



Tipperary Together Newsletter | 2023 | Issue No. 8

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:

- **Tipperary Museum of Modern History**
- **Recovery College South-East**
- **TÚS supporting communities**
- **Tipperary Sports Partnership**
- **Circle of Friends Tipperary SASS cards**
- **Tipperary Children and Young People's Services Committee (CYPSC)**
- **Living Well Programmes**
- **Millennium Family Resource Centre**
- **Quit.ie**
- **Arts Office**
- **Local Link**

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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

TIPPERARY SPORTS PARTNERSHIP NEWS

Sports Partnership in association with Suil Eile are facilitating 2 eight week Walking Programmes
The walking programmes will be led each week by a qualified walking tutor.
The cost of the programmes are €10 + online booking fee

Let's Get Cahir Walking

This programme starts on Wednesday 13th September at 11.30am.
Booking is through <https://bit.ly/3Oyht2f>

Let's Get Nenagh Walking

This programme starts on Monday 2nd October at 7.30pm
Booking is through <https://bit.ly/3rV0NZJ>

TSP are delighted to be hosting an **Autism In Sport Online Workshop**

When: Thursday 14th September

Time: 7pm – 9.30pm

Where: Zoom

Cost: €15 plus booking fee

This online workshop is designed to provide participants with the knowledge, skills and ideas on how to adapt and modify your sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities, specifically A.S.D.

Booking and further information <https://www.tipperarysports.ie/content/autism-in-sport-training>

TIPPERARY MUSEUM OF HIDDEN HISTORY

presents

"Oh, the Allegory"

by Artist Eugene de Leastar



JUNE 30 - 9 SEPT 2023

**FREE
CATALOGUE**

ENTRY FREE

**MICK DELAHUNTY SQUARE, CLONMEL
052 61 65252**

What is covered each week?

- Week 1
 - Using your mind to manage symptoms
 - Fatigue and getting a good night's sleep
 - Introduction to action plans
- Week 2
 - Dealing with difficult emotions
 - Physical activity, exercise, preventing falls
- Week 3
 - Decision making
 - Pain management
 - Healthy eating
- Week 4
 - Better breathing
 - Reading food labels
 - Communication skills
- Week 5
 - Medication management
 - Positive thinking, dealing with low mood and feelings of depression
- Week 6
 - Making informed treatment decisions
 - Planning for the future

www.hse.ie/LivingWell

What people have said about the programme

"It made me aware of my habits and gave me the tools to make positive changes"

"I have never done a course like this before. It was so truly enjoyable and I learned so much about myself and living with my illness"

"I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally"

For more information on the Living Well Programme, please contact:

Living Well Team,
South East Community Healthcare

Phone: 056 7784 944 or 056 7784 945
Email: LivingWellSE@hse.ie

Support is available for anyone who needs technical help for online programmes:

- One to one tech support for every programme
- Loan of devices (tablet, webcam, headset etc.)

www.hse.ie/LivingWell
HSELive: Freephone 1800 700 700



Sláintecare.



Date of publication:
August 2022



Sláintecare.



Living Well is an SMRC
Evidence Based Self-Management Programme
originally developed at Stanford University



Living Well

A Programme for Adults with
Long-term
Health Conditions



Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with a long-term health condition. It takes place over six weekly workshops (2.5 hrs x 6) – either in-person or online. 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

Venue	Day	Start date	Finish date	Time
St Dymphna's Hospital, Carlow	Wednesday	30th August 2023	4th October 2023	10.30am–1pm
Nano Nagle Centre, Carrick on Suir, Tipperary	Thursday	31st August 2023	5th October 2023	10.30am–1pm
Online	Monday	4th September 2023	16 October 2023	10.30am–1pm
Loughboy Parish Centre, Kilkenny	Tuesday	5th September 2023	10th October 2023	10.30am–1pm
Online	Monday	23rd October 2023	11th December 2023	2pm–4.30pm
Ferrybank Primary Care Centre, Waterford	Tuesday	7th November 2023	12th December 2023	10am–12.30pm
Waterford Primary Care Centre, John's Hill	Tuesday	7th November 2023	12th December 2023	2pm–4.30pm
Clonmel FRC, Tipperary	Wednesday	8th November 2023	13th December 2023	10.30am–1pm
Raheen FRC, Wexford	Thursday	9th November 2023	14th December 2023	10.30am –1pm

