



Tipperary Together Newsletter

2022 April

Issue No. 4

Welcome to Edition no. 4 of our newly formulated newsletter '**Tipperary Together**. The **Tipperary Together** newsletter will issue at the end of each month and will be a broader community focused newsletter showcasing supports and content of interest to community based groups and individuals.

This issue includes information on:

- PPN Plenary
- Living Well
- Social Prescribing
- CYPSC News
- Alzheimer Tea Day
- LGBT Community Social
- South Tipperary Parenting Hub
- Knockanrawley Resource Centre
- Sports Partnership
- National Drawing Day
- Parents Plus
- Bealtaine

Our First PPN Plenary Meeting in 2022 for all our Member Community Groups is In-Person!

Please come along and say hello to the PPN Secretariat (see them in the photo below) and to each other!



When: This Thursday 5th May 2022

Time: 7pm (6.30pm for the refreshments/networking)

Venue: The Order of Malta buildings, Boheravoroon, Thurles E41 HN28

A Plenary is the ultimate decision-making body of our PPN. If your group is a PPN member, then YOU are the Plenary!

We need PPN groups to come and approve our 2022 workplan and any new PPN reps since the last Plenary (which was online) in November 2021. One vote per registered PPN community group.

It is a chance to catch up with the Tipperary PPN's business, meet PPN reps, including members of the board who meet monthly to mind the PPN, who are known as the Secretariat.

There is a line-up of guest speakers, including an update on the County Ukraine Community Response Forum (what can we do to support the work being done in the county?) and news about the brand-new Social Prescribing Project in the county.

The main guest speaker is **Ruairi McKiernan** – Talking to us about community empowerment.

A little bit about this very inspiring man:

He is a multi-award winning Irish podcaster (his monthly podcast is called Love & Courage), campaigner, writer, public speaker & member of the Council of State.

Ruairi was the founder of SpunOut youth organisation and also helped to set up the Uplift, the campaign non-profit organisation.

If your group is a PPN member and you want to attend the event, please contact Ruth on 087 4567111 or coordinator@ppntipperary.ie

If you would like to provide content to the next issue of this newsletter or add your organisation as a group that receives this on a mailing list please email:

tipperarytogether@tipperarycoco.ie



Nenagh & Ballina/ Killaloe Virtual Dementia Cafe

ARE DELIGHTED TO HOST

Alzheimer's



**Bring a friend for
a cup of tea & a
chat and support
our fundraiser for
the Alzheimer's
Society of Ireland**

**VENUE: Tyone Community Centre,
Ormond Drive, Tyone**

DATE: Thursday 5th May 2022

TIME: 11am to 1pm



Silver Arch
Family Resource Centre



THE ALZHEIMER
SOCIETY of IRELAND



TIPPERARY
Age Friendly

Proudly supported by



**LGBT Community Social
in**

Limerick

City

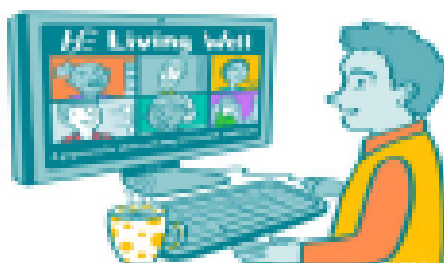
Sunday May 8th at 12pm



Contact
communitydev@goshh.ie
to sign up

Living Well

A programme for adults with long-term health conditions



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

You will develop self-management skills and confidence to live well with your health conditions.

Upcoming Living Well Programmes (North Tipperary)

Day	Start date	Finish date	Time
Tuesday	19th April 2022	31st May 2022	2pm – 4.30pm
Thursday	21st April 2022	2nd June 2022	10am – 12.30pm
Friday	22nd April 2022	3rd June 2022	10am – 12.30pm

To book your place contact

Philip Hennessy Tel: 087 - 1799396

Email: philip.hennessy2@hse.ie or

Liz Cox Tel: 087-1799392, email: liz.cox@hse.ie

www.hse.ie/LivingWell



Upcoming Living Well Programmes (South Tipperary)

Day	Start date	Finish date	Time
Monday	11th April 2022	16th May 2022	6pm – 8.30pm
Friday	22th April 2022	27th May 2022	10am – 12.30pm
Saturday	7th May 2022	11th June 2022	10.30am – 1pm

To book your place contact

Justin Brophy Tel: 087 - 4088325

Email: justin.brophy2@hse.ie or

email: selfmanagementsupportsSECH@hse.ie

www.hse.ie/LivingWell



Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management
support



Sláintecare.



