



Tipperary Together Newsletter | 2023 | Issue No. 10

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:

- **Breakfast Briefing—how to grow local talent**
- **Millennium Family Resource Centre**
- **Tipperary Sports Partnership News**
- **PPN Tipperary Plenary News**
- **Pedestrian Road Deaths**
- **Library Services**
- **Knockanrawley Ability Project**
- **'Boarded Out' Initiative**
- **Tipperary Museum Lecture Opportunity**
- **Bansha Statue for Munitir na Tíre Founder**
- **Tenant's Rights**
- **Community Services**

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 14th December 2023

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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

BREAKFAST BRIEFING : HOW TO GROW LOCAL TALENT

See link below or just drop in and meet some of the Agencies that will be there up to 12pm to discuss the various grants, new apprenticeships and education & training opportunities that are currently available. A number of local employers will share their experiences on availing of Government supports.

<https://www.eventbrite.ie/e/how-to-grow-local-talent-tickets-730295171517?aff=oddttdtcreator>

<https://www.eventbrite.ie/e/how-to-grow-local-talent-tickets-730295171517?aff=oddttdtcreator>

How to Grow Local Talent: Funded Training and Business Grants

Wednesday 15th November

The Anner Hotel, Thurles, Co. Tipperary

Time: TBC

Register at [Eventbrite.ie](https://www.eventbrite.ie)



We have been very busy in recent months securing placements and employment. Ronan and Dean secured positions in Mr. Price. Maria has commenced work in Scoil Chormaic while Aisling has started with Amber Tipperary. Daniel is enjoying his time with McDonalds while attending Youth Reach Cappawhite daily. This is a great achievement by everyone.

We are very proud of two of our Scoil Chormaic Ability Partipants who passed their driver theory test. Well done to Liam and Keelan, all their hard work paid off.

Social Farming Awareness week (below left)

A group of participants recently visited Brendan's farm in Kilkenny as part of SF Awareness week



We enjoyed a great day out and had a tour of the farm where we mingled with horses, cows, sheep, alpacas and rare breed of pigs.

Knockanrawley Awards (above right)

We were thrilled to participate in the recent centre awards with some of our partipants and employers receiving recognition for their support and hard work.



Parent Baby & Toddler Group



Thursday Mornings from

10.30am - 12.00pm

in

Millennium Family Resource
Centre Glengoole



Contact Louise for
more information on
0832071368



Chair Yoga Classes

The Old School House

The Commons

6-week course

Starting Thursday 9th Nov. 3:30-4:30pm

Total Cost: €20

Contact Alice on 083-1014313 to book

This activity is supported by Tipperary ETB and Millennium
Family Resource Centre



Contact us via:

Email: birthhistory@barnardos.ie

Our centres:
DUBLIN

4 Christchurch Square, Dublin 8 D08 DT63
23/24 Buckingham Street Lower, Dublin 1
Tel: (01) 813 4100

CORK

Blackmore House, Meade Street, Cork
Tel (021) 203 8005

GALWAY:

The Sanctuary, 27 Chois Chlair, Claregalway
Tel: (091) 454489

Our National Helpline:

Tuesdays and Thursdays, 10am – 1pm
Tel: 00 353 (1) 454 6388

Barnardos aim to deliver services and work with families, communities, and our partners to transform the lives of individuals who are affected by adverse childhood experiences.

Registered Charity No. 20010027

Funded through DCEDIY dormant accounts

Barnardos Boarded Out Practical Support Service for Adults supported by Tusla



Boarded Out is a term used to describe children who were fostered or raised with families other than their own in Ireland. This happened mainly between 1920 and 1970. There was also a practice of being nursed out, where infants were placed with women who could care for them. Some children were boarded out up to the introduction of the 1991 Child Care Act.

While many children were boarded out on farms in rural areas, children were also placed in homes in larger towns and cities.

Therapeutic support can also be accessed through Barnardos Birth History Service.

Get in touch

Email: birthhistory@barnardos.ie

Tel: (01) 813 4100

If you have experience of being boarded out and would like to avail of practical support, you can contact Barnardos Boarded Out Practical Support Service for Adults.

