000

You can also visit the Sustainable Energy Authority of Ireland's website [www.seai.ie](http://www.seai.ie) to find out more information on these schemes.

Contact your local Citizens Information Centre for further details, see page 13.

# SAFETY & SECURITY

## □ Emergencies

At some point in your life, you may need to call the emergency services such as fire, police, or medical personnel. By being prepared for calling the emergency services, you can get the help you need much more quickly which can often make a big difference. In Ireland we have two emergency numbers, **999** and **112**.

**112** also works in all EU countries and from any phone, free of charge. Remember when calling **112** (or **999**), 'stay calm, stay focused and stay on the line' and if possible give the **Eircode** of the house so that the emergency services can easily find you.

## □ The Seniors Alert Scheme

The Seniors Alert Scheme is financed by Pobal and provides a grant for the supply of equipment and Personal Pendant Alarms. The pendant alarm is worn on the wrist or around the neck and when activated in cases of emergency, it provides immediate contact with the people you have chosen to be on your emergency list. This enables older people to continue to live securely in their own homes. The grant assistance is made available through community and voluntary groups registered with Pobal. See [www.pobal.ie](http://www.pobal.ie) Pobal Helpdesk: 01 5117222. Contact your local Citizens Information Centre for further information.

To be eligible you must be:

- Aged 65 or over and have limited means or resources
- Living alone or with someone who also meets the eligibility criteria
- Living in the area covered by the community group administering the grant support
- Able to benefit from the equipment being supplied
- Willing to maintain contact with the community group.

## □ Garda Stations in County Tipperary

There are thirty-five (35) Garda stations that cover the County Tipperary area. The following are open 24 hours a day, seven days a week:

Thurles, Nenagh, Roscrea, Clonmel, Carrick-on-Suir, Cahir and Tipperary Town.

**See page 39 for Garda Station telephone numbers**

## □ Crime Prevention Officer

The role of the Crime Prevention Officer is to educate and advise on matters relating to crime prevention and reduction. The Crime Prevention Officer is available to give presentations to local groups, on crime prevention and will also conduct security reviews and audits, on invitation, of private and public premises and lands.

The Crime Prevention Officer is also available to give up to date information on all security devices registered with the Private Security Authority including Security Alarms, CCTV, and access systems. There is a dedicated crime prevention officer for Tipperary based at Thurles and he can be contacted at Thurles Garda Station 0504 25100.

## □ Community Gardaí

The role of the local Community Garda is to liaise with the local community, organisations and services. Their role is to get to know the community. Community Gardaí not only enforce the law but they establish and support community crime prevention programmes and will promote / support initiatives such as Neighbourhood Watch, Community Alert, Garda 'Open Day' events & the Garda Schools Programme in both primary and secondary schools.

□ **Neighbourhood Watch / Community Alert**

Neighbourhood Watch (Urban areas) and Community Alert (Rural Areas) are crime prevention programmes aimed at getting local communities working in partnership with the Gardaí. They allow communities to become actively involved in combating anti-social behaviour and reduce the opportunity for crime and fear of crime. Particular emphasis is placed on protecting older / vulnerable persons, fostering community spirit and reporting suspicions activity. If you are interested in establishing a Neighbourhood Watch or Community Alert Scheme, contact your local Garda Station.

□ **Garda Text Alert**

"Text Alert" is designed to facilitate immediate and cost effective communication from An Garda Síochána to the public. The emphasis of the initiative is on preventing crime through active partnerships with communities. Text Alert is run in cooperation with IFA and Muintir na Tire and ensures a structured and consistent approach to crime prevention through existing Community Crime Prevention Programmes (Neighbourhood Watch, Community Alert) or IFA Branches. Gardaí will provide a Text or email to each registered Community Contact and they in turn will forward the information by text or email to all members of their community group. Text Alert enables AGS to disseminate information to the community in a timely manner, creates a greater sense of safety within the community, fosters a greater working relationship and reduces Burglary and Theft Offences. Contact your local Garda Station for further information.

□ **Theft Stop**

Theft Stop is a farm theft prevention initiative. It provides you with a unique Security ID linked to your IFA membership number, to mark your machines and equipment.

This initiative has been developed in partnership with the Irish Framers Association (IFA) and allows *Theft Stop* to communicate with IFA members in the event of farm machinery theft. With *Theft Stop*, the marking of property is a major deterrent to thefts and assists in the identification of stolen items. See [www.theftstop.ie](http://www.theftstop.ie) or contact IFA on 067 32213 for more information.

□ **Bogus Caller Cards**

The cards were launched following an increase in the number of bogus callers and tradesmen calling to vulnerable people. Householders can ask any traders or workmen calling to homes requesting to carry out work to supply their details on the card. If there is any doubt as to the true legitimacy of the person, householders can contact their local Garda Station. The genuine caller will supply their details. If a caller is unknown to you, remember "if in doubt keep them out".

□ **"Message in a Bottle" Initiative**

The "Message in a Bottle" initiative is free to all who need it and is aimed at older adults whose medical details are written on a page, placed inside the plastic bottle and kept in the fridge where the emergency services will find it. It will save the emergency services valuable time identifying someone in difficulty and will quickly provide his or her emergency contacts.

All First Responders i.e. the emergency services, HSE ambulance teams, Fire Brigade and the Gardaí support the initiative. If called to an emergency, upon seeing the stickers, they will immediately collect the vital information from the fridge. Further details on this initiative available by contacting your local Garda Station.

## ❑ Safety While Out and About

An Garda Síochána offer the following advice on their Crime Prevention leaflet for older people while out and about ([www.garda.ie/documents](http://www.garda.ie/documents)):

- Avoid travelling alone, where possible. Go with family, friends or neighbours.
- If travelling by car, keep all doors locked
- Be alert when parking and getting in/out of your vehicle
- On public transport sit as close to the driver or exit as possible
- Keep cash to the minimum
- Carry only the credit/debit cards that you need
- Keep wallets and purses out of sight
- Hand or shoulder bags should be kept close to the body and not dangling by the strap
- Do not put your handbag on the shopping trolley in the supermarket
- If collecting your pension or cash in the Post Office or bank, put the money into your purse or wallet before you leave the building.

Try to avoid walking at night, if you must, it is advisable to have a companion, walk in well-lit streets and as close to the roadside as possible. In the event that you are threatened by physical force do not resist. Try to remain calm and, if possible, concentrate on getting a good description of the culprit.

## ❑ Follow Tipperary Gardaí on Facebook

The Tipperary Division Facebook page called *An Garda Síochána Tipperary* Launched in May 2017. It actively engages with all members of the community. Why not follow, like and share to keep up to date on topics relating to crime prevention, road traffic, and personal safety advice and keep up to date on Garda events in Tipperary.

## ❑ Burglary Prevention Advice

Secure all doors and windows.

Light up your home, use timer switches when out.

Store keys safely and away from windows and letterboxes.

Record details of valuables and don't keep large accounts of cash at home.

Use your alarm, even when at home.

If you are away, cancel deliveries, have your post collected and cut your grass before you go away on holiday.

## ❑ Personal Safety

Be aware of your surroundings.

Avoid travelling alone, where possible.

Walk in well-lit streets.

Avoid dark, isolated areas.

Tell someone where you are going and when you expect to be home.

## ❑ Safer Shopping

Take extra care when using a cash point or chip and pin.

Don't let anyone see your pin number, never write down your pin number.

If you carry a handbag, keep your purse at the bottom.

Never keep your wallet in your back pocket.

Keep your handbag zipped at all times – crowded shopping areas are very popular with pickpockets.

Don't leave your handbag in the shopping trolley while you shop.

Thieves can target car parks; avoid leaving shopping bags in vehicles for prolonged periods.

## □ **General Fire Safety In Your Home - Fire Prevention Key Points**

- Take extreme care when cooking chips / fried food. Never leave a chip-pan unattended
- Check electric blankets regularly for wear and tear / damage and ensure they are used according to instructions
- Use an effective spark guard on open fires especially before going to bed
- Do not leave newspapers, clothes or material too close to a fire or heaters
- Switch off and unplug all non-essential appliances when not in use
- Provide large, stable ashtrays in the event of smoking – a burning cigarette end can smoulder for hours before igniting and spreading
- Never smoke in bed
- Check all leads and plugs for fraying or burning and replace if necessary. Do not overload sockets
- Get a qualified electrical contractor to carry out installation and repairs to electrical appliances and fittings. Don't take chances.

### **Last thing at night**

- Ensure spark guards are in front of open fires
- Switch off and unplug all electrical items. Do not leave the television or radio on standby
- Plug out phone chargers
- If your exit requires a key for opening, ensure the key is in the lock before going to bed
- Ensure all escape routes are clear. Close all doors (especially from the kitchen and living room).

### **Fire Prevention – What to look out for!**

- Check your home room by room for fire dangers and correct them
- Remember most fires in the home start in the living room and bedroom at night when we are sleeping.

### **Summary:**

- Identify risks around the home and eliminate hazards
- Fit smoke alarms
- Have fire extinguishers and/or fire blankets

Plan escape routes & practice fire drills. Remember the most important thing is prevention – prevent a fire happening in your home in the first place!