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

HEALTH & WELLBEING FOR OVER 60'S

Join our 6 week health & wellbeing programme that looks at practical ways of incorporating good habits to help us age well

OFFERING PRACTICAL TIPS TO HELP US AGE POSITIVELY IN A GROUP SETTING

WE LOOK AT:

- HEALTHY BODY
- HEALTHY MIND
- DIET
- EXERCISE
- MINDFULNESS

Every Wednesday morning
Starting 20th April at 11am
In Tyone Community Centre

Places are limited so booking is essential!
Please contact reception on 067 31800

Contact Us
067-31800
www.silverarchfrc.ie
info@silverarchfrc.ie
52 Silver St, Nenagh
Co. Tipperary, E45 P624

Silver Arch
Family Resource Centre
Fáilte roimtheacht na Scríobhaí Síde
Health Service Executive

Silver Arch Family Resource Centre

Sow and Grow

Join our expert Albert Nolan
for our 6 Week Gardening
Programme for Families

For parents or guardians & children,
grandparents & grandchildren,
or any adult with children.

Ideal for beginners who want to learn
to sow & grow salads, vegetables
& flowers from seeds & plants.
All seeds & plants provided.

Promoting wellness and learning through
gardening and healthy living.

**VENUE: Nenagh Community
Garden**

DATE: Saturday 23rd April

TIME: 10am to 12 noon

Booking is Essential!
To book your family's
place, please contact
reception on 067-31800

Contact Us
067-31800
www.silverarchfrc.ie
info@silverarchfrc.ie
52 Silver St, Nenagh
Co. Tipperary, E45 P624

**Nenagh
Tidy Towns**

Silver Arch with **HE** **hi** **Tipperary**
Family Resource Centre

FREE 6 WEEK COURSE

HEALTHY FOOD MADE EASY

- Fun, interactive & a great way to learn about food & nutrition
- Cook & taste healthy recipes, pick up clever cooking tips
- Look at how to make your shopping cheaper & healthier
- All ingredients & equipment provided

EVERY MONDAY MORNING
STARTING: MONDAY 25 APRIL 2022
TIME: 10:30AM TO 1PM
VENUE: TYONE COMMUNITY CENTRE

**For enquiries & booking contact:
reception at 067-31800**

**Places are limited so
booking essential.**

Contact Us
067-31800
www.silverarchfrc.ie
info@silverarchfrc.ie
52 Silver St, Nenagh
Co. Tipperary, E45 P624

PARENTS PLUS Children's Programme

An evidence-based parenting course on promoting confidence, learning and positive behaviour in children aged six to 11 years.

Knockanrawley Resource Centre CLG
SICAP
TÚSLA
An Ghnóshluireacht um Leanaí agus na Trághlach
Child and Family Agency
THREE DRIVES
Family Resource Centre

