



## Tipperary Together Newsletter

2022 May

Issue No. 5

Welcome to Edition no. 5 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:

- Tipperary Age Friendly EXPO
  - Living Well Programme
  - South Tipp Parent Hub
  - Healthy Ageing 50
- My Little Library Book Bag
  - Sláintecare Healthy Communities
  - PPN Tipperary News

### **TIPPERARY AGE FRIENDLY EXPO 2022**

**Tipperary Age Friendly will host an EXPO in TUS (formerly LIT) Campus, Nenagh Road Thurles on 23<sup>rd</sup> June 2022**

This is an opportunity for agencies and community groups to showcase how they engage and support older adults in County Tipperary.

In addition to the information stands we will have a number of talks on the day informing you for e.g. about Fire Safety, Fair Deal Scheme, Living well with Dementia, Mindfulness, Meals on Wheels.

The event will run from 12 noon to 3pm with timeline for the speakers to be confirmed.

To ensure that people around the county can access the event Tipperary Age Friendly will also provide buses serving each of the following locations to arrive in Thurles for 12, departing at 3pm

- Cahir-Clonmel-Cashel- Thurles
- Carrick on Suir- Kilsheelan-Fethard-Killenaule-Horse & Jockey -Thurles
- Tipperary Town- Dundrum- Holycross-Thurles
- Roscrea- Templemore-Thurles
- Nenagh- Borrisoleigh-Thurles.

To book your place on the bus please ring 0818 08 5000 and ask to speak to a member of the Age Friendly Team or email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie)

In addition, if you would like to showcase your agency, your community group and how they provide content and supports for older adults, please also link with the Age Friendly Tipperary Team.

More information will issue through newspaper and local radio in the coming weeks.

## Tipperary Age Friendly EXPO 2022

### SAVE THE DATE



**TIPPERARY**  
Age Friendly

Opportunity to showcase your agency or group where inclusion of older people is promoted, valued and actively encouraged

• **When?** Thursday 23<sup>rd</sup> June 2022  
Public from 12 noon to 3pm

• **Where?** TUS Thurles Campus, Nenagh Road, Thurles

• **What?** EXPO & Information Event – showcase your service, provide information, increase awareness for older people in the County

For information or to book your stand Email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) Phone 0818 06 5000

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](mailto:tipperarytogether@tipperarycoco.ie)

Deadline for next issue content 24th June 2022



## My Little Library Bag for 4/5 Year Olds

All children starting school in September 2022 can get a free Book Bag at their local library. The 'My Little Library Book Bag' initiative is a collaboration between libraries and the Department of Children, Equality, Disability, Integration and Youth as part of the First 5 Strategy.

As part of the initiative, a 'My Little Library Book Bag' is available free for every child starting school in 2022 to help them to prepare for this big step. Children and their parents or guardians can collect the bags at any library throughout County Tipperary. Each My Little Library Book Bag contains:

- Three books on starting school, making friends and being comfortable to be yourself
- A story card on going to the library
- A postcard the child can write or draw on and send to their new teacher, or bring to give to the teacher on their first day at school
- Their very own library card and special 'My Little Library' cardholder

Book bags are available in both Irish and English.

Libraries across Tipperary are ready to greet the families and welcome new members of all ages. This initiative also presents an opportunity for parents to bring older or younger children along to join the library and borrow their own books. More information on My Little Library Book Bags is available at [www.tipperarylibraries.ie](http://www.tipperarylibraries.ie). More supports to help the transition to primary school are available on the Let's Get Ready page on [Gov.ie](http://Gov.ie).



**Liam and Eoin with their My Little Library Book Bag**

### This Summer at your Library

Keep an eye out for our summer programme at your local library! Thurles and Cashel libraries will have lots on for Cruinniú na nÓg on Saturday 11 June, and all our libraries will participate in Summer Stars. Summer Stars is a national, free, reading programme for all children. Pick up your Summer Stars bag, with reading card and pencil to get started with, choose from our vast selection of new books, and go on a summer adventure of reading and writing this year.