## □ **Smoke Alarms**

Smoke alarms are very important for early warning – smoke will not wake you up in fact it will make you sleep more deeply. Smoke alarms buy you time to allow you and your family to get safely out of the house. At least two smoke alarms should suit a standard two-storey dwelling. These should be located on the landing of each floor. Alarms must be positioned at the highest point and as close to the centre of the ceiling as possible. They should be tested weekly – by pressing the test button.

## □ **Community Smoke Alarms Scheme**

As a minimum requirement it is essential that smoke alarms are fitted in the hall and landing of every home. It is the aim of Tipperary Fire & Rescue Service to increase the number of smoke alarms in homes across Tipperary to meet the minimum standard. We aim to provide and install smoke alarms to the most vulnerable. If you require a smoke alarm please inform a member of your community group/ organisation who can in turn contact the Fire Service on your behalf, a member of the fire service will then be in contact with you to arrange installation of your smoke alarm.

REMEMBER – Smoke, not heat or flame causes most fire deaths. It can take as little as three minutes to die from breathing smoke. Smoke alarms save lives.

## □ **Carbon Monoxide Detectors**

A carbon monoxide detector or CO detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. **CO** is a poisonous, colourless, tasteless and odourless gas given off by any appliance which burns a fossil fuel such as gas, coal or oil. It can enter your home if your appliance is faulty, or the room is not properly ventilated, or if the chimney or flue is blocked. They are readily available in any hardware store.

## SOCIAL & LEISURE ACTIVITIES

### □ Active Retirement Ireland

Active Retirement Associations in County Tipperary are all affiliated to Active Retirement Network Ireland. They were established to enable retired people of any age to enjoy a full and active life and to advocate for them.

At local level, Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities.

There are 22 Active Retirement groups in Co. Tipperary. If you would like to join an Active Retirement Club or you would like more information please contact the main office in Dublin on 01 873 3836 Email: [info@activeirl.ie](mailto:info@activeirl.ie) or visit the website [www.activeirl.ie](http://www.activeirl.ie)

These are the areas that currently have registered groups:

#### South Tipperary

Anacarty/Donohill A.R.A.  
Cappawhite A.R.A.  
Cashel & District A.R.A.  
Drangan & Cloneen A.R.A.  
Killenaule A.R.A.  
Tipperary Town A.R.A.

Cahir A.R.A.  
Carrick-on-Suir A.R.A.  
Clonmel A.R.A.  
Grangemockler and District A.R.A.  
Kilsheelan/Kilcash A.R.A.

#### North Tipperary

Borrisoleigh Active Club A.R.A.  
Senior Citizens A.R.A.  
Kilcommon A.R.A.  
Moycarkey / Littleton A.R.A.  
Roscrea A.R.A.  
Templemore A.R.A.

Carrig Riverstown Killeen A.R.A. Cloughjordan  
Drom & Inch A.R.A.  
Lower Ormond A.R.A.  
Nenagh A.R.A.  
St. Ruadhan's A.R.A.  
Thurles A.R.A.

### □ Birdwatch Ireland

Birdwatch Ireland is the largest most active conservation organisation in Ireland, dedicated to conserving Ireland's birds, habitats and biodiversity. For information on events and meetings in County Tipperary please contact Jane Coman, Secretary of the Tipperary Branch of Birdwatch Ireland Telephone: 067 31741 or visit their website [www.tippbirds.weebly.com](http://www.tippbirds.weebly.com) Email: [janecoman@eircom.net](mailto:janecoman@eircom.net)

### □ Senior Citizen Clubs

There are many social/friendship clubs and groups in County Tipperary such as Senior Citizens Groups, Social Services Groups, Art Groups, Flower and Garden Clubs, Vintage Clubs, Women's Groups, Knitting, Sewing Clubs, Dancing Groups, Whist & Bridge Card Clubs, Choirs, etc which organise get-togethers, Bingo, Outings and Christmas Parties. Perhaps you might like to join one or more of these groups, meet people, discover and make friends who have similar interests as yourself? You will find contact details of many of these groups and clubs on the Community Pages for your area in the local newspapers i.e. Tipperary Star, Nationalist and Nenagh Guardian or on notice-boards in local shops and parish churches/offices.



### □ **Swimming Pools & Leisure Centres**

Local swimming pools are a great way to help develop a more physically active life and many provide classes for older people to enjoy.

- Roscrea Leisure Centre                      0505 23822
- Tipperary (Sean Treacy Memorial) 062 51806
- Nenagh Leisure Centre                      067 31788
- Clonmel Swimming Pool                      052 6121972
- Thurles Leisure Centre                      0504 58640.

### □ **Irish Country Women's Association (ICA)**

The ICA is the largest women's association in Ireland with more than 10,000 members and over 500 guilds across the country. Tipperary ICA's activities include crafts, community work, cookery, art, computers, set dancing and more. Regular guild meetings provide fun, friendship and learning. If you are interested in joining or finding out more about the ICA in your area please contact:

North Tipperary Guild on 087 3116961      South Tipperary Guild on 086 8338126  
or 052 74 66430.

### □ **Training & Education (ETB)**

Tipperary Education and Training Board (ETB) is the statutory provider of education and training for the county and offers a wide range of education and training courses throughout the County of Tipperary.

Information on all Training and Further Education courses can be found on:  
[www.tipperaryetb.ie](http://www.tipperaryetb.ie) and on [www.fetchcourses.ie](http://www.fetchcourses.ie) Phone: 067 46022 or  
052 6134105

### □ **Tipperary Heritage Centres**

County Tipperary Heritage Office promotes awareness and appreciation of our rich heritage and acts to protect and enhance it for future generations. Heritage Centres are located in Nenagh, Cashel and Carick-on-Suir. For information on upcoming events and meetings and to learn about the work of Heritage Centres, please contact the Heritage Officer at 0818 065000.

### □ **Tipperary Civil Defence**

Tipperary Civil Defence is a well-trained, professional second line emergency responses service which provides back up and support to the principal responses agencies at times of emergency. Civil Defence also provides First Aid and Ambulance cover to numerous community events.

Training is provided to volunteers in the following areas: Casualty Service (First Aid) Search & Rescue Skills, Welfare (catering) Communications and numerous other skills.

If you have free time and would be interested in learning new skills and giving to your Community contact Local Civil Defence Officers, Dolores Fahey 087 2435001 (Clonmel) or Anthony Graham 067 34543 (Nenagh) for recruitment details.

□ **Hill Walking Radio Group**

Hill Walking Radio Group is a voluntary organisation founded in 2010 to provide emergency radio communications for many of the outdoor events on the Galtee mountains and its environs for and on behalf of local communities and clubs. The group promotes a 'Get out Get active' policy. On average the Group is called out 6 times per year to provide two-way radio support for various events in the community. The Group is seeking volunteers to assist with the provision of emergency radio support. Training will be given. Contact Denny O'Dwyer on 086 0888145.

□ **Rosie Greys**

Singing for fun, singing for health. The Rosie Greys are an inclusive group who meet up weekly for a sing song, singing for enjoyment, talent is not essential!

Contact: agefriendlyroscrea@hotmail.com or Phone 083 1133987 or 087 6921422

□ **Tipperary Sports Partnership**

Tipperary Sports Partnership (TSP) co-ordinates and facilitates a variety of initiatives which aim to promote and provide opportunities for sport & physical activity participation among older people in the Community such as **Go for Life Programmes**. Contact 052 6166201.

□ **Libraries**

Public libraries offer **a wide range of services online and in local branches**. With free membership, everyone can access a fantastic range of books, DVDs, CDs, magazines, newspapers, and a host of other materials for lending. For those of you who can't make it to the library, we have an [online catalogue](#) which allows members to search, [request and renew books](#), and a range of [e-services](#) like eAudiobooks and newspapers to download at your leisure. We also provide free access to PCs and WiFi.

Libraries have modern, comfortable and accessible buildings with professional staff that are only too happy to assist. Libraries provide a wide range of cultural, social and educational programmes, such as book clubs, craft circles, history lectures, author visits, writing classes and more. We actively participate in national programmes like Age Friendly, Bealtaine Festival and Positive Ageing Week. Libraries often offer outreach services to nursing homes and day care centres. Libraries have extensive local studies collections, a lot of which is digitised and available to view online.

**Appendices on Page 42 at the back of the Guide.**

□ **Lions Club**

Lions are men and women dedicated to serving those in need, whether in their own community or around the world. Membership of Lions Clubs provides people with the opportunity to meet and work with other individuals in a spirit of fellowship, striving toward the common goal of helping those in need.

There are Lions Clubs in Thurles, Nenagh, Templemore, Roscrea, Clonmel, Cashel, Cahir, Tipperary Town and Carrick-on-Suir. See <https://lionsclubs.ie/> for more information.

## □ Rotary Club

Rotary Clubs unite people from all continents, cultures, and occupations to exchange ideas and take action in communities around the world. The collective leadership and expertise of 50,000 members in Great Britain & Ireland, and 1.2 million members worldwide, helps to tackle some of the world's biggest challenges, locally and globally.

There are Rotary Clubs in Thurles (0504 21799) and in Clonmel (052 6121233).

## □ Tipperary Bealtaine Festival

Celebrating creativity in older age, the Tipperary Bealtaine Festival is led by the Tipperary Arts Office and Tipperary Libraries. Bealtaine Festival encourages participation by older people in the arts and culture and presents a varied programme of arts events throughout the County during the month of May. Events take place in Arts Venues, Libraries, The County Museum, Day Care Centres, Community Halls, in Nursing Homes and with Active Retirement Groups and most events are free. Contact Tipperary County Council, your local library or your local arts venue for details.