We provide a free and confidential service offering a wide range of practical supports including:

- Support to access health, community and social services
- Support with isolation and loneliness
- Assistance in filling out forms and grant applications
- Advocacy, information and signposting
- Referral to Barnardos therapeutic supports

iCoachGirls Play Centre

iCOACHGIRLS Play Centre 10-week programme has commenced at the Community Sports Hub in the Canon Hayes Recreation Centre. Tipperary Sports Partnership are delighted that Tipperary Town was selected as one of the six pilot projects for this programme in Ireland. This initiative is part of a European project with Coaching Ireland, which aims to promote and increase physical activity through sport amongst primary school girls in their local community and directed at girls who do not participate in organised sport. On completion of the programme, it is envisaged that the girls will have discovered a sport that they will continue to enjoy going forward. The programme also incorporates the participation of 10 assistant female coaches from Transition Years in St. Ailbes' who are supported by 2 lead female coaches.



Tipperary Sports Partnership are recruiting ESF + Social Innovation in Sport Officer (based in Ballingarrane House, Clonmel) for a 3-year contract. Click here for further details <https://bit.ly/45JJyJg> Closing date for receipt of applications is 4pm on Thursday, 16th November, 2023.

Limited spaces available on Safeguarding 2 and Safeguarding 3 online workshops.

Safeguarding 2 takes place on November 13th and safeguarding 3 takes place on November 20th. Booking is through this link <https://bit.ly/3PHk7U0>

Her Moves was created to motivate and encourage greater physical activity among teenage girls. It aims to empower all young women, boost self-assurance, and offer motivation to discover activities that promote an active lifestyle. This is a welcoming community for teenage girls to be part of. Tipperary Sports Partnership is collaborating with students from St. Ailbes Secondary School in Tipperary Town. The girls have delved into twelve activities, which includes team sports like Basketball and Netball, individual sports like Badminton and Table tennis, and creative endeavours such as Capoeira and Dance. As part of the programme the girls have raised money for Temple Street Children's Hospital. The programme is running successfully and it's great to see these students enjoying themselves while trying new things.

Keep an eye on our social media for details for the upcoming Winter Initiative programme.

Clonmel Mechanics' Institute. The Provision of Education 1842-1873

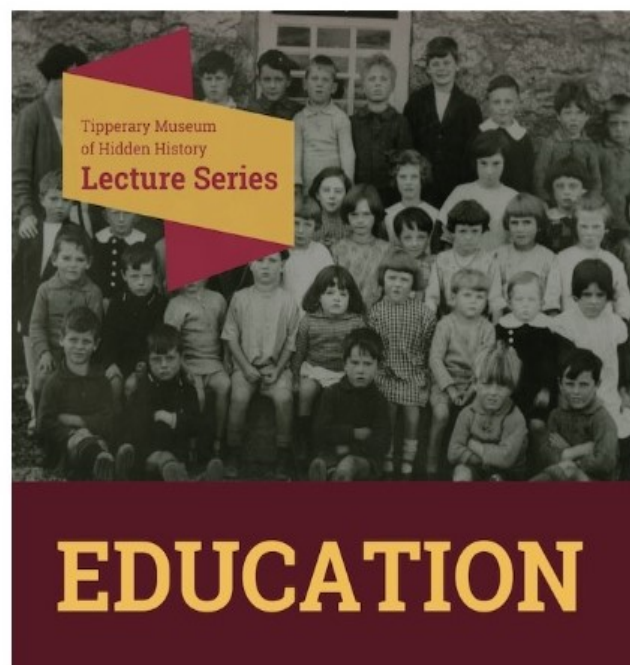
Speaker: Molly Daly

The Mechanics' Institute, Clonmel was established in 1842. The Institutes were designed for artisans and mechanics and their primary purpose was to educate and empower the working classes through practical education. Financially empowered by the businesspeople of the town, in particular the Society of Friends, it offered day and evening classes in science and practical skills for the artisans. This lecture attempts to chronicle the educational activities of the institute and to analyse its relevance regarding the change in direction name and function of Clonmel Mechanics' Institute.

