



Tipperary Together Newsletter | 2023 | Issue No. 3

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:

- **Launch of Sláintcare Healthy Communities**
- **Tipperary Sports Partnership News**
- **Silver Arch 'Let's Get Moving'**
- **PPN Plenary**
- **Wellness Workshop**
- **South Tipperary Parent Hub**
- **Irish Wheelchair Ass 'Daisy' Project**
- **Knockanrawley Ability Project**
- **ETB Courses**
- **Tipperary Museum Easter Activities**
- **TFI—Local Link**
- **Triple P Positive Parenting**

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 April 2023

Contact Us:

Phone: 0818 06 5000

Email: custmomerservices@tipperarycoco.ie

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

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



Tipperary County Council were delighted to welcome Minister Naughton to Clonmel on the 20th February, she received a warm welcome from Mayor of Clonmel Borough District Pat English and Chief Executive of Tipperary County Council Joe MacGrath. Also, extending the welcome were our HSE colleagues, community partners, along with the Healthy Ireland County Coordinator and Sláintecare Healthy Communities Local Development Officer.

As Minister for Public Health, Wellbeing and the National Drugs Strategy, Minister Naughton was interested to see how Sláintecare Healthy Communities is being implemented on the ground. Minister Naughton met with the HSE who are delivering a range of health and wellbeing programmes directly and through partnerships with community partners.

Minister Naughton met with the team from Energy Communities Tipperary Cooperative who delivered a Home Energy Assessments Pilot through Sláintecare Healthy Communities.

Healthy Ireland Tipperary delivers Health and Wellbeing initiatives across the county, while Sláintecare Healthy Communities delivers health and wellbeing initiatives within Clonmel, through a targeted approach centred around quality of life determinants. Both programmes are part of the health and wellbeing delivery through the Community Section of Tipperary County Council.

For further information on these programmes you can contact:

Sláintecare Healthy Communities - Stephanie O'Callaghan – stephanie.ocallaghan@tipperarycoco.ie

Healthy Ireland Tipperary – Áine Roche – aine.roche@tipperarycoco.ie





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Healthy Ireland Tipperary – Áine Roche – aine.roche@tipperarycoco.ie



What is The DAISY Project?

The DAISY Project is a curriculum-based Schools Disability Awareness and Outreach Programme which aims to challenge the perceptions and stereotypes of people with disabilities by demonstrating understanding, awareness and inclusivity. The resources created will inform young primary school learners about the issues facing people with disabilities such as, injustice, accessibility, discrimination, equality using a human rights lens and the lived experiences of disabled people.

How does The DAISY Project work?

Linking in with the existing and evolving Primary Curriculum, using videos and lesson plans, the on-line Programme intertwines strands within Arts, Drama, and SPHE connecting strand units such as 'Myself & Others', 'Developing Citizenship' (SPHE), 'Co-operating and communicating in making drama'(Drama), 'Making drawings''Making constructions' and looking and responding (Art).

Testimonials

"Thanks again for getting us involved in the Daisy Programme. The class enjoyed it so much and it was really beneficial. Conor's visit was great and he was peppered with questions...We're safe in the hands of these kids!"

"I was very impressed with this programme and I loved teaching it with my class. The children really wanted to talk about the topic and it gave them that opportunity....I love that the arts that are used to teach the content and the short videos were very helpful...Thank you for a wonderful programme"



**Find out more about
The DAISY Project?**



Contact us
daisyproject@iwa.ie
for more information!



Millennium Family Resource Centre
Glengoole E41AO65
052-9157992



The Rosemary Dementia Cafe



**Officially launched by Tipperary
Manager
Liam Cahill**

Tuesday 4th April 11:30-1pm

Everyone is welcome to attend our café:
People living with dementia, their families and
friends, healthcare professionals, and people who
are interested in supporting a
dementia inclusive community.
Come along to share a cuppa and a chat!



Women In Sport Week took place from March 6th to 12th. The highlight of our events were:

A workshop on *How to Train as a Midlife Woman* in Nenagh. This workshop provided participants with practical solutions and science based strategies for active women and to help those who wish to continue to perform as you age.



Figure 1 Participants enjoying workshop on *How to Train as a Midlife Woman*

A Coaching Girls in Sport Workshop. This workshop was delivered by Sports Ireland Coaching. Coaches attended from a variety of different sports.

During the week we also supported 2 Kick Fit programmes for women which were run in partnership with the FAI and the Community Sports Hub in Tipperary Town and Killenaule Moyglass FC both these programme are continuing to run over the next few weeks.