### Library Exhibition Space is Open

We are delighted to reopen our exhibition spaces too. We have exhibitions running our libraries at Carrick-on-Suir, Cashel, Clonmel, Nenagh, Roscrea, Templemore and Thurles. It's always worth popping into your local library. You never know what you might find! Follow us under Tipperary County Council Library Service on Facebook, Twitter and Instagram for the very latest news.

# 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	14 <sup>th</sup> June 2022	26 <sup>th</sup> July 2022	10am – 12.30pm
Wednesday	15 <sup>th</sup> June 2022	27 <sup>th</sup> July 2022	2pm – 4.30pm
Thursday	23 <sup>rd</sup> June 2022	28 <sup>th</sup> July 2022	7pm - 9.30pm

### To book your place contact

**Philip Hennessy** Tel: 087-1799396

Email: [philip.hennessy2@hse.ie](mailto:philip.hennessy2@hse.ie) or

**Liz Cox** Tel: 087-1799392, email: [liz.cox@hse.ie](mailto:liz.cox@hse.ie)

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



## Upcoming Living Well Programmes (South Tipperary)

Day	Start date	Finish date	Time
Tuesday	24 <sup>th</sup> May 2022	28 <sup>th</sup> June 2022	2pm – 4.30pm
Wednesday	8 <sup>th</sup> June 2022	13 <sup>th</sup> July 2022	10am – 12.30pm
Friday	24 <sup>th</sup> June 2022	29 <sup>th</sup> July 2022	2pm – 4.30pm

### To book your place contact

**Justin Brophy** Tel: 087 - 4088325

Email: [justin.brophy2@hse.ie](mailto:justin.brophy2@hse.ie) or

email: [selfmanagementsupportsSECH@hse.ie](mailto:selfmanagementsupportsSECH@hse.ie)

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



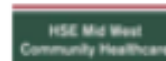
Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management  
Support



Sláintecare.



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



## Sláintecare Healthy Communities Clonmel May Update!

Sláintecare Healthy Communities has 3 key workers on the ground in Clonmel, each based within different agencies comprising of the HSE, Tipperary County Council and Clonmel Community Resource Centre. Social Prescriber Mary Anne Hayes is based within the Clonmel Community Resource Centre. Health Promotion and Improvement Officer Yvonne Kelly is based within the HSE. And Healthy Communities Local Development Officer Stephanie O'Callaghan is based within Tipperary County Council.

The Healthy Communities Local Development Officer is currently making contact with community groups, services and agencies in Clonmel. This will lead to mapping of existing services, agencies and community groups and create direct engagement with community stakeholders in order to identify assets and challenges which currently exist. Next steps would be to support place-based initiatives with groups and development centred around the improvement of outcomes related to the social determinants of health.

Stephanie O'Callaghan is interested in meeting with services, agencies and community groups and you are invited to make contact directly: [stephanie.ocallaghan@tipperarycoco.ie](mailto:stephanie.ocallaghan@tipperarycoco.ie), 087 9723482.



### What is Social Prescribing?

**Social prescribing** is about supporting people to connect with groups and services within their community to help improve general health and wellbeing.

**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.

### How it Works?

1. A GP or Healthcare Professional /community service can refer a patient/client to the Social Prescribing link worker by sending a referral form, self-referrals are also encouraged by contacting the social prescribing link worker directly.
2. The Social Prescribing link worker will meet with the person to discuss their needs and the various Social Prescribing options available in the area.
3. The Social Prescriber will meet with the person for a period of 8 sessions and support them to make links with groups, services and activities within their community.

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



# 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  
Foroige • Tusla

**Text or Whatsapp: 087-1241231**

**Facebook: <https://fb.me/southtipperaryparenthub>**

**Email: [southtipp.parentshub@barnardos.ie](mailto:southtipp.parentshub@barnardos.ie)**



The new South Tipperary Parent Hub drop-in service for parents launched in April, in association with:

- Community Mothers Clonmel
- Barnardos Clonmel
- Clonmel Family Resource Centre
- Spafield FRC, Cashel
- NYP Cashel
- Foroige, Carrick-on-Suir
- Knockanrawley Resource Centre, Tipperary Town
- Three Drives FRC, Tipperary Town
- Millenium FRC, Glengoole
- Tusla

The drop-in will be held in different locations across South Tipperary every week, from 9.30am -12.30pm, and will offer information, advice and signposting on parenting matters. Venues and dates of upcoming Hubs are highlighted on the South Tipperary Parent Hub calendar (attached) and will also be posted on the South Tipperary Parent Hub Facebook page [South Tipperary Parent Hub | Facebook](#). This page will also feature lots of helpful information on parenting, including details of other upcoming parenting-related events happening across the area.