## □ Men's Sheds

The Irish Men's Shed Association works towards a future where all men have the opportunity to improve and maintain their health and well-being by participating in a community Men's Shed. A Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability and are a place to share skills and knowledge while maintaining or enhancing the well-being of the participants.

Area	Contact Name	Number
Ballagh Mens Shed	James Connolly	087 6872511
Borrisokane	P.J. Power	087 2317427
Cahir	Michael Ryan Patrick O'Keeffe	086 1076872 086 1520194
Carrick on Suir	Tom Coleman Eamon O'Donnell	087 910 7198 087 9009851
Cashel	Fiona Hayes	062 63622
Clogheen	James Conran Tom Quirke	089 2279957 087 6274177
Clonmel	Keith Hamilton	085 8003784
Glengoole	Billy Croke Julie O'Halloran	086 3433782 083 1008075
Mullinahone	Christy Sheehan Des Burke	087 7143429 052 91 53266
Nenagh	Mark White	083 1459742
Silvermines	Michael O'Brien Denis Carey	067 25988 086 8109176
Thurles	Bill Ferncombe Tim Quinn Jimmy Whyte	086 8806555 087 3896937 087 7630056
Tipperary	Teresa Normile Timmy Whyte	083 0112 149 087 7630 056
Ballagh, Clounoulty, Cashel	Brendan Ralph Aisling Mulhall	087 9567662 089 4183143

Information and contact details updated on <http://menssheds.ie/shed-directory>

# TRANSPORT

## □ Local Link

Local Link provides safe secure and reliable Public Transport services in local and rural areas of Tipperary. The service operates from rural areas to all the towns in Tipperary namely Clonmel, Cashel, Tipperary, Thurles, Nenagh, Roscrea and Templemore.

Open 9.00am to 5.00pm, Monday to Friday

Scheduled services and door-to-door Demand Responsive services

Free Travel Pass accepted.

Pre-book door-to-door services with Local Link Tipperary

Email: [tipperary@locallink.ie](mailto:tipperary@locallink.ie) **or** [ttcu.info@tipperarycoco.ie](mailto:ttcu.info@tipperarycoco.ie)

Telephone: 0761 06 6140

Website: [www.locallinktipperary.ie](http://www.locallinktipperary.ie)

## □ Train Stations in County Tipperary

Clonmel Station 052 61 21982

Thurles Station 0504 21733

Limerick Junction Station 062 51406

Templemore Station 0504 31342

Nenagh Station 067 31232

Roscrea Station 0505 21823

Cahir Station 01 8366222

Tipperary Station 062 51406

Carrick-on-Suir Station 051 640044

Birdhill Station 061 379118

Cloughjordan Station 01 8366222

## □ Bus Services throughout Tipperary

JJ Kavanagh & Sons

0818 333 222

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

Dublin Coach

01 465 9972

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

Bus Eireann

1850 836 611

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

M & A Coaches

056 8833454

[www.mandacoaches.com](http://www.mandacoaches.com)

Shamrock Buses

0504 22266

[www.shamrockbuses.com](http://www.shamrockbuses.com)

O'Donoghue Bus & Coach Hire

052 6121809

[www.clonmelcoachhire.com](http://www.clonmelcoachhire.com)

## □ Free Travel Scheme

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows another person to travel with the card holder (if they are unable to travel alone).

Free travel is available on all State public transport (bus, rail, and LUAS) with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland.

Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards. You should contact the Department of Social Protection to check if your private bus operator accepts free travel cards. Contact your local Citizens Information Centre for more information.

## □ Free Travel and Public Services Card

The Government has introduced a [Public Services Card](#) which will allow people to access a range of government services and payments. [The Public Services Card will eventually replace the Free Travel Pass](#). If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have FT printed in the top-left-hand corner of the card. You may also be entitled to Free Travel plus a companion. The card will have FT + C printed in the top-left hand corner of the card.

You must show your Public Services Card to the travel operator when you are using public transport.

If you are aged 66 or over and are getting a social welfare pension, the Free Travel Card will be issued automatically if you have registered for your Public Services Card. If you have not registered for a Public Services Card, you will be asked to register before your Free Travel Card is issued to you.

Contact your local Social Welfare Office for an appointment to get your new Public Services/Free Travel Card. **See list on page 50.** You must attend in person in order to have your photograph taken. Bring Passport/Driving Licence as proof of identity and a current Utility Bill as proof of address.

## □ All Ireland Free Travel Scheme

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland. Free Travel cardholders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first get a Senior Smart-Pass card. Application forms for the Senior Smart-Pass are available from your local Citizens Information Centre or your local Department of Social Protection Office.

For more information on any of these schemes or for help with application forms please contact the Free Travel Section of the Social Welfare Services Office in Sligo:

Tel: 071 915 7100 Lo-call: 1890 500 000 Website: [www.welfare.ie](http://www.welfare.ie)

You can also contact your local Citizens Information Centre for more information.

## □ Disabled Person's Parking Permit

Disabled Person's Parking Permits or Cards (also known as European Parking Cards or Disabled Parking Badge) are available to people living in Ireland with certain disabilities and those who are registered blind, whether they are drivers or passengers. The parking card can be used by a disabled person in any vehicle in which he or she is travelling. This means that a disabled person who is being driven at different times by different people can bring the parking card with himself or herself and display it in the appropriate vehicle. The parking card is valid for 2 years from date of issue and costs €35.

Contact Disabled Drivers Association on (094) 936 4054 or Irish Wheelchair Association on (045) 893094/5

## □ Tax Relief for Drivers & Passengers with Disabilities

Under the Disabled Drivers and Disabled Passengers Tax scheme qualified applicants can claim repayment of VRT and VAT (on purchase price and adaptation price) on vehicles. Qualified applicants may also be exempt from annual motor tax and road toll fees, and receive a fuel grant. To qualify, the person with a disability must hold a Primary Medical Certificate.

Contact your local Citizens Information Centre for further information.

## SUPPORT GROUPS

### □ Alzheimer's Society

The Alzheimer's Society of Ireland works across the country in local communities providing dementia specific services and supports and advocates for the rights and needs of all people living with dementia and their carers. They also operate the Alzheimer National Helpline offering information and support to anyone affected by dementia on 1800 341 341.

North Tipperary Branch: 3a Ormond Court, Summerhill, Nenagh, Co. Tipperary.  
Contact: 067 41278 / 086 8096039, [jwoods@alzheimer.ie](mailto:jwoods@alzheimer.ie)

South Tipperary Branch: Le Cairde, Glenconnor Road, Clonmel, Co. Tipperary.  
Contact: 052 6176775 / 087 049 0548.

### □ Dementia Adviser Service

The Dementia Adviser Service provides locally based, one-to-one information, signposting, and emotional support. This is a free and confidential service.

For more information contact your local Dementia Adviser:

North Tipperary Contact: David Kieran, 087 9137520, [david.kieran@alzheimer.ie](mailto:david.kieran@alzheimer.ie)

South Tipperary Contact: Gemma O'Donnell, 0873910840

[gemma.odonnell@alzheimer.ie](mailto:gemma.odonnell@alzheimer.ie)

### □ Meals on Wheels

The National Meals on Wheels network operates under the umbrella of Irish Rural Link. We provide training, peer mentoring, funding opportunities and research and advocacy support to Meals on Wheels Providers nationally. Our website hosts an interactive map allowing service users to identify their nearest Meals on Wheels provider. The delivery of the meal is a vital community service and an invaluable social contact at a nominal cost. For further information, please contact:

Tracey Noone - National Meals on Wheels Network Development Officer at 090-6482745/086-1630134. Email [tracey@mealsonwheelsnetwork.ie](mailto:tracey@mealsonwheelsnetwork.ie)

A directory of services in your area can be found on the national website:

[https://mealsonwheelsnetwork.ie/directory-meals\\_on\\_wheels/](https://mealsonwheelsnetwork.ie/directory-meals_on_wheels/)

### □ St. Vincent de Paul (SVP)

The three pillars of the Society of St. Vincent De Paul (SVP) are the provision of support and friendship to those seeking assistance, encouraging self-sufficiency and advocating for social justice. SVP is Member-led and offers direct, personal, confidential assistance that is non-judgemental and is based on an accurate assessment of the needs of the individual or family. In addition SVP provides a wide range of services through its local offices, shops, resource centres, social housing/ hostels, day-care and holiday schemes.

**South Tipperary:** Clonmel 052 612 3878  
Tipperary Town 087 0680202

**North Tipperary:** Nenagh 087 950 1954  
Thurles 086 387 4496  
Roscrea 087 444 1835  
Templemore 0504 3124  
Cloughjordan/Shinrone 087 266 1413

SVP Mid-West Regional Office provides additional information and takes requests for assistance by drop-in, phone and through the web.

Contact SVP, Ozanam House, Hartstonge St., Limerick. Telephone 061 317327

Email: [info.midwest@svp.ie](mailto:info.midwest@svp.ie) or [www.svp.ie](http://www.svp.ie)



### □ **Tipperary Volunteering Information Service**

Tipperary Volunteer Centre is a Company Limited by Guarantee a registered charity and affiliated to Volunteer Ireland the National Volunteer Development Agency. The Centre is tasked with promoting volunteerism across the county of Tipperary by assisting those wishing to volunteer, find suitable volunteer opportunities and working with community based not for profit organisations to source suitable volunteers for their groups.

