



Tipperary Together Newsletter | September 2022 | Issue No. 9

Welcome to the latest edition 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:

Culture Night & Arts News
Carer's Course
Clonmel Library ISL
Local Link Updates

Autumn Wellness for Men
Smoke Alarms
Knockanrawley News
Tipperary Museum of Hidden History

Green Flag for Cahir
Silver Arch 'Let's Get Moving'
Living Well Updates
Support for Children & Families online

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

Deadline for next issue content 21st October 2022

Contact Us:

Phone: 0818 06 5000

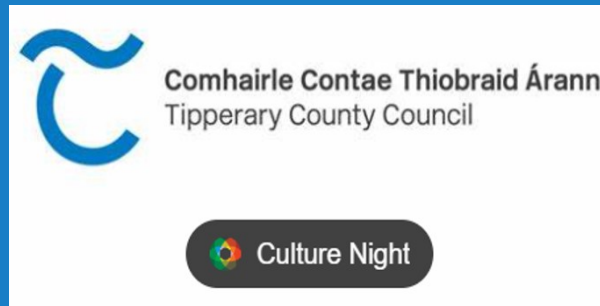
Email: customerservices@tipperarycoco.ie

Facebook: <https://www.facebook.com/tipperarycc>

Twitter: <https://twitter.com/tipperarycoco>

CULTURE NIGHT TIPPERARY 2022

Culture Night Tipperary 2022 presented 54 events across 15 Tipperary towns and villages, including exhibitions, live music, workshops, street performances, cultural walks, tours, and community events. With events produced by imaginative and hardworking artists, community groups and volunteers, multiple premier county venues came to life in celebration of culture, creativity and the arts.





WOULD YOU LIKE HELP TO GET YOUR CHILDREN MORE ACTIVE?

Short presentation and discussion

Get tips on how to:

- Provide active games
- Encourage healthy sleep habits
- Manage screen time



Date _____ 6th October

Time _____ 10am - 11.30am

Venue _____ Clonmel Library

Facilitator _____ Anna Henebery, Barnardos

For more information call Anna on 052 6170665 or email southtipp.parentshub@barnardos.ie



GREEN FLAG FOR CAHIR

Cahir Inch Field has received its first green flag and accreditation in the category of formal public Green Flag Park sites. This is further recognition of the great work that has been undertaken in Cahir with the support of Cahir Tidy Towns volunteers, other organisations and businesses in the town. Only awarded for exceeding tough environmental standards in green space management, and excellence of visitor attractions – the Green Flag Award Scheme is the mark of a quality park or green space and is recognised throughout the world.

The Green Flag Award scheme aims to encourage the provision of good quality public parks and green spaces that are managed in environmentally sustainable ways. In 2022 more Green Flag Awards have been secured by Irish Parks and Gardens than by any country, other than the UK where the scheme originated in 1996. Out of 136 awarded in Europe today, 104 were in Ireland.





Caring with Confidence

If you are a family carer, caring for a loved one with additional needs, you are invited to our bespoke, 8 week FREE introductory training programme to caring.



Start Date:
Thursday October 6th
6.30pm to 9.30pm

Venue:
Family Carers Ireland
Centre, Clonmel

"I was so nervous at the thoughts of doing anything like this, as I left work 5 years ago to care full time for my little girl who has a rare condition. I am so glad and proud of myself for making the decision to do this course. I have learned so much and met really lovely people who are now friends for life."

Family carer who completed the course in 2023

Why would I do this course?

- An introductory training programme to support and guide you in your family caring role
- Identify your needs and develop an action plan
- Learn baseline practical care skills for safe care delivery
- Explore and develop self-care practices

What will I be studying?

- Course topics will cover:
- Rights, entitlements & supports for the family carer
 - Introduction to Carer's Outcome Star Assessment
 - Safety at Home
 - Basic First Aid Skills
 - Practical Care Skills
 - Communication Skills
 - Last Aid
 - Self-Care Practices

Is there an entry requirement?

- No! You do not need to have any previous qualifications
- If you are interested, please contact us to find out more
- Please note this course is solely for family carers and not home care workers

This is an 8 week FREE course.

For more information contact Richie Molloy at rmolloy@familycarers.ie or 0527447102



In partnership/funded by



Tipperary



LET'S GET MOVING!

JOIN OUR 8 WEEK GREEN EXERCISE PROGRAMME



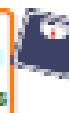
- 8 week outdoor easy walking programme for adults 18 years and older
- Meet your Walking Leader as part of a group twice a week.
- Includes gentle warm-up exercises to get you ready for walking.
- Each session lasts between 30-60 minutes

SUITABLE FOR BEGINNERS OR THOSE GETTING BACK TO EXERCISE.