To book your place contact

056 7784 944 / 056 7784 945 or email LivingWellSE@hse.ie

Support is available for anyone who needs technical help for online programmes, including loan of devices.

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.



Living Well

A free group Self-Management programme for adults living with long-term health conditions.

BOOKINGS NOW OPEN



For bookings, enquiries or promotional material email LivingWellSE@hse.ie

Or phone 056 778 49 44 / 056 778 49 45

Referrals are accepted from potential participants and/or clinicians, social prescribers, HSE staff, Community Organisations etc



RECOVERY COLLEGE
SOUTH EAST

Greenshill
Kilkenny
056 7703666
086 1746330
recoverycollegesoutheast@gmail.com
Website: www.recoverycollegesoutheast.com

Recovery College South East Recovery Education Programme September to December 2023

You are invited to join us in our new Recovery Education Programme for Autumn/Winter 2023.

All our courses and workshops are co-produced and co-delivered with those who have lived experience in partnership with professional expertise, "the expert by experience working alongside the expert by profession".

Courses and workshops at the Recovery College South East are for everyone and are free.

This year, we are delighted to be able to offer integrated/hybrid workshops which means you have the option of attending some of the workshops in person or join online from home as specified on the timetable. It is important if you choose the online option, that you indicate your preference on the enrolment form so the link can be sent to your email.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com.) You can scan our QR code for quick access to our website

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or
2. Phone us on 086 1746330 to enrol



MILLENNIUM FAMILY RESOURCE CENTRE

Supporting Families ~ Empowering Communities

Glengoole, Thurles, County Tipperary.
Phone : 052-9157992

Millennium Men on the Move



Gentle Fitness with a focus on :

- **Men's health**
- **Positive ageing**
- **Maintaining and improving mobility levels**
- **How to work around pain and health issues that may arise**
- **Nutrition advice.**

Come along on Monday 4th
September.@11:15-12:15pm for a 12-week health
and fitness programme.

Classes are FREE
Please contact Alice on 083-1014313 to book



Tipperary Children and Young People's Services Committee (CYPSC)

Tipperary Children and Young Peoples Services Committee (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, in Co. Tipperary. It provides a forum for the identification of key priority issues, for joint strategic planning to address these and for co-ordination of planned actions to ensure that the key needs of children, young people and their families are identified and are addressed through inter-agency work.

Stephanie O'Callaghan is the newly appointed Tipperary CYPSC Coordinator.

Contact Details for Stephanie: email: stephanie.ocallaghan1@tusla.ie, phone: 087 2076726
Website: <https://www.tipperarychildrenandyoungpeopleservices.ie/>

QUIT.ie

STARTS



Sláintecare
Healthy
Communities

**Wednesday 13th September
11am - 12.30pm**

We Can Quit!

**Are you struggling to stop
smoking on your own?**

Come and join the We Can Quit programme!

A FREE community-based programme that supports you to stop smoking, improve your health, manage your stress, and have a better quality of life.

What is We Can Quit?

8 week programme for men and women over 18 with 3 core elements:

- **Group Support** - facilitated by HSE trained Stop Smoking Advisors.
- **One to One support** - weekly check-in by Stop Smoking Advisors.
- **Access to free 12 week supply of Nicotine Replacement Medication** (on GP or Pharmacist's advice)

Clonmel Community Resource Centre E91 XD00

To book your place contact: Geraldine Moloney

phone or text: 087 188 0690 email: geraldine.moloney@hse.ie



Community at work!
CLONMEL
COMMUNITY
RESOURCE CENTRE



Clonmel, Clonmel, Thurles & Arane
Tipperary County Council

Community and Voluntary sector in South Tipperary is proud to provide life changing opportunities for unemployed persons

South Tipperary Development Company (STDC) is delighted to announce the expansion of its Tús programme in South Tipperary. If you are in receipt of Disability Allowance, you're now eligible to join us on our Tús programme.