This free service can be accessed by visiting our main office on Chapel Lane in Cashel, by calling us on 062-64775 or by emailing [info@volunteertipperary.ie](mailto:info@volunteertipperary.ie). Check website [www.volunteertipperary.ie](http://www.volunteertipperary.ie) where you can register to volunteer, search for volunteer opportunities, register your organisation and much more.

### □ **Age Friendly Roscrea Services**

#### **Dinner Delivery Service**

We deliver meals to your door on Monday, Wednesday and Friday. You can avail of hot nutritious meals on any or all three days. The meal consists of main course and dessert. There is a cost of €5 per meal. If you or someone you know would like to avail of this service Ring 0505 22550

#### **Roscrea Dementia Café**

The café is a welcoming and informal monthly get together for anyone who is affected by dementia

People living with dementia, their families and friends, healthcare professionals and people who are interested in supporting a dementia inclusive community. Guest speakers are invited to the cafes which are held on the 4<sup>th</sup> Friday each month at 11am. For further information ring 0505 22550

#### **Friday Club**

Takes place Friday afternoon at 2 pm. Drop in for a chat and a cup of tea. Enjoy the various activities, outings and events. Ring 0505 22550 for further info about this or any other Age Friendly Roscrea Courthouse Activities.

### □ **Parkinson's Association**

The Parkinson's Association of Ireland is a charity, based in Dublin with branches throughout the country. There is one branch in Tipperary with 3 support groups in Nenagh, Thurles & Clonmel. The aim of the group is to assist people with Parkinson's, their families and carers, health professionals and other interested people by offering support, a listening ear and information on any aspect of living with Parkinson's.

#### **Nenagh Group**

The Pastoral Centre,  
Church Rd, Nenagh  
Mondays, 2pm & 4pm

#### **Thurles Group**

Order of Malta Centre  
Thurles  
1<sup>st</sup> Thurs of every month

#### **Clonmel Group**

Minella Hotel  
Clonmel  
1<sup>st</sup> Tue of month  
10.30am-12.30pm.

Freephone Helpline 1800 359 359, from 9am -7pm Monday - Thursday, and 9am - 5pm Friday.



### □ Support for Carers

Family Carers Ireland are the National Voluntary Organisation and a registered Charity representing Family Carers throughout Ireland. Family Carers Ireland provides Home Respite, Information, Counselling, Support Groups and Advocate services to family Carers.

**South Tipperary** contact: Richie Molloy Family Carers Ireland, 8 Sarsfield Street, Clonmel. Tel: 052 7747102

E mail: [rmolloy@familycarersireland.ie](mailto:rmolloy@familycarersireland.ie)

**North Tipperary** Family Carers: c/o Unit 1, Georges Quay House, Georges Quay, Limerick. Tel: 061 310434 Email: [roconnorkenny@familycarers.ie](mailto:roconnorkenny@familycarers.ie)  
[www.familycarers.ie](http://www.familycarers.ie)

### □ Age & Opportunity – Physical Activity & Sport (PALS)

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Their aim is to enable the best quality of life for us all as we age, where we can be more active, more visible, more creative, more connected and more confident.

For more information on activities in Tipperary Tel: 01 805 7709 or visit their website: [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

### □ Fáilte Isteach

Fáilte Isteach is a community project which trains volunteers to welcome migrants through English conversation classes. Fáilte Isteach classes are provided in a number of locations across Tipperary. It is possible to become a Fáilte Isteach volunteer or to avail of the English conversation classes.

For further information contact:

National Office: Third Age Ireland, (046) 9557766,  
email: [failteisteach@thirdageireland.ie](mailto:failteisteach@thirdageireland.ie)

**South Tipperary:** Cahir, 046 9558497, [failteisteachcahir@gmail.com](mailto:failteisteachcahir@gmail.com)  
Tipperary Town, 062 52688, [knockcdp@gmail.com](mailto:knockcdp@gmail.com)

**North Tipperary:** Nenagh, Thurles, Roscrea, 085 2136716, [mphelan@ntdc.ie](mailto:mphelan@ntdc.ie)

### □ Family Resource Centre (FRC)/ Resource Centres/ Community Centres

There are a range of local Family Resource Centres, Resource Centres and Community Services Centres in Tipperary. Services and supports provided varies from service to service. A primary task of these services is to combat disadvantage and strengthen and empower children, families and communities.

#### **Services may include:**

Meals-on-Wheels/Dinner Delivery Service, Day service including social activities, Information and once off programmes: PHN, Warmer Homes, Keeping Safe etc., Annual Social Activities such as Summer outings/Christmas Parties, Community Laundry Service, Senior Social Club, Senior Alert Scheme, Advice about and direction towards other services for older people where appropriate, Community education classes to meet the demand and interests of older people.e.g. Arts & Crafts/Chairbics/ specific interest courses, Mindfulness & Yoga classes, Family support, Childcare, Adult Counselling, Play Therapy, St.Vincent de Paul, Exercise and activity groups, Healthy food made easy programmes, Wellbeing groups, Links with local Dementia Cafés, Friendship Services.

**Contact details for services page 49.**

### □ North Tipperary Development Company (NTDC)

We offer a broad range of supports and services to older people living in the North Tipperary region. Our offices are based in Nenagh, Roscrea, Thurles and we currently have outreach supports in Newport, Templemore, Borrisokane.

Some of the services we have are: Acorn Digital Literacy for older people, Health Food Made Easy, supports to local community groups like Men's sheds, active retired, residents' groups and craft groups. We also provide taster courses, workshops and activities covering topics like mental health & wellbeing, advocacy, personal development, learning for life.

Through our Tus, CE and RSS schemes we support the development of individual supports to older people experiencing rural isolation by linking them with local meals on wheels services, community centre activities, light household work.

Our offices are open Monday - Friday 9am-5pm and closed for lunch.

Call in to find out more or call us on:

Nenagh: 067 56676 Roscrea: 0505 24166 Thurles: 0504 90579.

### □ South Tipperary Development CLG (STDC)

South Tipperary Development CLG (STDC) facilitates and resources community-led local development to address social, economic, and environmental challenges for the benefit of all in South Tipperary. STDC support many community-based activities that make a positive impact on the lives of people living in our communities e.g. our participants on Tus and Rural Social Schemes work with local community groups, tidy towns groups, etc helping with maintenance and general upkeep work. STDC provides grant assistance to community groups to develop projects locally e.g safe places for people to walk, upgrading of community centres, Social Enterprises such as Meals on Wheels, range of training programmes for community groups. STDC also provides grant assistance for small businesses. These businesses create jobs for people living in our local communities. STDC is funded by funding the Department of Rural and Community, the Department of Social Protection and the HSE.

South Tipperary Development Company, Unit 2C Carrigeen Commercial Park, Clogheen Road, Cahir, Tipperary

Phone: [\(052\) 7442652](tel:0527442652), Email: [info@stdc.ie](mailto:info@stdc.ie)

### □ Arthritis Ireland

Arthritis Ireland is a health research charity and national patient organisation representing one million people living with arthritis in this country. Our vision is of a better life for people living with arthritis today; a world without arthritis tomorrow. Arthritis Ireland is working in communities across the country providing education and support to help people effectively manage their condition, to remove the pain and social isolation caused by the disease and to ensure people remain active and doing the things they love. We advocate and offer evidence-based solutions to the State to recognise its role and responsibilities to people living with arthritis, as well as investing in research to find better treatments and ultimately, a cure.

### □ Befriending Service

Having a chat and keeping in touch with your community becomes more important as time moves on. Services in North and South Tipperary consist of:

Good Morning Call Service - A regular phone call which provides friendship and a caring listening ear.

Visiting Service - a weekly visit at a pre-arranged date and time (Roscrea service).

For further information contact:

Age Friendly Roscrea at: [agefriendlyroscrea@hotmail.com](mailto:agefriendlyroscrea@hotmail.com) or tel: 083 1133987

Good Morning South Tipperary at: Tigh na nDaoine, Newcastle, Clonmel or call 052 612 0141.

### □ National Council for the Blind Ireland (NCBI)

NCBI is the national sight loss organisation. NCBI provides practical and emotional support, rehabilitation service and other training designed to help people with sight loss to live independently. About 95% of people using NCBI services have some remaining vision while only 5% are completely blind.

The service is a community-based service and the supports required for independent living are identified with the individual. Practical support can include the provision of magnifiers following a low vision assessment, assistive technology solutions, low vision aids, independent living skills training, emotional support as well as training and support in technology.

You can self-refer to NCBI on our web site [www.ncbi.ie](http://www.ncbi.ie) or you can make a telephone referral. If you wish to have further information, please contact the National Council of the Blind:

North Tipperary: NCBI Midwest, Parkview Court, Lord Edward St. Limerick  
1800 911 250

South Tipperary: NCBI South East, 7 Ormonde Road, Kilkenny 1800 911 250.

### □ Irish Wheelchair Association (IWA)

The Irish Wheelchair Association's vision is the achievement of full social, economic and educational inclusion and integration of people with disabilities as equal, independent and participative members of their communities and society. The IWA believe people have a right to freedom of choice, self-determination and to be respected as individuals, and dignity and control over how they live their lives.