We are offering you **2** options to attend this
8 week Children's' Programme

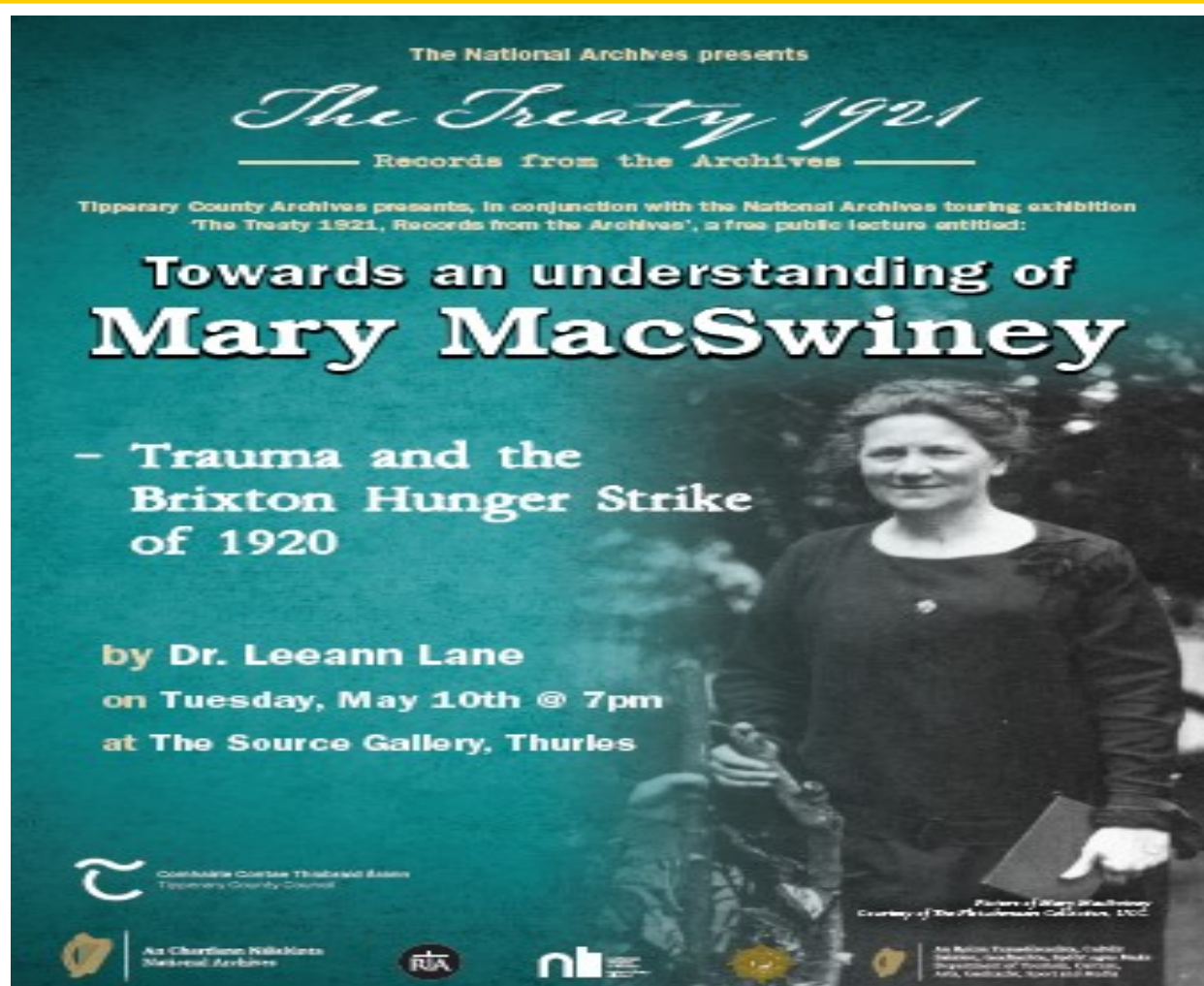
On-line Zoom meetings from Tuesday May 3rd – June 21st 6.30 – 9pm
OR
In-person meetings from Friday Sept. 2nd – Oct. 21st 9.30am – 12 noon
in Knockanrawley Resource Centre, Tipperary Town

The course will be facilitated by Family Support Workers Helen Buckley KRC PFSP and Marian Clarke, 3 Drives FRC.
For more information or to reserve your place, please contact:
Helen on 062 52688 or helenbuckleykrc@gmail.com or Marian on 062 80831 or mcna3220@gmail.com

Knockanrawley Resource Centre CLG in collaboration with
the Three Drives Family Resource Centre working together for the local community.

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.
www.parentsplus.ie

ParentsPlus
Empowering Professionals to Support Families



Exciting New VOICE Project for Disabled People in Tipperary

If you are a disabled person, or have a friend or family member who is disabled and they live or grew up in Tipperary then read on to learn about an exciting new project that goes live on the 28th April.

Virtual Online Inclusive Communities for Empowerment (VOICE) is a new community development project aimed at working with disabled people in seven counties. It is delivered by ILMI, (Independent Living Movement Ireland) which is a Disabled Persons Organisation i.e. one where Disabled People are involved in the DPO at every level. "Nothing about us, without us".

VOICE is based on digital networking, peer mentoring and empowering disabled people to be agents for change. It uses Zoom to build online collective spaces for disabled people.

The online sessions include a mix of Guest Speakers on relevant topics i.e. Employment supports, MABS, Assistive Technology, How to protect yourself from cyber-fraud, and if there are topics someone in the group thinks would be useful, it will be organised. There will opportunity to learn about and participate in the various programmes ILMI deliver i.e. CREATE, this programme is an innovative course that looks at the perceived and real blocks disabled people to pursue employment etc and works with people to address the barriers. The feedback from participants who completed the course has been really positive.