Tipperary Sports partnership are delighted to feature in the Local Sports Partnership 2022 Highlights eNewsletter which gives a glimpse of the wide range of programmes, courses and events that are run each year by Sports Partnerships across the country.

Read more on the eNewsletter [Local Sports Partnerships 2022 Highlights eNewsletter | Tipperary Sports Partnership](#)

Tipperary Sports Partnership Board and staff were delighted to attend Disability Awareness Training in the journey towards an Xcessible LSP/NGB Bronze Award with Cara. Xcessible is a three staged resourced pathway designed to ease an NGB or LSP into the area of Inclusion and support them through the process of developing and increasing their capacity to support people with disabilities within the sport and physical activity environments.

Activator Walking continues each Tuesday at 10am at Canon Hayes Recreation Centre in the Tipperary Town Sports Hub. It costs €3 per session. All are welcome activator poles are provided. Activator Walking promotes mobility, strength, balance and aerobic fitness. It is a great tool for pre/post hip or knee surgery.

KNOCKANRAWLEY ABILITY PROJECT

Knockanrawley Ability Project is currently exploring all pathways for their ten participants that are leaving Scoil Chormaic this June .

Pictured here is Kallum who is participating in a retrofit course with the ETB, in their state-of-the-art premises on the Bansha Road in Tipperary Town. Life is all about choices and the opportunity to explore everything .



Scoil Chormaic Participants that recently completed their HACCP training. Everybody received their five year cert that will support them on their progressive pathway to work experience /employment .Well done everyone



FULL-TIME DAY COURSES APRIL 2023

COURSE CODE	COURSE TITLE	START DATE	LOCATION	DURATION (WEEKS)
398020	Emergency medical Technician (EMT)	April	Newport	10
384113	Plastering (Basic)	April	Tipperary Town	14
384193	Pre-Apprenticeship Construction Skills	April	Carrick-On-Suir	31
393138	Introduction to Cabin Crew Operations	April	Thurles	4
398854	Manual Metal Arc Welding (Beginners)	April	Thurles	2
384427	Dry Lining (with NZEB Awareness)	April	Tipperary Town	24
384216	Medical Terminology & Administration	April	Online	9
399359	Construction Skills Certificates - Safe-pass, Manual Handling & Abrasive Wheels	April	Tipperary Town	1
383788	Bus Driving (Blended)	April	Thurles/Online	10

Full-time Day Courses May 2023

COURSE CODE	COURSE TITLE	START DATE	LOCATION	DURATION (WEEKS)
398890	MIG Welding (for Beginners)	May	Thurles	2
384506	Auto-CAD	May	Online	8
398894	TIG Welding (for Beginners)	May	Thurles	24
388475	Emergency Medical Technician	May	Clonmel	10
399662	Emergency Medical Technician	May	Templemore	10
399807	Digital Marketing	May	Online	6



etb
Bord Oideachais agus
Oiliúna Thiobraid Árann
Tipperary Education and
Training Board

Tipperary ETB Skills to Advance Courses for people in Employment



Skills to Advance

Food Preparation

Workforce Upskilling – Employer/Employee & Self-Employed

Part time | April 2023 | 11 Weeks | Thurles
Contact: employerservices@tipperaryetb.ie
or Call: 0504-22723

APPLY online
www.fetchcourses.ie
Course code
400158

Learn how to prepare a range of dishes in a professional kitchen, demonstrating an understanding of the principles of food safety, nutrition, menu planning, food and cost control!



Co-reácurtúir ag an
Aontas Eorpach
Co-funded by the
European Union



Rialtas na hÉireann
Government of Ireland



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Oiliúna Thiobraid Árann
Tipperary Education and
Training Board



Gain the knowledge, skill & competence to prepare a range of dishes in a professional kitchen, demonstrating an understanding of the principles of food safety, nutrition, menu planning, food & cost control.

On successful completion of this course, you will be awarded a QQI Level 5 Minor Award in Food Preparation. This provides you with the opportunity to continue to work in the hospitality industry with a higher standard of knowledge and skills. This course may also provide you with a route to progress to the the Commis Chef Apprenticeship.

Course Code: 400158 - FOOD PREPARATION

April | 11 weeks | Thurles

(please visit fetchcourses.ie for full class timetable)

For queries relating to courses, please phone: 052 6134333 or
email: courses@tipperaryetb.ie

*To avail of these skills to advance courses, applicants must be employed - Full-Time/Part-Time or Self Employed. For applications & further course information please visit www.fetchcourses.ie



etb
Bord Oideachais agus
Oiliúna Thiobraid Árann
Tipperary Education and
Training Board

Tipperary ETB Skills to Advance Courses for people in Employment



Barista Skills – Beginners Skills to Advance

Workforce Upskilling – Employer/Employees & Self-Employed

Part time | April 2023 | 3 Weeks | Thurles
Contact: employerservices@tipperaryetb.ie
or Call: 0504-22723

APPLY online
www.fetchcourses.ie
Course code
399610

Logos: European Union, SOLAS learning works, etb, and social media icons.