Improves fitness & lowers blood pressure



Improves cholesterol & blood sugar levels



Maintains healthy weight



Meet new people & reduce isolation



Improves mental wellbeing

START DATE:

Tuesday 11th October, twice a week for 8 weeks in Nenagh Town.

WALKING TIMES:

Every Tuesday & Thursday 2pm to 3pm.

PLACES ARE LIMITED ON THIS PROGRAMME, BOOKING ESSENTIAL!

To book your place please contact reception on 067-31800

Contact Us

067-31800
www.silverarch.ie
info@silverarch.ie
53 Silver St, Nenagh
Co. Tipperary, E45 P624



Community Talks & Seminars



Follow @intheopenclonmel on Facebook & @intheopenarts on Twitter for updates on this Arts Council funded programme.

Tipperary Heritage Office information.

You will find the latest Tipperary Heritage Office Newsletter below, which contains information on current opportunities and events.

<https://www.tipperarycoco.ie/tipperary-heritage-office-newsletter>

If you would like to be part of our mailing list please send an email with "Subscribe" in the subject line to: heritage@tipperarycoco.ie
Follow us on Facebook and Instagram: Tipperary Heritage Office.



Goldfinch on Knapweed



Fitness & Wellbeing Programme for Men

Autumn Wellness

(Place4U and ETB Clonmel)

**Starts 26th Sept 2022
for 10 weeks**

(Free admission)

Contact Mary on 087 4407935



etb
Enterprise Training Board



PLACE 4U



Tipperary Fire & Rescue Service

*We are offering smoke
alarms to vulnerable
members of our community*

Supplied and fitted free of
charge by a member of
Tipperary Fire & Rescue
Service



Community Smoke Alarm Scheme



*Scan here for more
information on how to apply*



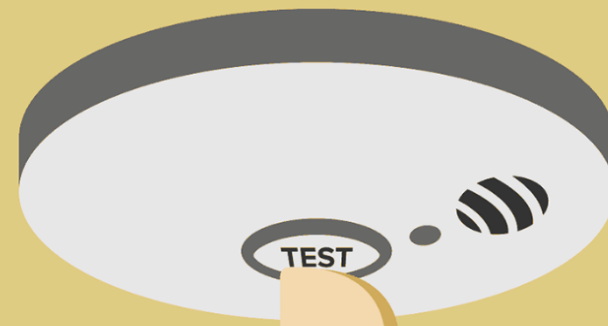
0818 06 5000



fireoffice@tipperarycoco.ie



www.tipperarycoco/fire



Smoke Alarms
Save Lives
**TEST YOURS
WEEKLY**

Check out our website to learn how you
can maintain your smoke alarm



ISL (IRISH SIGN LANGUAGE) IN CLONMEL LIBRARY

Clonmel library was delighted to host our first signed story time on Saturday, 17th. September. This event marked the beginning of ISL Awareness Week in collaboration with the Community and Economic Development Office, Tipperary County Council. The project "Sign of the Times...the Story Continues" has created online digitised stories for children, voiced by library staff and signed by Mary Kiely, Irish Deaf Society. A selection of these stories are now available to view on YouTube and Tipperary Libraries website:

<https://www.tipperaryllibraries.ie/sign-of-the-times/>

After the story time there was an interactive session where Mary introduced some sign language to the children, facilitated by Interpreter Mary Dermody.

Such was the success of the day we now plan to have signed stories at Halloween and Christmas.



Knockanrawley Ability Project in collaboration with Tipperary ETB roll out The Transition Programme

Knockanrawley Ability Project has collaborated intensely with the Tipperary ETB since the start of 2022. The aim of this collaboration was to devise a transition programme for Scoil Chormaic participants to support them to realise the many opportunities that await them on leaving school. One of the highlights of the programme was the participation in a career guidance module which facilitated the students to think about the pathway they wish to take. The programme also provided all the resources around progressing to a FET course and overcoming any hurdles.

A special word of thanks to Deborah ,Tom, Kathleen ,Linda from the ETB and to Christine the tutor who facilitated the programme in a very professional and understanding style.

Pictured below are the 6 Ability participants, Sidd ,Liam ,Craig Nathan ,Isabelle and Kallum who completed the course over the summer with the support of Evelyn (Ability Project Co-Ordinator)and Emily (Ability Project support Worker).

We look forward to continuously working with all the participants to support them to reach their goals knowing that they have choices.



Living Well

A programme for adults with long-term health conditions
Your toolkit for better health



Living Well is a free group programme for Adults living with long-term health conditions and/or their adult carers. It is delivered over six workshops (2.5 hrs per week for 6 weeks) by trained leaders, most of whom are also living with long-term health conditions.