If you would like to find out more or register for the sessions in Tipperary, please text/ring Nicola 087 7189237 or email her at nicolameacle@ilmi.ie.



Tipperary Children and Young People's Services Committee: new edition of Parent Support calendar issued

Tipperary Children and Young People's Services Committee (CYPSC) has just brought out its edition of the Parent Support calendar covering the period, April – June 2022.

Tipperary CYPSC is a county level committee that brings together the main statutory, community and voluntary providers of services to work together for better outcomes for children and young people, aged 0 – 24 years. Since the beginning of 2017, it has been issuing a quarterly parent support calendar to provide up-to-date information on the range of services for parents around the county. The calendar contains details on :

- Parenting programmes taking place
- Youth and Family support agencies in different localities offering advice, information and other services
- Parent & Toddler Groups
- Parenting workshops
- Links to on-line information resources, such as Túsla's Parenting-24-7, HSE's MyChild, and Tipperary County Council's 'Keep Well' page.

Links to the current Parent Support calendar can be found on the social media platforms of Tipperary Public Participation Network, Tipperary Libraries and on the Tipperary CYPSC web-site [here](#).



SOUTH TIPPERARY PARENT HUB

Weekly Drop In Service for Parents in South Tipperary seeking

- Parenting Advice
- Information on Services
- Parenting Support

IN ASSOCIATION WITH

Community Mothers Clonmel • Three Drives FRC
Knockanrawley FRC • Spafield FRC • Clonmel Resource Centre
Barnardos Clonmel • Millenium FRC • NYP Cashel
Feroige • Tusla

Text or Whatsapp: 087-1241231
Facebook: <https://fb.me/southtipperaryparenthub>
Email: southtipp.parentshub@barnardos.ie







Parent Hub South Tipperary Calendar 2022

April 2022						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2022						
M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2022						
M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2022						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2022						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2022						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Spafield FRC Cashel Monday 9.30am to 12.30pm

Feroige Carrick, Knockanrawley FRC Tipp Town, Three Drives FRC Tipp Town Tuesdays 9.30 am to 12.30 pm

NYP Cashel, Tuesday 11 am to 2 pm

Barnardos Clonmel, Community Mothers Clonmel, Millenium FRC Glengoole, Clonmel RC Wednesday 9.30 am to 12.30pm

TIPPERARY SPORTS PARTNERSHIP

Tipperary Sports Partnership were delighted to work with Tipperary County Council and Tipperary Tourism to achieve accreditation for the Suir Blueway Tipperary which is now considered a world class destination for water-based and water-side activities along with Lough Derg & Boyne Blueway's. We look forward to providing activities on the Suir Blueway and Lough Derg.



2022 Funding Opportunities for Sports Clubs & Organisations

TSP are delighted to announce two funding streams to develop sport and increase physical activity in Tipperary.

- 1) Coaching and Development Fund
- 2) Covid 19 Return to Sport Fund

Check out our website www.tipperarysports.ie for more information
Closing date is 17th May at 4pm



Are you ready to Click into Gear - Bike Week will be taking place from the 14th to the 22nd of May, 2022. Keep an eye on our social media platforms for events and competitions!!

Maria, our Sports Inclusion Disability Officer, recently attended CampAbilities at Kilfinane Outdoor Education Centre. CampAbilities is a week-long residential sport and physical activity camp for children aged 10-14 with vision impairments. Maria delivered training to volunteers informing them of various vision impairments and how to guide, assist and adapt activities to meet the campers needs. Activities at camp included rock climbing, archery, kayaking, hill walking, athletics, VI tennis, VI rugby and many more. TSP were delighted to support such an action-packed week for both volunteers and campers.



What is Social Prescribing?

Social prescribing is a means of enabling GPs and healthcare professionals to refer patients to a social prescribing link worker- to provide them with a face to face conversation during which they can learn about the possibilities and design their own personalised solutions, i.e. 'co-produce' their 'social prescription'-so that people with social, emotional or practical needs are empowered to find solutions which will improve their health and well-being, often using services provided by the voluntary and community sector. It is an innovative and growing movement, with the potential to reduce the financial burden on the healthcare system.

Social Prescribing is about supporting the health and wellbeing of people by using community-based activities and supports, such as exercise, art, reading and gardening. There may also be an opportunity to attend self-help sessions such as stress control.

A focus on "what matters to the person" rather than "what's the matter with the person".

It aims to connect people with sources of support within the local community with a purpose of improving health and wellbeing.