📅 Nov 4, 2023

🕒 10:30 am - 12:00 pm

📍 TUS, Clonmel Digital Campus, Cashel Road, Clonmel, Co. Tipperary, E91 D896



LECTURE

02

MOLLY DALY

Clonmel Mechanics'
Institute. The Provision
of Education 1842-1873

SATURDAY

NOV 4
2023

Biography:

Molly Daly is a lecturer in Education, on initial teacher education programmes Mary Immaculate College, St. Patrick's Campus, Thurles, Co. Tipperary, and has lectured on postgraduate programmes at MIC Campus, Limerick. Her research interests focus on History and Sociology of Education, Inclusive Education, the promotion of student-centred education through collaborative and inclusive practices, and the integration of methodologies and feedback appropriate to diverse learners.

Contact: Julia Walsh Drohan

Education & Outreach Officer, Tipperary Museum of Hidden History, Cultural Services

Mick Delahunty Square, Clonmel, County Tipperary, E91 Y891

T: 052-6165254

E: julia.walsh@tipperarycoco.ie

W: www.hiddenhistory.ie

BANSHA STATUE TO COMMEMORATE MUINTIR NA TÍRE FOUNDER

A call for a statue to be erected in Bansha, Co. Tipperary, to commemorate the founder of Muintir na Tíre, Canon John Hayes, has been made by a former National President of the association. Bansha native, Martin Quinn, made the call when he spoke about following in the footsteps of Canon Hayes at a Seminar in Bansha titled 'The Priest, The People and The Light' on Saturday, October 21st. "One of my key reasons for organising this Seminar was to remember Canon Hayes in the parish that he loved and did so much for, and where he is interred. Canon Hayes should never be forgotten especially in this parish. There are statues of priests throughout the country and yet nothing of Canon Hayes here in this parish, a place that was put on the map by the initiatives that were rolled out here when he was Parish Priest. Could I suggest that it is time for one of Canon John Hayes in Bansha. It is essential to acknowledge the extraordinary work of Canon Hayes not just here in Bansha but nationally and Internationally. We must ensure that his legacy is protected and honoured and given due recognition" said Mr. Quinn Quinn went on to say that following in the footsteps of Canon John Hayes was a profound and humbling experience for him. "It is not just a position; it is a responsibility to nurture and propel forward the principles that have defined Muintir na Tíre for generations. For Canon Hayes' legacy to live on, not as a relic of the past, but as a vibrant force shaping the future of community development in Ireland, it was important that the resilience, spirit, and commitment to positive change that Canon Hayes instilled in the very fabric of Muintir na Tíre would continue to guide my actions. Reflecting on my time as National President, I am reminded that following in the footsteps of Canon John Hayes was not a mere replication but a dynamic continuation of a legacy" he said.

The Seminar also heard from Dr Barry Sheppard from Belfast. Dr. Sheppard's PhD thesis is focused on Canon Hayes and the transnational connections that Muintir na Tíre made in the mid 20th century and he spoke about the Rural Weeks. Barry began by saying that the intellectual blueprint for the community development model were being laid from as early as 1933. "This blueprint was laid out at the organisation's gatherings, the Rural Weekends, which soon expanded into Rural Weeks, which ran annually between 1937 and the late 1960s, becoming the organisation's jewel in its crown and making it not only nationally known, but internationally. In 1937 the first Rural Week was held at Coláiste Deuglán, Ardmore, County Waterford. The first week-long event attracted a large cross-section of Irish people, albeit on a larger scale. Coming to the new look event were 'farmers, teachers, workers, young people, women and the unemployed', who mixed alongside 'priests, doctors, lawyers and businesspeople' to discuss the matters of the day. The first Rural Week was 'beyond all expectations'. The bright new dawn was reflected in newspaper coverage, which hailed the event as a 'magnificent success', opening the door to more domestic and international recognition. Waterford was again the host town of the 1938 Rural Week. Although not losing sight of the main goal of reinvigorating rural Ireland, that year's gathering had a distinct focus on international matters, including what was called the 'double-star feature', the first designated International Day. Representatives from Belgium, France, Italy, Portugal, and Britain took up invitations to either attend or have their speeches read out at the first rural international day in Ireland. Headlines such as 'Europe Comes to Ardmore' galvanised the organisation. By 1956, the last months of the founder's life, Rural Week had continued to grow. It consistently attracted large audiences and a significant variety of international delegates" said Sheppard.