Contact the Irish Wheelchair Association Tipperary branches at:  
Hannon House, Abbey St., Roscrea 0505 23229 or  
47 Main St., Tipperary Town 087 115 6708 or 062 52744.

### □ Anam Cara

Provides information, resources and online or face-to-face support groups for parents who have experienced the death of a child regardless of their child's age or circumstances of death. Our drop-in parent group meetings are held at the Horse & Jockey Hotel, Thurles on the third Monday of the month between September and June, from 7.30pm to 9.00pm. Anam Cara's online parent group meeting takes place on second Monday of each month. Visit [www.anamcara.ie](http://www.anamcara.ie) to view our support videos, podcasts and webinars.

Phone: 01 404 5378 or (085) 2888 888. Email: [info@anamcara.ie](mailto:info@anamcara.ie)

### □ Rainbows

Rainbows provides group support for children and young people of a similar age, impacted by either a bereavement or following parental separation/divorce. Separate bereavement and parental separation programmes are delivered by trained Facilitators over nine weeks. Parents can self-refer their child by contacting the Rainbows registered programme centres in Tipperary below:

- Knockanrawley Resource Centre CLG, Tipperary Town. Contact: 062 52688
- Clonmel Community Resource Centre, Kickham Lodge, Kickham Street, Clonmel, Co. Tipperary. Contact: 052 612 9143.

## □ Tipperary Public Participation Network (PPN)

The Tipperary Public Participation Network is a network of organisations from the community & voluntary, social inclusion and environmental sectors in Tipperary. These are called pillars.

The PPN's vision is to:

- inform, strengthen and empower through participation of the three pillars, its member community groups
- to enable communities to have their say in shaping local society.

It provides a structure to facilitate the two-way flow of information between the Local Authority and the three pillars, to influence plans and policies for the future development of Tipperary.

Let your group or community have a voice at county level, get networking, training and information opportunities by joining the PPN!

You can contact the Tipperary PPN on 0504 61014 or 087 4567111

email: [coordinator@ppntipperary.ie](mailto:coordinator@ppntipperary.ie)

Website: <https://www.ppntipperary.ie/>

## □ Tipperary LGBTI+ in Tipperary

**North Tipperary Development Company** provide support to the LGBTI+ Community in North Tipperary. We work closely with GOSHH in Limerick who provide outreach supports to access many services including confidential helpline, counselling services, rapid testing and more.

North Tipperary Development Company offers:

- Referrals to and from other services
- Confidential Service
- Workshops and Information/Training events
- Provide a safe space for outreach supports
- Offer Grant opportunities to North Tipperary based LGBTI+ groups.

For more information contact:

Joanne Mulqueen – 087 3697922 – [jmulqueen@ntdc.ie](mailto:jmulqueen@ntdc.ie), [www.ntdc.ie](http://www.ntdc.ie)

**Youth Work Ireland Tipperary** is based all over County Tipperary and has 7 centres (Tipperary Town, Cashel, Fethard, Killenaule, Thurles, Templemore, Littleton). They work to support and empower young people to reach their best potential. They work with young people between the ages of 10 and 24yrs. Specifically the OutStanding LGBTI+ Allies is a safe space for young people who identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Non-Binary etc. The project works to support, encourage and empower these young people, their families and peers in a way that allows them to feel safe and accepted within their communities. They also work with and on behalf of young people to make sure they experience the same rights as everyone else in their communities. The work takes the form of small group work (providing a safe space to hang out, chat and be themselves), one to one work, parental support and advice. The work also involves raising awareness within the local and wider community in relation to LGBTI+ issues and information.

For more information you can contact our LGBTI+ worker – Lisa on 0877720222.

# ORGANISATIONS FOR OLDER PEOPLE

## □ Age Action Ireland

A charity which promotes positive ageing and better policies and services for older people across the country. Age Action provides services including Care and Repair, computer training and information, and also campaigns for older people at national level.

For more information Tel: 01 475 6989 or visit their website: [www.ageaction.ie](http://www.ageaction.ie)

## □ Age & Opportunity

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Their aim is to enable the best quality of life for us all as we age, where we can be more active, more visible, more creative, more connected and more confident. For more information on activities in Tipperary. Tel: 01 805 7709 or visit their website: [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

## □ ALONE – Helping older people in need

ALONE is a national organisation that enables older people to age at home. Their work is for all older people and aims to improve physical, emotional and mental wellbeing. They have a national network of staff and volunteers who provide an integrated system of support coordination, practical supports, befriending, a variety of phone services, social prescribing, housing with support and assistive technology. They use individualised support plans to address health, financial benefits and supports, social care, housing, transport and other arising needs using technology and harness other services.

National support & referral line: 0818 222 024 from 8am - 8pm, seven days a week. Email: [hello@alone.ie](mailto:hello@alone.ie)

## □ Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but remain healthy, fulfilled and continue to contribute to society. The organisation runs a Senior Helpline which is a confidential telephone listening service for older people provided by trained older volunteers.

Contact: 046 9557766.

## □ SAGE

SAGE is an advocacy service which supports in circumstances where people may be vulnerable, or have to depend on others, there is a need to ensure that their rights, freedoms and dignity are promoted and protected.

### **Our Work involves:**

Supporting people to return home from hospitals and nursing homes in accordance with their wishes. Supporting decision-making and people's capacity to make decisions about their own lives.

- Advocating for adequate home care and support to enable people live, and die, in the place of their choice
- Providing patient advocacy to people who have complaints about healthcare and with any subsequent internal or external reviews or inquests
- Advocating with and for people with intellectual disabilities to develop a life with activities which are meaningful for them as they move from an institution to the community
- Challenging unnecessary restrictions on people's liberties in acute and congregated care settings and the use of convenience medication and incontinence wear
- Promoting public and professional awareness of resources for self-advocacy such as 'Think Ahead' and organising workshops on capacity and decision making, enduring power of attorney and advance healthcare directives
- Promoting advocacy champions within congregated care settings and supporting them when complex issues arise and independent advocacy is required
- Assisting people to maintain control of their income, benefits or property when others seek to take advantage of them and making contact with other professionals on their behalf to assist them in putting their affairs in order
- Facilitating meetings of service users in residential and day care settings
- Providing information and support to people who find health, social care, social protection and financial services complex and frustrating.

Contact: Phone: 0818 719 400 Email: [info@sageadvocacy.ie](mailto:info@sageadvocacy.ie)

Website: <https://www.sageadvocacy.ie/>



## USEFUL INFORMATION

### □ Falls Prevention

Falls for older people can lead to an increase in the risk of hospitalisation and a significant health decline. As well as physical injuries suffered, the psychological and social consequences of falling can have an equally huge impact. As you get older, a fall can result in broken bones, but also in loss of confidence, loss of mobility, depression, anxiety, isolation, loss of independence and fear of leaving your home. Many falls can be prevented, and by making small changes you can lower your chances of falling.

- Keep active, exercise and wear loose, comfortable clothing and well fitted sturdy shoes
- Regular physical activity makes you stronger and improves your balance and coordination
- Start with walking. You can slowly increase the distance you walk
- Ask your GP to review your medicines as some medicines may make you feel faint
- Have your vision checked as your eyesight changes as you get older
- Arrange furniture so that you can easily move around all your rooms
- Keep the floors clear from papers and books that could cause a trip
- Remove rugs or use non-slip tape or backing so rugs will not slip
- Make sure wires or cords from lamps, telephones etc do not trail where you walk
- Do not leave shoes or books on steps of stairs
- Have a light switch fitted at the top and bottom of the stairs
- Install hand rails on both sides of the stairs, making sure they reach the top
- Fit grab rails next to your toilet, bath and shower
- Use non-slip mat in the bath or shower
- Keep items you use often in the kitchen within easy reach
- If you need to reach high shelves use a steady step rather than a chair
- Place a lamp close to your bed where it is easy to reach
- Make sure there is a light between your bedroom and the bathroom
- Have a phone extension fitted in your bedroom
- Wear a personal alarm.



## □ Driving Licence

You are required to carry your driving licence with you at all times when driving. When your driving licence expires, you must renew it if you wish to continue driving. The Road Safety Authority now has responsibility for driver licensing and has set up a new National Driver Licence Service (NDLS). To apply for a driving licence, you have to visit one of the new NDLS centres. NDLS centres in Tipperary are located at Suite 5A, Second Floor, Powerstown House, Gurtnafleur Business Park, Clonmel & 10 Silver Street, Nenagh, or you can renew your licence at any NDLS centre nationwide. As part of the face-to-face application process, your photo and your signature is captured digitally. You must also provide (1) Evidence of your PPS Number, (2) Proof of Address (3) Photographic ID to confirm your identity e.g. valid Irish passport/passport card, Irish licence, current national identity card etc.

A new plastic-card driving licence has been introduced, replacing the paper driving licence. Once you are over the age of 75, you will need a Medical Certificate to drive which must be completed by your doctor to apply for a 3-year or a one-year licence. Medical Certificates must be submitted within one month from the date of signing by your doctor. Motorists over the age of 70 can get their driving licence renewed for free. A driving licence can be renewed three months in advance of the expiry date of your current licence.