The Barista Skills Foundation course allows learners to gain an introductory understanding of the coffee itself as well as foundational skills required to set a grinder, make espressos, foam and texture milk and latte art techniques as per SCA quality standards, while implementing health and safety practices and customer service. Practical learning objectives and activities prepare the learner to conduct key foundational tasks of a barista.

Course Code: 399610 - BARISTA SKILLS – BEGINNERS
April | 3 weeks | 2 full days per week | Thurles
(please visit fetchcourses.ie for full class timetable)

EVENING TRAINING APRIL & MAY 2023

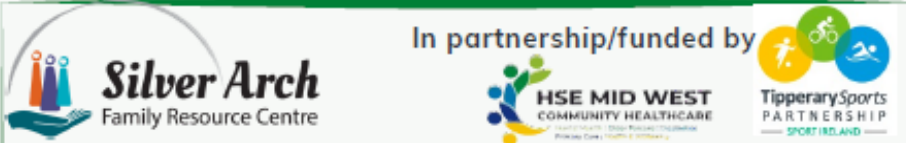
COURSE CODE	COURSE TITLE	START DATE	LOCATION	DURATION (WEEKS)
399027	Barista for Beginners (2 evenings a week)	April	Carrick-on-Suir	6
381244	Training Delivery & Evaluation (2 evenings a week)	April	Clonmel	9
381249	Training Needs & Evaluation (2 evenings a week)	April	Online	9
381229	Floor & Wall Tiling/Painting & Decorating (2 evenings a week)	May	Carrick-on-Suir	11
399545	C1 Licence LGV Ambulance/Light Truck	May	Thurles/Kilkenny	8
399542	Environmental Sustainability Awareness	May	Thurles	10

*For application & further course information on any of our full-time or evening training courses, please use the course codes above on www.fetchcourses.ie


 Rialtas na hÉireann
 Government of Ireland

etb
 Bord Oideachais agus Oiliúna Thioibraid Árann
 Tipperary Education and Training Board


For queries relating to courses, please phone: 052 6134333
 or email: courses@tipperaryetb.ie



In partnership/funded by

LET'S GET MOVING!

JOIN OUR 12 WEEK GREEN EXERCISE PROGRAMME

SUITABLE FOR BEGINNERS OR ANYONE GETTING BACK INTO TO EXERCISE.



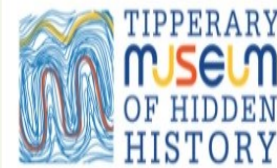
- 12 week outdoor easy walking programme for adults 18 years & older.
- Meet your expert Fitness Leader once a week for gentle warm-up exercises to get you ready for walking.

START DATE: Tuesday 21st March 2023.
LOCATION: Nenagh Castle.
TIME: Every Tuesday 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.silverarchfrc.ie
✉ info@silverarchfrc.ie
📍 52 Silver St, Nenagh Co. Tipperary, E45 P624
📱   



EASTER FAMILY TOUR & WORKSHOP

Tuesday 4th or Thursday 6th April

2-4pm

Tipperary Museum of Hidden

History, Clonmel

Bookings at

museum@tipperarycoco.ie

Adm 10 Euros/family



Save the Date Tipperary PPN Plenary



Save the date for our Tipperary PPN all County group Spring
Get-together,

also known as a Plenary

Thursday 20th April 2023 at 6pm

in

Rosegreen Community Hall, Rosegreen, Co. Tipperary

E25 RD34

Our title for this Plenary is:

Let's Strengthen Our Voices Together!



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

Newtown to Nenagh every Thursday

Rathcabbín 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!



Wellness Workshop



Understanding And Taking Charge Of Your Mental Health

www.wellnessworkshop.ie

SOS are delighted to invite you to attend a free Wellness Workshop in the

Raheen House Hotel
Clonmel, Tipperary

Wednesday April 26th
9.30am - 4.30pm

Lunch and refreshments will be provided

Register your place here

<https://tinyurl.com/WWClonmel>



Scan QR to Register



Suicide or Survive is committed to running Wellness Workshops in every community in Ireland. These workshops, evaluated by Trinity College Dublin, aim to help you understand and take responsibility for your own mental health.