Others to speak at the Seminar were Kieran Hoare, Archivist at University of Galway who spoke on the Muintir na Tíre Archives and Bansha native Bernard O'Connell who spoke on Rural Electrification and the appliances. O'Connell also had a range of appliances on display at the Seminar. The Seminar was also addressed by the Cathaoirleach of Tipperary County Council Cllr Ger Darcy and by the National President of Muintir na Tíre, Jackie Meally.

Prior to the Seminar Mass was celebrated in Bansha Parish Church by Parish Priest, Fr. Micheál Hickey and afterwards a plaque to Canon Hayes was unveiled in the Church grounds by his niece Aine McNamara (Murroe, Co. Limerick) and nephew Tom Hayes (Kildimo, Co. Limerick) and blessed by Fr. Hickey.

BANSHA STATUE TO COMMEMORATE MUNITIR NA TÍRE FOUNDER



PPN TIPPERARY PLENARY NEWS



PLENARY INVITE



In just under two weeks, **Tuesday 7th November 2023 at 6pm**, we will be at our autumn all-member groups' county meeting, known as our **Plenary**, at **Holycross Community Centre, Holycross, Co. Tipperary E41 HT96**.

We have called this Plenary 'Together Let's Grow a Healthy Community!'

To accompany us, whilst we visit the community stalls that will be set up, network with each other and enjoy the finger food offered, we will have musical entertainment.

We will also have guest inputs to support us in growing our healthy community.

These include hearing from SCEAL community group, showcasing their community shop, getting tips on writing county council funding applications, learning how to use plain English in our community and our groups, as well as, hearing about a new county energy saving champion initiative.

Young people from Comhairle na nÓg will be joining us to tell us what their plans and campaigns are for the year ahead.

As a PPN member, you can also vote on the business of your PPN and network with other groups to share information.

We really hope you will join us in Holycross on this Autumn evening to come together to increase our connection so that together let's grow a healthy community!

Please register yourself and a couple of others from your group on Survey Monkey: <https://www.surveymonkey.com/r/Tues7thNovPlenary>

If you have any issues with registering, please don't hesitate to contact Ruth on 087 4567111 or Sharon on 086 063 2717

My Little Library Book Bags available at all Tipperary libraries for all children who started school this year

To help children to navigate starting school, libraries have put together a bag of books just for them that can be collected at any 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.

Tipperary libraries across the county can't wait to welcome all the 4 and 5-year-old children and their parents to collect their book bags and begin their library membership journey.

We hope that once they visit the library to pick up their book bag, our new library members and their families will come back regularly to keep their bag filled up with borrowed books and to take part in story times, classes and all the other events we have to offer at the library.

More supports to help the transition to primary school are available on the Let's Get Ready page on [Gov.ie](https://www.gov.ie).

Dear Parent/Guardian,

We know that your child is starting school in September. To celebrate this, and to help them navigate this new experience, the Minister for Children has asked us to put together a gift of a bag of books just for them.

The stories in the books are about starting school, being happy in yourself, and making friends, and they're waiting for them in a very special place: your local library.

A library card and a special Little Library card wallet is also included with every bag, and we hope that your little one will make use of it. To help them join the library, parents will be asked to sign a consent form and to show valid ID.

Library membership is free for everyone. You may wish to renew a library card for yourself or other children in your family, or join for the first time. Your ID will also be necessary in this case.

We hope that this small gift will lead your child to a lifelong love of books and reading, a love you will get to share with them.

We look forward to meeting you, and we hope you all enjoy the books,

Your local library



Rialtas na hÉireann
Government of Ireland



A Thuismitheoir/Chaomhnóir, a chara,

Tá a fhios againn go bhfuil do leanbh ag tosú ar scoil i mí Mheán Fómhair.