## □ Broadband Connection Points (BCP)

Tipperary County Council has worked with 21 Broadband Connection Points areas across the county. To improve digital connectivity to allow centres to develop remote working hubs and participate in thematic programmes. Community Centres in a number of areas were identified and specific and general needs addressed through funding furniture, video conferencing equipment along with associated cabling, power sockets & blackout blinds, keyless entry alarm & security systems and signage.

Trainings available through the broadband connection points areas are: Our Kids Code, Microsoft Dreamscape, Smart Agriculture.

Our Rural Future: Digital Initiative Programme 2021 – Smart Skills for Farming Communities (Tipperary) with the support of the IFA, Teagasc, ICMSA, Others and the Connected Communities – Broadband Connection Points, the Department of Rural and Community Development in the use of new digital technologies in Irish agriculture in rural County Tipperary and is based upon the Departments BCP Thematic programmes.

Hi Digital - in association with Vodafone and Active Retirement Ireland in 7 BCPs in County Tipperary including Rossmore, Curreeney, Killurney, Moyglass, Kiloscullly, Fanure and Gurtagarry BCPs. Hi Digital Training Programme to older people in the community

35 BCP primary schools in County Tipperary will also be connected to broadband by the end of 2022 as the rollout of the National Broadband Plan accelerates. These connections will be in place significantly earlier than the original completion date in 2026. These 35 BCP schools delivered under the National Broadband Plan (NBP) will ensure that primary school pupils in rural Tipperary will be able to participate fully in the digital revolution that is taking place. A BCP at a school location will provide connectivity for pupils and teachers and will underpin the Department of Education's Digital Learning Framework for Schools.

Information is available at [www.connectedhubs.ie](http://www.connectedhubs.ie) for remote working bookings.

Delivery of the National Broadband Plan in County Tipperary, <https://www.tipperarycoco.ie/sites/default/files/BCP%20Network%20Publish%20May%202022.pdf>



The members of the Tipperary Older Peoples Council represent views of older people in Tipperary and advocate on their behalf. This code of conduct aim is to support older adults to remain in their own home, to live independently and to propose a standard for our local tradespersons when engaging with older adults in County Tipperary.

Do	Do Not
<ul style="list-style-type: none"> <li>• Respect older people</li> <li>• Charge a reasonable rate</li> <li>• Provide an estimate of costs</li> <li>• Provide an invoice and receipt for work done</li> <li>• Comply with health and safety regulations</li> <li>• Have appropriate insurance cover</li> <li>• Only take on work you are qualified to do</li> <li>• Make appointments in advance and call to cancel if unable to attend at the agreed time</li> <li>• Leave the work area clean and tidy</li> <li>• Stand over your work, and make good if there are any issues due to poor workmanship or poor materials being used.</li> </ul>	<ul style="list-style-type: none"> <li>• Charge more than the agreed price</li> <li>• Start work without an agreed price</li> <li>• Look for payment before the job is complete</li> <li>• Call to a person without an appointment</li> <li>• Fail to turn up to an appointment</li> <li>• Take on work if it cannot be achieved within a reasonable time frame, as agreed in advance</li> <li>• Breach any person's confidentiality</li> <li>• Do not advertise as approved by Tipperary County Council.</li> </ul>

### Garda Stations and Contact Numbers

There are thirty five (35) Garda stations that cover the County Tipperary area. The following are open 24 hours a day, seven days a week:-

Thurles Garda Station	0504 25100
Templemore Garda Station	0504 32630
Nenagh Garda Station	067 50450
Roscrea Garda Station	0505 24230
Clonmel Garda Station	052 6177640

### Vulnerable Risk Register

The Vulnerable Risk Register is being established by An Garda Síochána in Tipperary to assist and support those who suffer from Dementia or Alzheimer's conditions and who may become disorientated and confused.

This database will allow us to contact next of kin in the event that a person is found in this unfortunate situation or indeed, if that person is reported missing, it will assist us in finding that person in a timely manner.

# Vulnerable Risk Register

## Senior Citizens and Vulnerable Person Registry – Tipperary Division

Affix  
Photo  
Here  
|  
(Optional)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Approximate Age: \_\_\_\_\_ Eircode: \_\_\_\_\_

Tel No: \_\_\_\_\_ Mobile No: \_\_\_\_\_



Where most likely to visit / wander:

\_\_\_\_\_  
\_\_\_\_\_

Any distinguishing features:

\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact 1:

Name \_\_\_\_\_

Tel. Contact No. \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact 2:

Name: \_\_\_\_\_

Tel. Contact No: \_\_\_\_\_

Address: \_\_\_\_\_

Proof of Identity (Specify type – Passport/Driving Licence/Other): \_\_\_\_\_

Signature (Signature of Senior Citizen/Vulnerable Person/  
\*Authorised Person on behalf of applicant i.e. \*Member of applicant's family/legal guardian/ Power of Attorney/Applicant's Community

Nurse/ Applicant's Doctor: \_\_\_\_\_

Name in Block Capitals: \_\_\_\_\_

Address of Signatory, (if not applicant): \_\_\_\_\_ Dated: \_\_\_\_\_

Applications, enquiries and all aspects of the process are strictly confidential, subject to Data Protection Legislation.  
Personal data processed by An Garda Síochána is only shared with another body or organisation  
where there is clear, legal basis to do so.  
This information will only be used in the event of an emergency.

Dementia and ~~Alzheimers~~ are debilitating illnesses that impact the sufferer and their loved ones.  
An Garda Síochána are committed to supporting everyone impacted by these conditions.

## Community Welfare Offices

Office Location	Catchment Area	Contact Details	Times
<b>Borrisokane</b> Health Centre Borrisokane	Borrisokane, Cloughjordan, Lorrha & Rathcabbin	067 49013 067 49001	Thursday 10.00am - 11.00am
<b>Borrisoleigh-</b> Health Centre, Borrisoleigh.	Borrisoleigh	0504 51423	Wednesday 11.30am - 12.30pm
<b>Cahir</b> Health Centre, Pearse St., Cahir.	Cahir Town, Ballyporeen, Clogheen, Burncourt, Ballylooby, Knockgraffon and Kilcoran	052 7441044 062 70480	Tuesday & Thursday 9.30am - 11.30am Appointment only on Friday
<b>Carrick on Suir</b> DSP, 55 New Street, Carrick on Suir.	Carrick on Suir, Nine-Mile-House and Grangemockler. Rathgormack & Clonea Power,	051 640783	Tuesday, Wednesday & Thursday 10.00am - 12.00pm Appointment only on Friday 10.00am - 11.00
<b>Cashel</b> Health Centre, Cashel.	Cashel, New Inn, Rosegreen, Outrath and Deerpark	062 70480	Wednesday 10.00am - 12.00pm
<b>Clonmel</b> DSP, Harbour House, New Quay, Clonmel	Clonmel, Newcastle, Ardfinnan, Clerihan, Lisronagh, Kilcash, Ballypatrick & Ballymacarbry	052 6191800 052 6191854	Monday to Wednesday 9.15am - 5.00pm Thursday 9.15am - 4.00pm Fri- day 9.15am - 4.00pm
<b>Clonmel</b> DSP, Harbour House, New Quay, Clonmel.	South Tipperary Homeless Persons Unit	052 6191869	Monday to Wednesday 9.15am - 5.00pm Thursday 9.15am - 4.00pm Fri- day 9.15am - 4.30pm
<b>Fethard</b> Health Centre, Fethard	Fethard, Cloneen, Drangan and Killenaule	052 6131825	Wednesday 10.00am - 12.00pm
<b>Mullinahone-</b> Health Centre, Mullinahone	Mullinahone and Ballingarry	052 9153572	Tuesday & Thursday 10.00am - 12.00pm Appointment only on Friday 10.00 -11.00am
<b>Nenagh</b> Civic Offices, Limerick Road, Nenagh.	Nenagh West, Portroe & Silvermines	067 46680	Wednesday & Thursday 10.00am - 11.00am
<b>Nenagh</b> Civic Offices, Limerick Road, Nenagh	Nenagh East, Templederry, Kilcommon, Lorrha & Toomevara	067 46649	Tuesday 10.00am - 11.30am
Kenyon Street Nenagh	North Tipperary Homeless Unit	067 46504	Tuesday 10.30am - 11.00am
<b>Newport</b> Health Centre	Newport, Rearcross, Kilcommon, Ballina &	061 378299	Tuesday 10.00am - 11.00am Friday 12.00pm - 1.00pm
<b>Roscrea</b> Health Centre, Gaul Road,	Roscrea & surrounding area.	0505 22226	Tuesday & Thursday 10.00am - 12.00pm

## Community Welfare Offices/ Libraries

Office Location	Catchment Area	Contact Details	Times
<b>Roscrea</b> Health Centre, Gaol Road, Ros- crea	North Tipperary Homeless Unit	0505 22226	Wednesday 10.00am - 10.30am
<b>Templemore</b> Health Centre, Templemore.	Templemore, Loughmore & Clonmore	0504 32620	Tuesday 3.00pm - 4.00pm
<b>Thurles</b> Intreo Centre, Racecourse Road, Thurles,	Thurles, Upperchurch, Moyné, Templetouhy & Holycross	0504 67144	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
<b>Thurles</b> Intreo Centre, Racecourse Road, Thurles	North Tipperary Homeless Unit	0504 67142	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
<b>Tipperary Town</b> St.Vincent's Health Centre, Tipperary Town.	Tipperary, Emly, Bansha, Rossadrehid, Kilfeacle, Ballykisteen, Monard, Limerick Junction, Lattin, Donohill, Rossmore & Golden	062 82102	Tuesday & Thursday 10.00am -11.30am Appointment only on Friday 10.30am - 11.00am

### Libraries in County Tipperary

In County Tipperary, we have twelve branches spread across the County. For the most up-to-date information on opening hours, phone or email the library you wish to use, or contact Library Headquarters, or visit [www.tipperaryllibraries.ie](http://www.tipperaryllibraries.ie).