If you're over one year unemployed and are in receipt of Job Seekers Allowance or Disability Allowance, you could qualify to join our Tús programme. It can provide you with quality work experience with a local community or voluntary group. Whilst on Tús, you work 19.5 hours per week for a one year period and you will receive a nominal top-up to your existing payment.

STDC has seven Tús Team Leaders who oversee the programme in South Tipperary, most of whom have been working on Tús since it began in 2011. The team are very experienced and will support you on your Tús Journey. Our Team Leaders will meet and work with you to identify your interests, skills and hobbies and will match these to a work placement with a local community or voluntary group.

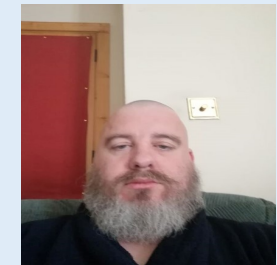
There is a variety of work placement opportunities on Tús. If you like to work outdoors, our Team Leaders can place you with a community group to help with Tidy Town's, maintain green areas, graveyards and community walkways and caretake community centres. Other participants prefer a placement with sporting organisations helping to maintain pitches and preparing for sports events, whilst others are interested in developing their IT and Social Media skills. Some participants opt to work with older people, meals on wheels or in a community childcare setting. If retail experience is what you're after, Tús partners with many charity shops and community shops / cafes who would welcome a Tús participant to join their team of volunteers. This sentiment was echoed by Regional Retail Manager for St Vincent de Paul, Suzanne McNamara O'Reilly recently. She said the "Vincent's network of shops could not operate with volunteers alone." She also went on to say that "The Tús participants are invaluable to the smooth running of the shops."

Brian O'Connor tells us his story of working on the Tús program. He started on the Tús program just before COVID and was placed with the Irish Wheelchair Association charity shop based in Tipperary Town gaining valuable retail experience and learning how to deal with the public. Brian found the experience really worthwhile and in fact it led to his current job - Deputy Manager at Mr. Price in Tipperary Town where he has worked for the last 2 years. Speaking to Brian, he recommends the Tús program to people if they're unsure of what they want to do as he found the help and guidance invaluable on finding out what he's good at. "I was at nothing before I joined Tús - no job, no money and then everything started to go uphill for me."

Tús is vital to the effective functioning of many communities in South Tipperary, particularly since Covid where many people have stood back from volunteering in their local community. Over 150 communities have benefited from the help of over 2,800 participants that have been on the scheme over the years. Many participants found their time on Tús to be very beneficial. Sean from Lisronagh shares his experience and testifies to how he benefits from contributing to community work. Sean is currently working with Moyle Rovers GAA since April this year and is really enjoying the experience. "It's better than staying at home and doing nothing. Due to my health, I can only work part-time. I was applying for part time jobs for a year but nothing doing. I was sending CV's in left, right and centre and getting nothing. I would definitely recommend the program. For me, it gets me out of the house and I enjoy the responsibility. I find it very flexible in terms of how I get my 19 and half hours done each week. And I really enjoy the experience of doing something different".

If you would like to join our Tús programme or find out more information, please phone South Tipperary Development Company on 052 7442652 or follow us on <https://www.facebook.com/SouthTipperaryDevelopmentCompany>, <https://www.linkedin.com/company/south-tipperary-development-company/> or on Instagram <https://www.instagram.com/southtippdevco/>

Photography accompanying the story:



St. Vincent de Paul shop Suzanne McNamara O'Reilly on right (Regional Retail Manager) with Tús participant Kristina Ivanauskienė

Sean Quirke - who is working with Moyle Rovers GAA as part of the Tús programme.