Chun é seo a cheiliúradh, agus chun cabhrú leo a mbealach a dhéanamh tríd an eispéireas nua seo, d'farr an tAire Leanaí orainn mála leabhar a chur le chéile mar fhéirín dóibh siúd amháin. Baineann na scéalta sna leabhair le tosú ar scoil, a bheith sásta ionat féin, agus cairde a dhéanamh, agus tá siad ag fanacht leo in áit an-speisialta: do leabharlann áitiúil.

Tá cárta leabharlainne agus sparán speisialta cárta An Leabharlann Bheag san áireamh freisin le gach mála, agus tá súil againn go mbainfidh do leanbh úsáid as. Chun cabhrú leo ballraíocht a ghlacadh sa leabharlann, iarrfar ar thuismitheoirí foirm toilithe a shíniú agus cárta aitheantais baillí a thaispeáint.

Tá ballraíocht leabharlainne saor in aisce do chách. B'fhéidir gur mhaith leat cárta leabharlainne a athnuachan duit féin nó do leanaí eile i do theaghlach, nó ballraíocht a ghlacadh den chéad uair. Beidh do chárta aitheantais riachtanach sa chás seo freisin.

Tá súil againn go dtabharfaidh an féirín beag seo spéis fad saoil dod'leanbh sna leabhair agus sa léitheoireacht, spéis a mbeidh tú in ann a roinnt leo.

Táimid ag tnúth le bualadh leat, agus tá súil againn go mbainfidh tú taitneamh as na leabhair go léir,

Do leabharlann áitiúil



Rialtas na hÉireann
Government of Ireland





Bags of stories and fun for every child starting school in 2023!

Pick up their **FREE** Little Library Book Bag at your local library



Go leor scéalta agus spraoi le h-aghaidh gach aon leanbh atá chun tosú ar scoil in 2023!

Pioc suas Mála Leabhar **SAOR IN AISCE** 'Leabharlann na nÓg' dóibh sa leabharlann i do cheantar féin



A tenant's rights when their tenancy ends

What is security of tenure?

Security of tenure is a tenant's right to stay in rented accommodation for a set amount of time. Generally, it applies automatically when you have been renting for 6 months and haven't received a [valid notice of termination](#) from your landlord in that time.

What are my rights after the first 6 months in rented accommodation?

The amount of time you are entitled to stay in rented accommodation, after the first 6 months, depends on when your tenancy began.

If your tenancy was created after 10 June 2022 and you have rented there for 6 months, you have a tenancy of unlimited duration. This means you have the right to stay in that accommodation indefinitely unless the landlord wants to terminate your tenancy for one of the allowed reasons.

If your tenancy was created before 10 June 2022 and you have rented there for 6 months, you have the right to stay in the rented accommodation for up to 6 years. After these 6 years, the tenancy ends and a new tenancy can begin. Your landlord can terminate the tenancy at the end of the six-year period without giving a reason. But, if the landlord does not end your tenancy at this stage, it automatically becomes a tenancy of unlimited duration.

What is a valid reason for ending a tenancy after the first 6 months?

Generally, your landlord can only end a tenancy after the first 6 months if:

You do not comply with the [obligations of the tenancy](#), for example, by not paying your rent on time

- The property is no longer suited to your needs, for example, if it is too small
- The landlord is going to sell the property within 9 months (this may not apply if they plan to sell 10 or more dwellings in a development within a six-month period)
- The landlord needs the property for their own use or for an immediate family member (this only applies to private landlords)
- The landlord plans to change the use of the property (for example, convert it from residential use to office use)

If the landlord wants to refurbish the property substantially

What does your landlord need to do if they want to end the tenancy?

If your landlord wants you to leave, they must serve you with a valid written notice of termination and give you the [correct amount of notice](#).

The length of notice you must get depends on the length of your tenancy, and ranges from 90 days to 224 days. If you are not keeping your tenant obligations, these notice periods can be reduced.

The landlord must send a copy of the notice of termination to the Residential Tenancies Board (RTB) at the same time as they send it to you.