**Library Headquarters**, Castle Avenue, Thurles E41 KA44, 052 616 6100,

**Borrisokane** Library, Fairgreen, Borrisokane E45 XK88, 067 27199

**Cahir** Library, The Square, Cahir E21 WD89, 052 7442075,

**Carrick-on-Suir** Library, Fairgreen, Carrick-on-Suir E32 X860, 051 640591,

**Cashel** Library, Friar St, Cashel E25 K798, 062 63825,

**Clonmel** Library, Emmet St, Clonmel E91 YW66, 052 616 6130,

**Cloughjordan** Library, Thomas MacDonagh Heritage Centre, Lower Main St, Cloughjordan E53 W990, Please contact Library Headquarters.

**Killenaule** Library, Slieveardagh Centre, River St, Killenaule E41 ED89, 052 9157906,

**Nenagh** Library, O'Rahilly St, Nenagh E45 AK50, 067 34404,

**Roscrea** Library, Birr Rd, Roscrea E53 N129, 0505 22032,

**Templemore** Library, Main St, Templemore E41 E8R5, 0504 32555,

**Thurles** Library, The Source, Cathedral St, Thurles E41 K802, 052 616 6131,

**Tipperary Town** Library, The Excel, Mitchell St, Tipperary E34 EW2, 052 616 6126,



# Health Centres in County Tipperary

Address	Catchment Area	Contact Details	Times
Health Centre Borrisokane.	Borrisokane, Cloughjordan, Lorrha & Rathcabbin	067 49013 067 49001	Thursday 10.00am - 11.00am
Health Centre Borrisoleigh.	Borrisoleigh	0504 51423	Wednesday 11.30am - 12.30pm
Health Centre, Pearse St., Cahir.	Cahir Town, Ballyporeen, Clogheen, Burncourt, Ballylooby, Knockgraffon and Kilcoran	052 7441044 / 062 70480	Tuesday & Thursday 9.30am - 11.30am Appointment only on Friday
DSP, 55 New Street, Carrick on Suir.	Carrick on Suir, Nine-Mile-House, Grangemockler. Rathgormack & Clonea Power, Co. Waterford	051 640783	Tuesday, Wednesday & Thursday 10.00am - 12.00pm Appointment only on Friday 10.00am - 11.00
Health Centre, Cashel.	Cashel, New Inn, Rosegreen, Outrath and Deerpark	062 70480	Wednesday 10.00am - 12.00pm
DSP, Harbour House, New Quay, Clonmel.	Clonmel, Newcastle, Ardfinnan, Clerihan, Lisronagh, Kilcash, Ballypatrick & Ballymacarbry.	052 6191800 052 6191854	Monday to Wednesday 9.15am - 5.00pm Thursday 9.15am - 4.00pm Friday 9.15am - 4.00pm
DSP, Harbour House, New Quay, Clonmel.	South Tipperary Homeless Persons Unit	052 6191869	Monday to Wednesday 9.15am - 5.00pm Thursday 9.15am - 4.00pm Friday 9.15am - 4.30pm
Health Centre, Fethard.	Fethard, Cloneen, Drangan and Killenaule	052 6131825	Wednesday 10.00am - 12.00pm
Health Centre, Mullinahone.	Mullinahone and Ballingarry	052 9153572	Tuesday & Thursday 10.00am - 12.00pm Appointment only on Friday 10.00-11.00am
Civic Offices, Limerick Road, Nenagh.	Nenagh West, Portroe & Silvermines	067 46680	Wednesday & Thursday 10.00am - 11.00am
Civic Offices, Limerick Road, Nenagh.	Nenagh East, Templeberry, Kilcommon, Lorrha & Toomevara	067 46649	Tuesday 10.00am - 11.30am
Kenyon Street, Nenagh.	North Tipperary Homeless Unit	067 46504	Tuesday 10.30am - 11.00am
Health Centre, Newport.	Newport, Rearcross, Kilcommon, Ballina & Birdhill	061 378299	Tuesday 10.00am - 11.00am Friday 12.00pm - 1.00pm
Health Centre, Gaol Road, Roscrea.	Roscrea & surrounding area.	0505 22226	Tuesday & Thursday 10.00am - 12.00pm
Health Centre, Gaol Road, Roscrea.	North Tipperary Homeless Unit	0505 22226	Wednesday 10.00am - 10.30am
Health Centre, Templemore.	Templemore, Loughmore & Clonmore	0504 32620	Tuesday 3.00pm - 4.00pm
Intreo Centre, Racecourse Road, Thurles.	Thurles, Upperchurch, Moyne, Templeouhy & Holycross	0504 67144	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
Intreo Centre, Racecourse Road, Thurles.	North Tipperary Homeless Unit	0504 67142	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
St. Vincent's Health Centre, Tipperary Town.	Tipperary, Emly, Bansha, Rossadrehid, Kilfeacle, Ballykisteon, Monard, Limerick Junction, Lattin, Donohill, Rossmore & Golden	062 82102	Tuesday & Thursday 10.00am - 11.30am Appointment only on Friday 10.30am - 11.00am

# Health Centres in County Tipperary

Address	Catchment Area	Contact Details	Times
Civic Offices, Limerick Road,Nenagh.	Nenagh West, Portroe & Silvermines	067 46680	Wednesday & Thursday 10.00am - 11.00am
Civic Offices, Limerick Road, Nenagh.	Nenagh East, Templederry, Kilcommon, Lorrha & Toomevara	067 46649	Tuesday 10.00am - 11.30am
Kenyon Street, Nenagh.	North Tipperary Homeless Unit	067 46504	Tuesday 10.30am - 11.00am
Health Centre, Newport.	Newport, Rearcross, Kilcommon, Ballina & Birdhill	061 378299	Tuesday 10.00am - 11.00am Friday 12.00pm - 1.00pm
Health Centre, Gaol Road,Roscrea.	Roscrea & surrounding area.	0505 22226	Tuesday & Thursday 10.00am - 12.00pm
Health Centre, Gaol Road,Roscrea.	North Tipperary Homeless Unit	0505 22226	Wednesday 10.00am - 10.30am
Health Centre, Templemore.	Templemore, Loughmore & Clonmore	0504 32620	Tuesday 3.00pm - 4.00pm
Intreo Centre, Racecourse Road, Thurles,	Thurles, Upperchurch, Moyne, Templetouhy & Holycross	0504 67144	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
Intreo Centre, Racecourse Road, Thurles.	North Tipperary Homeless Unit	0504 67142	Appointment only on Tuesday & Thursday 10.00am - 12.00pm
St.Vincent's Health Centre, Tipperary Town.	Tipperary, Emly, Bansha,Rossadrehid, Kilfeacle,Ballykisteen, Monard, Limerick Junction, Lattin, Donohill,Rossmore & Golden	062 82102	Tuesday & Thursday 10.00am -11.30am Appointment only on Friday 10.30am - 11.00am



# Support and Information Resources

## H.S.E. SERVICES

Adult Counselling Service, experience of abuse in childhood	
North Tipperary	1800 234 115
South Tipperary	1800 234 118
Adult Safeguarding & Protection Services	
North Tipperary	067 46470
South Tipperary	056 7784325
Child & Adolescent Mental Health Services (CAMHS)	
North Tipperary	067 46455
South Tipperary	052 617700
Community Alcohol & Drug Service - Clonmel	052 6177900
Community Alcohol & Drug Service - Nenagh	06746512
South Tipperary General Hospital	052 6177000
Nenagh General Hospital	067 31491
Drugs & Alcohol Helpline	1800 459 459

## DOMESTIC VIOLENCE SUPPORT SERVICES

ASCEND, North Tipperary	0505 23999
Cuan Saor Women's Refuge, Clonmel	1800 576 757
Rape Crisis Centre, Clonmel	1800 340 340

## YOUTH SERVICES

Foroige South Tipperary	086 2316302
Foroige North Tipperary	086 2043599
Youth Work Ireland—Tipperary HQ	0504 23426
Roscrea Youth Service	0505-24462
Waterford & South Tipperary Community Youth Service	(051) 872 710

## CANCER SUPPORT

Suimhneas Cancer Care, Nenagh	067 37403 087 123 6696
Cancer CARE, Clonmel	052 6182667
Cancer Suir Haven, Thurles	0504 21197
Cancer Circle of Friends, Tipperary Town	062 33550
Suir Dragon Paddlers—Cancer Survivors suidragonpaddlers@gmail.com	086 1742407

# Support and Information Resources

## LOCAL ORGANISATIONS

ACCORD marriage	
Thurles	0504 22279
Clonmel	052 61 24144
Nenagh	065 6824297
Barnardos Family Support Services:	
North Tipperary	0504 20018
South Tipperary	052 6170 665
National Callsave	1850 222 300
Family Carers Ireland	052 6170454
National Callsave	1800 240 724
Simon Community (Homeless)	
South Tipperary	052 617 2742
North Tipperary	061 608 980
Money Advice & Budgeting Service	0818 07200
St. Vincent De Paul Regional Office	061 317327
Diocese of Cashel & Emly	0504 21512
Diocese of Waterford Lismore	051 874463

## LEISURE CENTRES

Roscrea Leisure Centre	0505 23822
Nenagh Leisure Centre	067 31788
Thurles Leisure Centre	0504 58640

## BEREAVEMENT SUPPORT

Anam Cara Parental & Sibling Bereavement Support	01 404 5378
Barnardos Bereavement Helpline	01 473 2110
Suicide Bereavement Liaison Service—Pieta House	085 8568081 085 8073040 1800 247 247
Living Links—Suicide Bereavement Support—Tipperary	087 9693021
SUAS—Suicide Understanding & Support—Thurles	0504 21476/26366
Rainbows—Child Bereavement Support	01 473 4175

If you are concerned that a family member, friend or colleague is in distress and may be having thoughts of ending their life, don't hesitate to discuss your concerns and get advice from your GP, Shannondoc 0818 123500 or Caredoc 0818 300365, the HSE Resource Office for Suicide Prevention 051 874013 061 461454 or any other service.