Holistic approach focusing on individual needs and preferences

Promotes health and wellbeing and reduces health inequalities in a community setting, using non-clinical methods

Addresses barriers to engagement and enables people to play an active part in their health and well-being

Utilises and builds on the local community assets in developing and delivering the service or activity

Aims to increase people's control over their health and lives.

Who is it for? The programme is for anyone over the age of 18 living in Clonmel who may need additional support to mind their health and wellbeing. This programme is mainly beneficial to people who may feel lonely, socially isolated, anxious, depressed or in need of different kinds of social supports or for people with chronic health conditions.

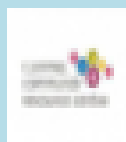
How it Works?

A GP or any other Healthcare Professional can refer a patient/client to the Social Prescribing link worker or self-referrals are also encouraged.

The Social Prescriber will meet your patient/client to discuss their needs and the various Social Prescribing options available in the area.

The Social Prescriber will make contact with the patient/client for a period of 8 sessions.

If you would like further information about social prescribing please contact Mary Anne the social prescribing link worker for Clonmel at [085 2711689](tel:0852711689) or email maryannesp@clonmelcra.ie



What matters to you?

SOCIAL PRESCRIBING

For Health and Well being

What is Social Prescribing?

Linking people into community activities and services to improve their health and well-being.

Who is it for?

Social prescribing is for anyone over 18 in who may feel anxious, isolated, lonely or depressed.

What are the benefits?

- Develop a new skill
- Participate in a new activity
- Meet new people
- Improve your physical and mental health.

What do I need to do?

You can be referred to this service by your GP or Healthcare Professional or community service.
You can also contact the service yourself!



GET IN TOUCH:

CALL/TEXT MARY ANNE @ 085 2711689

OR EMAIL maryannesp@clonmelcra.ie

TO CHAT ABOUT THIS FREE SERVICE



The poster features a background of various art supplies including yellow flowers, a pencil, and watercolor washes. At the top left is the logo for the Tipperary Museum of Hidden History, which includes a stylized 'M' and the text 'TIPPERARY MUSEUM OF HIDDEN HISTORY'. To its right is the logo for National Drawing Day, featuring colorful scribbles and the text 'National Drawing Day Saturday 21 May 2022'.

National Drawing Day

21st May 2022
Drawing Workshop
 11am - 12.30pm Children
 2pm - 3.30pm Adults
 No experience necessary
 €5

museum@tipperarycoco.ie



The advertisement features a group of diverse people (a woman, a man, a child, a woman, a man, a woman, and a man) standing in front of a green background. Above them are six speech bubbles containing the following text: 'Prepare, cook and taste healthy recipes', 'Learn about healthy eating', 'Get tips on food shopping', 'Plan meals on a budget', 'Relaxed and fun approach', and 'For all ages and abilities'.

Further details

The Knockanrawley Resource Centre Parent and Family Support Programme is offering this programme from Wednesday May 4th to June 8th. Please contact Helen Buckley, Family Support Worker on 062 52688 or helenbuckleykrc@gmail.com

Logos at the bottom include: HE, hi, Bialtas Aitheilt Éireann Local Government Ireland, KRC, European Union Investing in your future Research and Innovation Fund, pobal, and TUSLA.

The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and is funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020.

Bealtaine Festival Events at Clonmel Library

Monday 9th May
10am - 12pm & 12.30 - 2.30
Art Workshops

Two Workshops with local visual artist Paulette O'Donovan

Workshop 1 from 10 - 12pm 2D painting floral design on ceramic plate.

Workshop 2 from 12.30 - 2.30pm is 3D relief of plaster casting.



Tuesday 10th May
11am - 1pm
Back in My Day

Tipperary Age Friendly invites you to Clonmel library where Jimmy Duggan will interview you and collect your stories of days gone by.

These will be collated into a booklet - Reminiscing Back in My Day: Volume 2.



Wednesday 11th May
3pm - 4.30pm
"Focus on Four" - Writers Workshop

The four featured authors are Mary O'Gorman, Clonmel, Richard Cahill, Clogheen, Mary Caulfield, Cahir and Ann Dempsey, Carrick On Suir. They will provide tips, advice and encouragement to those who may be contemplating writing in their senior years.



Monday 16th May
11am - 12pm
Historic Costume Workshop

Local costume designer Tara Nelson will be on hand to help you get dressed like a lady and talk about some of the inspiration behind the costumes. A mini posey making workshop is included so you will have a cheerful takeaway reminder of the day.