Read more about a tenant's rights to stay in rented accommodation on <https://bit.ly/TypesOfTenancies>, or call into us in Clonmel, Nenagh, Thurles, Tipperary Town & Roscrea or call us on 0818 07 4000 (Monday to Friday, 9am to 8pm).

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.



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

What does Living Well involve?

- Living Well is a free group programme which runs for 2.5 hours once a week for six weeks.
- The Programme is available in person and online.
- Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health condition.
- People taking part in the workshops may or may not have the same health condition(s). Examples of long-term health conditions include (but are not limited to): Chronic Obstructive Pulmonary Disease (COPD), Asthma, Diabetes, Heart conditions, Stroke, Multiple Sclerosis (MS), Arthritis, Cancer, Crohn's Disease, chronic pain and depression.
- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Each person who takes part gets a book about Self-Management.
- For the online programmes, you will receive support to get online, if required.

The following support is available for anyone who needs technical help for online programmes;

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

Over the six week period, participants on the Living Well Programme will develop skills such as goal setting, action planning and problem solving. Workshops also cover topics such as managing your medication, coping with difficult emotions, low mood and feelings of depression as well as communicating with family, friends and healthcare teams.

For More information see www.hse.ie/LivingWell

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

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: LivingWellISE@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



Living Well

A Programme for Adults with Long-term Health Conditions



www.hse.ie/LivingWell



What is the Living Well programme?

Living Well is a free, group self-management programme for adults 18 years and older with long-term or chronic health conditions.

A long-term health condition is one that can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, heart conditions, stroke, multiple sclerosis, arthritis, inflammatory bowel disease, chronic pain and many more.

The Living Well programme may also be a support for those with long-COVID.

What is Self-management?

Self-management is what a person with a long-term health condition does every day. This may include:

- Recognising and dealing with symptoms
- Taking medication and managing other treatments
- Making lifestyle changes
- Coping with the emotional effects of the health condition.

Good self-management happens in partnership with your healthcare team. It is not about 'going it alone'.

Why should I join the Living Well programme?

Living with a long-term health condition can be challenging. The Living Well programme supports you to develop the skills and confidence that will help you to self-manage and to live well with your long-term health condition.

These skills include how to:

- Set goals to make changes in your life
- Make plans to achieve these goals
- Problem solve
- Manage your medications
- Cope with difficult emotions, low mood and feelings of depression
- Manage pain, fatigue and sleep problems
- Communicate well with your family, friends and healthcare team.

These skills become your toolkit for better health.



What does the Living Well programme involve?

- Living Well is a free group programme, which runs for six weeks. There is one workshop each week, which lasts 2.5 hours.
- You can do the programme in person or online.
- Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health condition.
- People taking part in the workshops may or may not have the same health condition(s).
- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Each person who takes part gets a book about self-management.
- For the online programmes, you will receive support to get online, if required.



Who is the Living Well programme for?

Living Well is for adults 18 years and over. It is suitable for those who are:

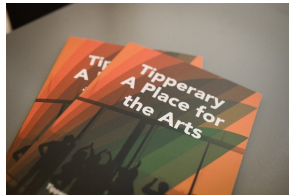
- living with one or more long-term health conditions
- caring for someone with a long-term health condition

The Living Well Programme is not suitable for people with significant memory or learning difficulties.

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.



Bank Vole, Image Credit: Kevin Collins



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!



Nearly Half of Pedestrian Road Deaths in 2022 Occurred October—December

New Analysis of Road Traffic Collision Data by the RSA Shows Steep Rise in Pedestrian Fatalities

The analysis from the RSA shows that there were 43 pedestrians killed on Irish roads in 2022. Analysis* of the figures for this year indicate that pedestrian fatality figures for 2023 are estimated to be their highest in 15 years. To date, there have been 38 pedestrian fatalities in 2023. The analysis also shows that the winter months are particularly dangerous for pedestrians.