We are in a position to offer our Wellness Workshops to the community because of our funding from The National Office of Suicide Prevention,

Suicide or Survive is a member of Charities Institute Ireland. We are bound by the triple lock system, meaning that we adhere to the principles of transparent accounting, good governance and good fundraising. We comply with the Governance Code for community, voluntary and charitable sector and standards for fundraising practice. Registered Charity No. - CHY16442. For more information www.suicideorsurvive.ie and www.charitiesinstituteireland.ie

www.suicideorsurvive.ie
www.wellnessworkshop.ie
www.youmatter.ie

01 272 2158



Triple P – Positive Parenting Programme

Triple P is a positive parenting programme that is a flexible, practical way to develop skills, strategies, and confidence to handle any parenting situation.

Triple P is run in a small group setting and parents can attend one or multiple sessions.

Even: Friday May 27th/ 12th/ 16th/ 20th Group Sessions
Followed by 4 [individual](#) follow up phone calls.
10:00 am – 12:30 pm in Knockanurey Resource Centre
35, Castlefield Hill, Fermoy, Co. Tipperary

Further details

Please contact: Helen Buckley Family Support Programme

Tel: 062 52688

E-mail: helenbuckleykrc@gmail.com



PARTNER SERVICES ALSO OFFER SUPPORT TO INDIVIDUALS AND FAMILIES OUTSIDE OF THE PARENT HUB DROP IN MORNINGS.

Spafield FRC
Old Road, Cashel,
Co Tipperary
www.spafieldfrc.ie
062 63622

foróige
16 Kickham St,
Carrick-on-Suir,
086 8331866

THREE DRIVES
Family Resource Centre
Three Drives FRC
22/23 Greenane Drive
Tipperary Town Co. Tipperary
062 60631
www.threedrivesfrc.org

Youth Work Ireland
Tipperary
Hogan Sq, Cashel, Co. Tipperary
www.youthworktipperary.ie
087 7726888

Knockanrawley
Resource Centre
Tipperary Town
062 52688
www.knockanrawley.ie

Barnardos
140 Mountain View, Elm Park,
Clonmel, Co. Tipperary
052 6170665

Community Mothers
Clonmel Room 3,
Clonmel Community Resource Centre,
Kickham St, Clonmel, Co. Tipperary.
052 61 28199
ccpspl@gmail.com

Millennium FRC
Glengoolie,
New Birmingham,
Thurles, Co Tipperary
www.mfrc.ie
052 9157992

Clonmel CRC
Kickham Lodge, Kickham Street,
Clonmel, Co. Tipperary.
052 612 9143
admin@clonmelcrc.ie
www.clonmelcrc.ie



SOUTH TIPPERARY PARENT HUB

Weekly Drop In Service for Parents in South Tipperary seeking

- Parenting Advice
- Information on Services
- Parenting Support

087-1241231 (Text/Whatsapp only)
southtipperaryparenthub
southtipp.parentshub@barnardos.ie

For any childcare queries please contact Tipperary Childcare committee
www.tipperarychildcarecommittee.ie • 062-64200

PARENT HUB DROP IN CALENDAR 2023

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

May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
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15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30	31					29	30	31				

September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
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15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
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29	30	31					29	30	31					29	30	31					29	30	31				

Spafield FRC - Monday 9.30 am to 12.30 pm
 Foróige Carrick, Three Drives FRC, Cashel NYP, Knockanrawley RC - Tuesday 9.30 am - 12.30 pm
 Barnardos Clonmel, Community Mothers Clonmel, Millennium FRC, Clonmel CRC -
 Wednesday 9.30 am to 12.30 pm

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

Tipperary Town:

Contact: Aoife Dunphy

Phone: 087 1819538

Email: SouthEastStopSmokingSupport@hse.ie

Contact directly for more information

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.



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

"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.



Maternity Benefit Fuel Allowance Pensions Employment Rights

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](#)

Funded & Supported by the Citizens Information Board

Citizens Information

You are not alone, help is at hand.



SAMARITANS
Call free day or night on
116 123
Email jo@samaritans.ie



Pieta House
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**



ISPCC
Childline
1800 66 66 66
(24 HRS A DAY, EVERYDAY)
Text: TALK to 50101
Online chat - www.childline.ie



yourmentalhealth.ie
Information | Support | Services
1800 111 888



mabs
Money Advice & Budgeting Service
0761 07 2000
9am to 8pm, Monday to Friday



text about it
50808



DRUGS.ie
drug and alcohol
HELPLINE
1800 459 459 (24HRS A DAY)
helpline@hse.ie