## MENTAL HEALTH SUPPORTS

GROW: Mental Health	1890 474 474
Mental Health Ireland	01 284 1166
C-SAW Suicide Awareness	052 617 2477

# Support and Information Resources

## NATIONAL ORGANISATIONS

Active Retirement Information info@activeire.ie	01 873 3836
Ana Liffey Drug Project: www.aldp.ie	1800 78 68 28
Al Anon/Alateen	01 873 2699
Alcoholic Anonymous	01 842 0700
Mens Aid www.mensaid.ie	01 5543811
Aware: Helpline for Depression & Bipolar Email: wecanhelp@aware.ie	1890 303 302
BeLonG to (Gay, Lesbian, Bisexual & Transgendered) www.belongto.org	01 670 6223
Bodywhys (Eating Disorders Association) Helpline	01 2107906
Cancer National Helpline	1890 200 700
CARI (Child Sexual Abuse Counselling) Helpline	1890 924 567
Connect Adult Abuse Counselling Service	1800 477 477
24/7 Suicide Helpline (Pieta House) Text 'help' to 51444	1800 247 247
Online counselling	www.turn2me.org/ engage
Childline	1800 666 666
Cura (Crisis Pregnancy)	1850 622 626
Domestic Violence Helpline	059 9173552
Farm and Rural Stress Helpline	1800 742 645
Gamblers Anonymous	01 872 1133
Garda Confidential Line	1800 666 111
Gay Switchboard	01 872 1055
LGBT Helpline www.lgbt.ie	Freephone 1800929539
HSE Information Helpline	1800700700
Men's Sheds www.mensheds.ie	01 891 6150
Merchants Quay Ireland—homelessness and drugs	01 5240160
Missing Persons Helpline	1890 442 552
MOVE (Men Overcoming Violence)	065 684 8689
National Office for Victims of Abuse	1800 252 524
One Parent Families Support Helpline	1890 662 212
Parentline	1890 927 277

# Support and Information Resources

## NATIONAL ORGANISATIONS

Senior Helpline free phone	1800 80 45 91
Samaritans Email: jo@samaritans.org	116 123 061 412 111
Rape Crisis Centre Helpline: Tipperary Centre Dublin Centre	1800 340 340 1800 778 888
Teenline Ireland Helpline (8pm-11pm)	1800 833 634
Treoir (Unmarried Parents Support)	01 6700120
Women's Aid National Helpline	1800 341 900
House (Prevention of Suicide & Self Harm)	
Dublin Centre	01 601 0000
Limerick Centre	061 484 444
Roscrea Centre	0505 22568

## TALK ABOUT HOW YOU FEEL

Teenline Helpline:	1800 833 634
Samaritans Helpline:	116123
Aware Helpline:	1800 804848
Bodywhys Helpline:	01 2107906 / www.bodywhys.ie
Childline:	1800 666 666
Pieta House Suicide Bereavement Liaison Support:	1800 247 247 085 856 8081 085 807 3040
HSE Drugs Helpline:	1800 459 459 / www.drugs.ie
LGBTI Helpline	1890 929 539 / www.lgbt.ie
Crisis Pregnancy Counselling Service:	1800 828010 / www.myoptions.ie
Teen Between Helpline (Separated Parents)	1800 303191 teenbe- tween@mracs.ie

## INFORMATION & SUPPORT WEBSITES:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) / [www.nosp.ie](http://www.nosp.ie) / [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

# Support and Information Resources

## Family Resource Centres (FRC)/ Resource Centres/ Community Centres

<b>North Tipperary</b>	
Silver Arch Family Resource Centre, 52 Silver St, Nenagh, Co Tipperary. E45 P624 Phone: 067-31800 Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a> Website: <a href="http://www.silverarchfrc.ie">www.silverarchfrc.ie</a>	(services in Nenagh, Newport, Borrisokane and surrounding areas)
More Family Support Project, Youth Work Tipperary, Old Court House, Bank St, Templemore Phone: 087 264 2203 Email: <a href="mailto:mary.geoghegan@youthworktipperary.ie">mary.geoghegan@youthworktipperary.ie</a>	
Killaloe/Ballina Family Resource Centre, The Green, Killaloe, Co. Clare Phone: 061 374741 Email: <a href="mailto:info@kbfrc.ie">info@kbfrc.ie</a>	
Templemore Community Services Centre, Bank Street, Templemore, Tipperary Phone: (0504) 31244 Email: <a href="mailto:socialworktss@gmail.com">socialworktss@gmail.com</a>	
<b>South Tipperary</b>	
Millennium Family Resource Centre, Glengoole, Thurles, County Tipperary. Phone:(052) 9157992 Web: <a href="http://www.mfrc.ie">www.mfrc.ie</a> Email: <a href="mailto:eldercare@mfrc.ie">eldercare@mfrc.ie</a>	
Clonmel Community Resource Centre, Kickham St, Clonmel, Co.Tipperary. Phone: (052) 612 9143 Email: <a href="mailto:admin@clonmelcrc.ie">admin@clonmelcrc.ie</a>	
Nano Nagle Community Resource Centre, Greenside, Carrick-On-Suir, Tipperary. Phone: (051) 642 418 Email: <a href="mailto:carrickcommunityresource@gmail.com">carrickcommunityresource@gmail.com</a>	
Tipperary Community Services Centre, St Michaels Street, Tipperary Town Phone: 062-51622 Email: <a href="mailto:tippcommunitycouncil@eircom.net">tippcommunitycouncil@eircom.net</a>	SVDP-Tipperary Town 087-0680202
Knockanrawley Resource Centre, Knockanrawley, Tipperary Town, E34 D832 Phone: 06252688 Email: <a href="mailto:knockanrawleyrc@gmail.com">knockanrawleyrc@gmail.com</a>	
Three Drives Family Resource Centre, 22/23 Greenane Drive, Tipperary, Co.Tipperary E34 EE39 Phone: (062)80831 Email: <a href="mailto:terrythreedrivesfrc@gmail.com">terrythreedrivesfrc@gmail.com</a>	
Spafield Family Resource Centre, Old Road Cashel, Tipperary, E25 CX31 Phone: <a href="tel:06263622">(062) 63622</a> Email: <a href="mailto:reception@spafieldfrc.ie">reception@spafieldfrc.ie</a>	

# Support and Information Resources

## Social Welfare Offices

Area	Address	Area Covering
<b>Thurles Intreo Centre</b>	Racecourse Road Thurles 0504 67100	Thurles and surrounding areas including Holycross, Ballynonty, Ballingarry, Urlingford, Templemore and Borrisoleigh.
<b>Nenagh Branch Office</b>	Church View Nenagh 067 50902	Nenagh and surrounding areas including Toomevara, Cloughjordan, Borrisokane, Ballina, Silvermines, Rearcross and Templederry.
<b>Roscrea Branch Office</b>	Limerick St Roscrea 0505 22 840	Roscrea and the surrounding area including Borris-In-Ossory, Shinrone, Moneygall, Dunkerrin, Clonakenny, Curraguneen, Knock, Cloughjordan.
<b>Clonmel Intreo Centre</b>	Harbour House New Quay Clonmel	Clonmel and surrounding areas including Fethard, Drangan, Mullinahone and Ballymacarbry.
<b>Cahir Branch Office</b>	Market Yard The Square Cahir 052 744 5200	Cahir, Ardfinnan, Clogheen, Ballyporeen, Kilbehenny, Ballylooby, Newcastle, Kilbehenny, Araglen, Kilworth, Grange, Bansha, Golden, New Inn.
<b>Carrick-on-Suir Branch Office</b>	55 New St Carrick on Suir 051 601190	Carrick-on-Suir, Piltown, Windgap, Ninemilehouse, Rathgormack, Portlaw.
<b>Cashel Branch Office</b>	Bohermore Cashel 062 64220	Cashel and surrounding areas including Ballinure, Clonoulty, Annacarty, Dundrum & Golden.
<b>Tipperary Branch Office</b>	8 Church St Tipperary 062 80230	Tipperary Town and surrounding areas including Bansha, Aherlow, Galbally, Emly, Oola and Cappawhite.



**TIPPERARY**  
Age Friendly

**Print Version June 2022**