Mr. Jack Chambers, Minister of State at the Department of Transport, said: *"This year to date there has been an alarming increase in fatalities on the roads. Almost half of the fatalities this year have taken place between Friday and Sunday, with the highest numbers occurring on Saturday."*

"We are taking legislative action across a range of areas to bring down fatalities and make our roads safer, including changes to penalty points and speed limits as well as increased enforcement. But this bank holiday weekend I am urging drivers to slow down and show particular attention to pedestrians. We are asking everyone to work together in keeping our roads safe and, during the hours of darkness, I encourage people to ensure that they are clearly visible to other road users."

Sam Waide, Chief Executive of the RSA, said: *"This year and last year have seen high numbers of pedestrian fatalities. The winter months in 2022 were particularly bad when, between October and December, nearly half of all pedestrian fatalities occurred. We are, therefore, asking all road users to take extreme care over the coming months, which are potentially a period of higher risk, and to share the roads safely with other road users, especially pedestrians."*

In 2022, nearly twice as many pedestrians were killed at night than during daylight hours. In terms of location, 58% of pedestrian fatalities took place on urban roads with speed limits of 60 km/h or lower, rather than rural roads with speed limits of 80 km/h or higher last year.

There was also a dramatic increase in fatalities among older people compared with the previous three years, with those aged 66 years or over accounting for 51% of pedestrian fatalities in 2022. This year older people have accounted for 32% of pedestrian deaths.

Assistant Commissioner, Paula Hilman, Roads Policing, An Garda Síochána, said: *"The increase in fatalities makes for stark reading; road deaths have a devastating impact on families and communities. We continue our commitment with our partners to make our roads safer."*

"I'm appealing to you today to help us keep our roads safe this weekend by driving at appropriate speeds to the road and weather conditions. I ask Roads Users and Pedestrians to look out for each other on the roads as it gets dark earlier when the clocks go back this weekend."

With longer hours of darkness, the RSA advises all road users to be safe and be seen. Drivers are urged to drive with dipped headlights during the day, especially if they do not have Daytime Running Lights. Pedestrians are urged to be clearly visible when walking during the day and wear high visibility clothing when walking at night. Cyclists should wear high visibility clothing and ensure they have a white light to the front and a red light to the back, so they are visible to pedestrians and drivers.

* Time period analysed was 1 Jan - 24 September

Contact David Martin on 087 4874052 or dmartin@rsa.ie for further information

OurKidsCode is coming to Clonmel Library. For families with primary aged kids. To Register your interest and see what it is all about check out the information meeting on Zoom on Tuesday the 7th of November at 8pm. Scan the QR code in the poster or join with Meeting ID 956 4647 1141 Passcode 530343,



Inviting new community venues in Tipperary to join in

Come to our Zoom information meeting to find out about Family Coding Clubs and Free Taster Workshops

Tuesday 7th November 2023 at 8pm (scan code below to join Zoom)

Brought to you in partnership with Tipperary County Council



For families with primary aged kids.

It's fun, social and creative!

No previous computing experience required.

*BCP = Broadband Connection Point (BCP)

Scan QR code to join Zoom
Meeting ID: 956 4647 1141
Passcode: 530343



contact@ourkidscode.ie



Rialtas na hÉireann
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Getting The Best From My Mental Health Appointment

- Learn how to prepare for your mental health appointment to support your recovery.
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In your own time, and at your own pace.



Mobile/Tablet Friendly - Scan the QR code to access

Log in on your Laptop/Desktop - <https://tinyurl.com/appt-prep>

Self-Paced - Available 24/7



Contact Numbers & Helplines

Stop Smoking Services

Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Clonmel Resource Centre:

Contact: Geraldine Moloney

Phone: 087 1880690

E-mail: SouthEastStopSmokingSupport@hse.ie

Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

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



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

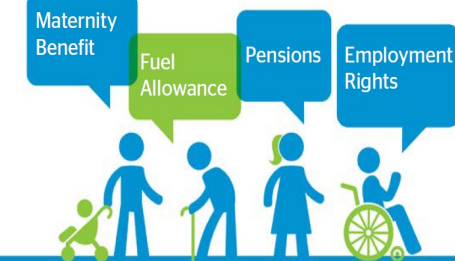
ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support. line 8am to 8pm.



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.



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

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You are not alone, help is at hand.



text about it

50808