# 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**

**Foreige Carrick, Knocknawley 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**

# PPN TIPPERARY

**PUBLIC PARTICIPATION NETWORK**

## Do you want to be part of our PPN team?

Following on from our successful (and fun!) Plenary meeting two weeks ago, we are now looking for nominations to fill some of the vacant PPN seats that we have on different county & regional boards. This is where our voice can be heard from the communities we represent.

Our reps can be requested to sit on a board as an All-County rep, North or South County rep, Municipal District (MD) rep or from one of our three colleges (sections) – Community & Voluntary, Social Inclusion and Environmental.

Starting with the Secretariat (the day-to-day management team of the PPN), there are five current vacancies in four of the Municipal Districts (MD):

- Tipperary/Cahir/Cashel MD Social Inclusion rep
- Tipperary/Cahir/Cashel MD Community & Voluntary rep
- Clonmel MD Community & Voluntary rep
- Nenagh MD Social Inclusion rep
- Carrick-on-Suir MD Environmental rep

The Secretariat meets once a month on blended meetings (Zoom or in person). The main decisions to be made are to support the staff and the work of the PPN. Other decisions are approved by all the PPN member groups at the twice yearly Plenary meetings (like the one held a fortnight ago, see the photo below).

There are various subgroups to volunteer for, if you have the interest &, possibly, the experience, such as, Finance, Event Planning, Staff Support etc, but they are not compulsory.



If you are a member of a group that is a PPN member & you want to know more, please contact Ruth on 087 4567111 or [coordinator@ppntipperary.ie](mailto:coordinator@ppntipperary.ie)



Decade  
of healthy  
ageing

## Healthy Ageing 50

A call for 50 leaders transforming the world to be a better place to grow older



Nominations open until **15 June 2022**  
in English, French, or Spanish.

Nominations can be made in any of  
the following **categories**:

- > Combatting Ageism
- > Age-friendly Environments
- > Integrated Care
- > Long-term Care

Selected leaders will be announced by  
a **high-level UN panel** in October 2022.

**Nominate yourself, or  
someone you know: [bit.ly/HA-50](https://bit.ly/HA-50)**





## THE 2022 HEALTHY AGEING 50

**Government, Civil Society, Industry and Academic Leaders  
Transforming the World to be A Better Place in Which to Grow Older**

**A UN Decade of Healthy Ageing initiative supported by the World Health Organization, the United Nations Department of Economic and Social Affairs, and the World Economic Forum's Centre for the Fourth Industrial Revolution Japan.**

### Background

The United Nations General Assembly declared 2021-2030 the UN Decade of Healthy Ageing: an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live. This year, as the Second World Assembly on Ageing approaches its 20-year milestone, there is an opportunity to generate renewed momentum for action to advance the ageing agenda. The Madrid International Plan of Action on Ageing, adopted in 2002, called for changes in attitudes, policies and practices at all levels – international, national, community, corporate and organizational – to recognize the ageing population as a potential resource that can contribute to development. At the same time, it sought to ensure that people everywhere will be enabled to age with security and dignity, and continue to participate fully in society. The Healthy Ageing 50 will help to drive this renewed momentum by honouring 50 leaders from across the globe who are already working to transform the world to be a better place in which to grow older.