Wednesday 18th May
7 - 8 pm
The Pauper Priest - A Play

Written and directed by Paul Maher and performed by Liam O Maoldhomhnaigh and Bob Russell.

'The Pauper Priest' tells the story of Fr John Barry (1846-1920) who, after being wronged by his bishop and denied a parish, fell into poverty and destitution.



Friday 20 May
2:30pm - 3:30pm
Find out more about your smartphone!

Tipperary ETB and Tipperary Libraries bring you a taster workshop to discover what your smartphone can do.

In this workshop, you'll find out about applications available on the phone, downloading ones that will be useful, organising and using your contacts, and much more. You'll also get the opportunity to ask questions and if you are interested, enrol in a short course afterwards.



Wednesday 25th May
7 - 8 pm
Post Brexit Ireland
A Talk by Brian Lucey

A graduate of TCD, with a First Class degree in Economics in 1984, Professor Lucey has worked as a statistician in the Department of Health and as an Economist in the Central Bank, prior to joining TCD. He has studied at graduate level in Canada, Ireland and Scotland, and holds a PhD from University of Stirling.



Places are Limited.

Please Phone Clonmel Library at 052 - 6166130 or call in!



Comhairle Contae Thiobraid Árann
Tipperary County Council

Bealtaine Festival
An Age & Opportunity arts initiative



arts Council Tipperary the arts

Clár Eire Ildánach
Creative Ireland Programme
2017-2021



bealtaine.ie



1st - 31st MAY

Growing up in a Porn Culture with Dr. Gail Dines

CULTURE REFRAMED

- THE HARMS AND SOLUTIONS
- THE LINK BETWEEN PORNOGRAPHY AND VIOLENCE AGAINST WOMEN
- OF INTEREST TO PARENTS AND PROFESSIONALS

**Webinar on April 6th
8.00p.m.-9.30p.m.**

**SEE NTDC.IE/EVENTS
TO REGISTER**

**FOR MORE INFO
ON DR. GAIL DINES SEE
CULTUREREFRAMED.ORG/TEAM**



GO PURPLE DAY

29TH APRIL 2022



SHOW YOUR SUPPORT BY GOING
PURPLE TO CREATE AWARENESS
OF DOMESTIC VIOLENCE

Phone 0505-23999 or email
ascend@ntdc.ie for more info.



Tipperary JPC and Tipperary County Council are proud to support Ascend and NTDC in promoting Go Purple Day on the 29th of April to raise awareness of domestic violence and to raise funds for their service. Women and men of all ages are called on to show their solidarity for women experiencing and exiting domestic abuse by embracing the colour purple for one day.

People at home, school, college and the workplace are encouraged to get involved in the campaign on Friday the 29th April by wearing, cooking, growing, eating or creating something purple, sharing their image on social media platforms using the hashtag #GoPurple.

The colour purple represents love, strength, dignity and independence all of which embrace the characteristics of a caring community which resists violence against women and girls"

South Tipperary Stop Smoking Service

Address: Physiotherapy Department, Tipperary University Hospital, Clonmel, Co. Tipperary

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Description: This face-to-face service is available to staff, inpatients and outpatients interested in quitting smoking. For further information or to book an appointment please call or email.

County: Tipperary

Email: angela.radley@hse.ie

Nenagh Stop Smoking Service

Address: Tyone Primary Care Centre, Nenagh, Co. Tipperary

Contact: Stacey Cahill

Phone: 065 6865841

Description: This service is available on Monday afternoons from 1.30am to 5pm

County: Tipperary

Email: linda.nolan7@hse.ie

Thurles Stop Smoking Service

Address: St. Mary's Primary Care Centre Thurles, Thurles, Co. Tipperary

Contact: Stacey Cahill

Phone: 065 6865841

Description: This service is available on Monday mornings from 09am to 12.30pm

County: Tipperary

Email: linda.nolan7@hse.ie

Visit www.events.whatsonintipp.ie to register your community event or to see what events are happening.

Please see www.tipperaryvolunteercentre.ie or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support. line 8am to 8pm.



"Tipperary PPN website www.ppntipperary.ie is the host for the community resources for Tipperary Together for Tipperary.

As part of the Tipperary Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary promoting community and support families coping at home & cocooning.



Visit gov.ie for COVID updates

You are not alone, help is at hand.



text about it

50808