A long term health condition is one which can be treated and managed but usually not cured.

Living Well can support you to develop the skills and confidence to manage and live well with your health condition(s).

For further information visit: www.hse.ie/livingwell

Upcoming Living Well Programmes (North Tipperary)

Day	Start date	Finish date	Time	Location
Thursday	27 th Oct 2022	1 st Dec 2022	10am - 12.30pm	Hospital
Friday	28 th Oct 2022	2 nd Dec 2022	10am - 12.30pm	Online

To book your place contact

Phillip Hennessy Tel: 087-1799396

Email: phillip.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	Location
Saturday	8 th Oct 2022	19 th Nov 2022	10.30am - 1pm	Online
Tuesday	18 th Oct 2022	29 th Nov 2022	2pm - 4.30pm	Online
Tuesday	1 st Nov 2022	6 th Dec 2022	10.30am - 1pm	Tipperary Primary Care Centre, (E34K682)

To book your place contact

Justin Brophy Tel: 087 - 4088325

Email: justin.brophy2@hse.ie or

email: livingwellse@hse.ie

www.hse.ie/LivingWell



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



Did you know Tipperary Local Link runs a **door-to-door (DRT) service from:**

Newtown to Nenagh every Thursday

Rathcabbin to Birr every Friday


Templetuohy to Thurles every Friday

Clonakenny to Templemore every Saturday

Kilcommon to Dolla every Friday

Cloughjordan to Birr every Friday

Kilcommon to Borris every Friday

If you or anyone you know would like to avail of this service please buzz  052-6166140 or

See: www.LocallinkTipperary.ie for more information.

HOP ON A LOCAL LINK BUS AND RE-CONNECT!



TIPPERARY SPORTS PARTNERSHIP



Paddling sessions last weekend as part of National Blueway Day on the Suir Blueway.

Check out our online Tipperary Sports Club Support Package which will enable sports clubs in Tipperary to gain easier access to relevant training courses that will benefit their coaches. These workshops are on Tuesday nights at 7.30pm.

Workshop 1 Strength & Conditioning in Sports – 4th of October – this will be delivered by Pdraig Roche, Lead Academy Strength & Conditioning Coach with Arsenal FC, a Setanta College Lecturer and Director of Association for the UKSCA.

Workshop 2 Sports Nutrition – 11th of October – this will be delivered by Dr. Amy McGuire, Head of Department of Sport and Early Childhood Studies in TUS and is the Performance Nutritionist with Tipperary GAA.

Workshop 3 Physical Literacy – 18th of October – this will be delivered by Ian Farrell

Workshop 4 LTAD in Sport (Long Term Athletic Development) – 25th of October – this will be delivered by Dr. Philip Kearney lecturer in Motor Skill Acquisition Coaching and Performance & Course Director of MSc. Applied Sports Coaching in University of Limerick.

This package is heavily subsidised and has limited availability, so please register as soon as possible to avoid disappointment. Cost for this package is €40 plus booking fee. For registration and further details check out our website www.tipperarysports.ie If you have any queries please email: info@tipperarysports.ie or call 052 616 6201

Tipperary Sports Partnership is facilitating two new 8 week walking programmes which will be delivered by Suil Eile. These programmes will be led by a qualified walking tutor each night. The cost of these programmes are €10 + online booking fee.

Programme 1 - Let's Get Tipperary Town Walking.

Commencing on Monday 3rd October at 7.30pm and Meeting Point is the carpark at Canon Hayes Recreation Centre.

Programme 2 - Let's Get Newport Walking.

Commencing on Wednesday 5th October at 7.30pm and Meeting Point is the Newport GAA Club.

Booking is through www.tipperarysports.ie for the above walks.

TIPPERARY MUSEUM OF HIDDEN HISTORY LECTURE SERIES

The Museum's annual lecture series will recommence next month on Saturday 8th October and run once a month until April. This year the lectures will be held in person but will also be recorded and uploaded to our website afterwards for anyone who cannot make it on the day.

There is a change of venue too – lectures will be held in The Council Chamber, Civic Offices, Clonmel – just across the road from the Museum. Please note that the capacity of the Chamber is 50 seated so it is recommended to pre book to ensure you get a seat. Please email or telephone me, Julia Walsh, Tel: 052 616 5254 or julia.walsh@tipperarycoco.ie to book your seat or see our website at www.hiddenhistory.ie. There will be €5 payable at the door.

The focus of the series this year is on The Big House. As this is the 10th series I felt it was time to look back at the theme of our first ever series and see how our knowledge and understanding has changed.