Health and wellbeing are central to our experience of older age and the opportunities that ageing and longevity bring. The COVID-19 pandemic has shed a light on many gaps, not just in the things we do, but in how we think about ageing and older people. Improving the lives of current and future generations of older people requires a whole-of-society approach. Initiatives undertaken as part of the Decade will engage diverse stakeholders and seek to:

- change how we think, feel and act towards age and ageing;
- facilitate the ability of older people to participate in and contribute to their communities and society;
- deliver integrated care and primary health services that are responsive to the needs of the individual; and
- provide access to long-term care for older people who need it.

The Decade sets an ambitious vision, one that can only be realized through the combined efforts of governments, civil society, academia, business, media, and local communities. Healthy Ageing 50 will recognise those who are already working to make the goals of the Decade a reality.

### Definition

Healthy ageing is not about the absence of disease but about the creation of environments, opportunities and policies that enable us to be and do what we value as we age.

## Categories

The UN Decade of Healthy Ageing, which builds on the Madrid International Plan of Action on Ageing and aligns with the Agenda 2030 and the Sustainable Development Goals, establishes a common framework for driving change and fostering healthy ageing by prioritizing four areas for action. Integral to the framework is the need for concerted, collaborative action that is evidence-based and effective. Nominations should be associated with one or more of the four action areas of the Decade:

1. **Combatting Ageism:** Changing how we think, feel and act towards age and ageing
2. **Age-friendly Environments:** Ensuring that communities foster the abilities of older people
3. **Integrated Care:** Delivering integrated care and primary health services responsive to older people
4. **Long-term Care:** Providing access to long-term care for older people who need it.

## The Call

We are looking to name and honour 50 leaders who have contributed to fostering healthy ageing in their respective area of work, whether within administrations, organisations, universities, businesses, local communities, and more. We want to find leaders who do the following:

- Have found new ways to improve the lives of older people, their families or communities.
- Engage locally and nationally, promoting coherence across government policies.
- Lean on business, ensuring that industries help foster healthy ageing for all and not just for a select few.
- Reimagine the future, not only by harnessing new technologies and trends but also by drawing on experiences and lessons of older generations.
- Promote and integrate deeply one or more of the following ways of working essential to realising the Decade's objectives:
  - o Putting older people, their families and communities at the centre, ensuring that their views inform every step of the design and delivery of activities;
- Nurturing leadership and building capacity to take appropriate action integrated across sectors;
- Connect with their peers and stakeholders, recognizing that to make a difference in older people's lives we need to cut across existing sectors and disciplinary boundaries to provide a joined-up response;
- Support innovation to accelerate implementation, recognising that systems and requirements are frequently designed for past generations and not current or future ones; and
- Are responsive, improving or harnessing data, research, and knowledge to drive their activities.

## Proposed Selection Process

Nominations will be initially screened for eligibility and due diligence by the WEF's Centre for the Fourth Industrial Revolution in Japan (C4IR Japan), supported by WHO. All eligible nominees will be assessed by the review committee composed of representatives from the Inter-Agency Group on Ageing and the WEF/C4IRJ.

Directors of UN agencies will make the final selection. The final proposed list of leaders will be approved by a high-level UN agency leader (TBD).

In line with the UN Decade of Healthy Ageing's guiding principles of inclusivity, equity, and leaving no one behind, at least 50% of the selected leaders will be women, and come from low- and middle-income countries as defined by the World Bank.

## Deadline and Announcement

The deadline for nominations is 15 June 2022.

Nominations can be made on the UN Decade of Healthy Ageing Platform in English, French, or Spanish. Nominees from all UN Member States are welcome, but those from low- and middle-income countries as well as women and other underrepresented groups are especially encouraged to apply.

The Healthy Ageing 50 will be announced at a virtual event on 1 October 2022 (TBD). All nominees will be advised of the outcome prior to this event.

For questions, please contact: [healthyageing50@decadeofhealthyageing.org](mailto:healthyageing50@decadeofhealthyageing.org)

## 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](mailto: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](mailto: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](mailto:linda.nolan7@hse.ie)

Visit [www.events.whatsonintipp.ie](http://www.events.whatsonintipp.ie) to register your community event or to see what events are happening.

Please see [www.tipperaryvolunteercentre.ie](http://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](http://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](http://gov.ie) for COVID updates

**You are not alone, help is at hand.**