Tipperary Arts Office information

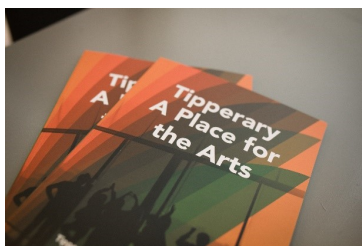
To stay up to date on what's going on in Tipperary's Artistic Communities, check out the latest Newsletter below
<https://www.tipperarycoco.ie/arts-and-culture/arts-information-and-advice>

If you would like to be part of our mailing list please send an email with "Subscribe" in the subject line to: artsoffice@tipperarycoco.ie

Follow us on Social Media at: Facebook: <https://www.facebook.com/tipperaryartsoffice/>

Twitter: @Tipperaryarts

Instagram: @tipperaryartsoffice



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/heritage-and-conservation/heritage-information-and-advice>

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.



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!



A unique set of beautiful cards, designed especially for cancer survivors, was launched at Circle of Friends, Tipperary Town, on Tuesday July 18th. The idea for the SASS cards (Survivor Advice for Strength and Support) came from the work of Dr. Marie Walsh, a Researcher and Lecturer at the Technological University of the Shannon. You can use the cards in different ways; choose a card as a thought for the day or to reflect on for the week. There are 32 cards in the deck and each one has a piece of wisdom from a cancer survivor. The project was made possible through the involvement of participants from Circle of Friends in Tipperary Town and from CARE in Clonmel and from the support of TUS, Tipperary County Council and the Sláintecare Healthy Communities programme from the Department of Health.

The Cathaoirleach of the Tipperary-Cahir-Cashel Municipal District, Cllr Declan Burgess, was in attendance and paid tribute to the work of those involved. "It is an honour to be present as Cathaoirleach of the Municipal District and I am delighted that Tipperary County Council was involved in such a worthwhile initiative. It is great to see such an inter agency approach to an initiative like this. This is a really special project and one that I can see working really really well and lasting. Thank you to all the participants who made this project possible by sharing their thoughts, their feelings and their emotions in what was a very important time for them. I am delighted to be here today to mark the occasion of the launch and I want to wish the project and Circle of Friends the very best in the future" said the Cathaoirleach.



THE CARDS ARE AVAILABLE AT CIRCLE OF FRIENDS CANCER SUPPORT CENTRE IN TIPPERARY TOWN

Contact Numbers & Helplines

Stop Smoking Services

Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Contact directly for more information

Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Contact directly for more information

Cahir & Carrick-on-Suir:

Contact: Colm O'Connor

Phone: 087-7526429

Email: SouthEastStopSmokingSupport@hse.ie

Contact directly for more information

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



Tipperary Volunteer Centre is a registered charity that provides a free service for organisations that involve volunteers and individuals currently or wishing to volunteer. If you have a question about volunteering in Tipperary, we are here to assist you. We can advise you on all aspects of your volunteer programme, from volunteer recruitment/retention and training to governance-related issues and Garda Vetting.

Check out our website for all the details. www.tipperaryvolunteercentre.ie Alternatively you can call us on 06264775 or email info@volunteertipperary.ie

"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.



We are open for appointments, drop-in's & phone calls - contact your local Centre for details

Call Tipperary Citizens Information

Clonmel:	0818 07 6460
Nenagh:	0818 07 6470
Roscrea:	0818 07 6480
Thurles:	0818 07 6510
Tipperary Town:	0818 07 6540

National Phone Service: 0818 07 4000
Or visit citizensinformation.ie

A SOURCE YOU CAN TRUST

[citizensinfo](#) [citizensinformation](#)

Citizens
Information

Funded & Supported by the Citizens Information Board

You are not alone, help is at hand.



text about it

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