I look forward to welcoming you all back and hope to see many familiar faces and would be delighted if you brought along a new face with you. The usual tea and scones afterwards will also return.



TUSLA
The National Children's Research and Development Institute

Supporting Children and Families in the Online World

Webinar for Family Support Practitioners & Educators



Mary O'Kane, BSc, MPhil, PhD
Lecturer in Psychology & Early Childhood Education

Funded by Tipperary CYPSC in conjunction with Millennium FRC

Latest research on the impact of technology on children and the role of practitioners & educators in supporting parents to better understand the issues their children face.

Oct. 18th 10.30 am to 12
Contact Julie on 083 1008075 for Zoom link.

Make Way Day 2022

Make Way Day took place nationwide on Friday 30th September. **“Make Way Day”** is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share.

It is led by the Disability Federation of Ireland and is a unique collaboration across Ireland and the voluntary and local government sectors. But most of all it is about people with disabilities.

The top 3 obstacles that stop people with disabilities are:

- Cars parked on footpaths
- Bicycles illegally parked
- Bins left on footpaths.

Áine Roche, Healthy County Co-Ordinator and Stephanie O Callaghan, Sláintecare Healthy Communities Local Development Officer, highlighted the campaign by parking a vehicle incorrectly and also parking in a disabled space without a permit outside the Civic offices in Clonmel to highlight the difficulties it can cause for every day people who need these spaces. The message of the day was **“Hey, this blocks my way”!** The campaign went viral on the day encouraging people to post photos and videos and use the **#MakeWayday2022**



Left to right: Tony Warren (Clonmel & District Wheelchair Society), Gerard Quigley (Tipperary County Council), Garda Eoin Philpott (Clonmel Garda station), Elaine Touhy (Traffic Warden), Mayor Pat English, John Walsh (Tipperary County Council), Áine Roche(Healthy County Co-Ordinator).



THE CAMPAIGN - HEALTHY WEIGHT

Research has shown that weight-gain is influenced by multiple factors such as environment, access to healthy and affordable food, physical activity, genetic make-up, and lifestyle. This preventative campaign will support people to prevent weight gain in their 20s and 30s by focussing on four pillars – sleep, stress, physical activity and nutrition.

This campaign forms part of a series of initiatives by Healthy Ireland to address overweight and obesity in the adult population, with this particular element raising awareness of the heightened risk of developing overweight and obesity as people move through young adulthood.

The campaign is entirely on social channels - Instagram, Facebook, Twitter and TikTok - to target our key audience of 25 to 34-year-olds.

HOW CAN YOU TAKE PART IN THE CAMPAIGN

To encourage people to take visit the website to find out more and share the preventative habits we are asking you to get involved by sharing on your social media platforms.

Use our hashtag: #PreventWeightGain

Direct to website: Learn more at www.Gov.ie/HealthyWeight

Tag us in your posts and re share our posts:

Twitter: HealthyIreland

Facebook: Healthy Ireland I

Instagram: hihealthyireland

Contact Numbers & Helplines



Stop Smoking Services

South Tipperary:

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

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Description: This face to face service is available to staff, inpatients & outpatients interested in quitting smoking.

Nenagh:

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

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Description: This services is available on Monday afternoons from 1:30-5:00pm.

Thurles:

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

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Description: This services is available on Monday mornings 9:00-12:30pm.

Carrick-on-Suir:

Address: Carrick-on-Suir Primary Care Centre, Carrick-on-Suir, Co. Tipperary

Contact: Colm O'Connor

Phone: 087-7526429

Email: SouthEastStopSmokingSupport@hse.ie

Description: This service runs every Wednesday

Cahir:

Address: Cahir Primary Care Centre, Barnora, Cahir, Co. Tipperary

Contact: Colm O'Connor

Phone: 087-7526429

Email: SouthEastStopSmokingSupport@hse.ie

Description: This service runs every Friday

Please see

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



volunteer centre
Ionad d'Obair Dheonach Thiobraid Árann
TIPPERARY

"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.

PPN TIPPERARY
PUBLIC PARTICIPATION NETWORK

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.



Visit

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

You are not alone, help is at hand.



Email jo@samaritans.ie



(24 HRS A DAY, EVERYDAY)
Text TALK to 50101
Online chat - www.childline.ie



Centre for the prevention of Suicide and Self-harm. Bereavement counselling for people bereaved by Suicide: **061 484444**
Crisis: **1800 247 247 (24 HRS A DAY)**
Bereavement: **085 8568081**

yourmentalhealth.ie
Information | Support | Services
1800 111 888



9am to 8pm, Monday to Friday

text about it

50808



drug and alcohol
HELPLINE

1800 459 459 (24HRS A DAY)
helpline@hse.ie