



Tipperary Together Newsletter | 2024 | Issue No. 2

Welcome to the latest edition of our 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:

- **LAMA Awards**
- **Tipperary PPN News**
- **New Halal shop in Tipperary**
- **Dementia Café Ballina/Killaloe**
- **Bishop's Walk**
- **Tipperary Sports Partnership**
- **Tipperary Local Enterprise Week**
- **Grange Lights Up**
- **Message to Your Younger Self—Bealtaine**
- **Healthy Homes Programme**
- **Independent Living—Free Tablet**
- **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 25th March 2024

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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



Attendees from Tipperary who attended the LAMA Awards

Áine Roche and Angela Sheehan from the Community Section of Tipperary County Council recently attended the LAMA Awards Ceremony in Dublin, where the following nominees were shortlisted from Tipperary communities:

- Best Community Health Project: Fethard Town Park
- Community Volunteer of the Year: Nicola Welford
- Best CSR Project in Community: Millennium Family Resource Centre, Tipperary.

Cllr Michéal Anglim TCC & Chairman of LAMA along with Tipperary man, John Hogan, Chair of IPB Insurance (Sponsors) also attended the Awards ceremony.

Congratulations to all these very hard working volunteers within our communities in Tipperary who were all so deserving of these nominations. Without them we would not have the community spirit of social support, inclusivity and active engagement that is very strong across many County Tipperary communities.

LAMA AWARDS 2024



Top Left: Margaret Doyle, Rodger Sweeney, Alice Teehan, Tara Alp and Sharon Walsh, Millennium Family Resource Centre

Bottom Left: Angela Sheehan TCC, Nicola Welford, Community Volunteer, Áine Roche TCC

Bottom Right: Áine Roche TCC, Mauice & Anne Moloney, Fethard Town Park, Angela Sheehan TCC





There will be **16 events** taking place across the County for **Local Enterprise Week** which runs **from 4-8 March** next. These events aimed at helping entrepreneurs to start or grow their business are part of the initiative of the Local Enterprise Offices nationwide, supported by Enterprise Ireland and the Local Authorities.

The majority of the events in Tipperary are FREE and focus on **Self Employment, Social Media for the Tourism sector, Cyber Security & Dangers in Supply Chain, Financial Literacy, Artificial Intelligence and Intellectual Property**. One of the most popular events yearly are the **Business Advice Clinics** which will take place in the **Library's** in Thurles, Nenagh, Roscrea, Clonmel & Carrick-on-Suir and in the Municipal District offices in Tipperary Town.

Another highlight this year in Tipperary will be the **Artificial Intelligence Workshop with Microsoft & LinkedIn** which takes place at The Abbey Court Hotel Nenagh. This training will focus on the Generative A.I. career pathway and is an A.I. *skill-up-a-thon* – a one day blended learning environment focused on demystifying the topic. The week also includes a **Retail Symposium at the Horse & Jockey Hotel**, a **Green Hub launch at The Ballykisteen Hotel**, Tipperary and will close with a **Celebration of International Women's Day which will take place in The Aherlow House Hotel**. A flavour of those taking part in Local Enterprise Week include **Jean McCabe, CEO Retail Excellence Ireland**, Performance Coach **Alf Dunbar**, HR & Employment Specialist **Tommy Smyth**, Trinity based **Dr. Ann Monaghan of The Irish Longitudinal Study on Ageing (TILDA)**, **Mary D'arcy, Financial Crime Lead with Banking & Payments Federation Ireland** and **James Caron Lucas Financial Consulting Ltd**. To find out more about all the events running in Tipperary or to book your spot, click here <https://www.localenterprise.ie/Tipperary/Enterprise-Development/Local-Enterprise-Week/>

There are also two **National Spotlight events** which are open to everyone and can be accessed online. The first, **"Understanding and leveraging future trends for your business"** on Wednesday 6th March looks at what are the trends that will be emerging in the short and long term and how they will affect business. The session will also delve into how you can adapt and leverage these trends for business success. The second spotlight event focuses on the area of sustainability. The **"Sustainability imperative for business success"** session on Thursday 7th March will look at how sustainability is becoming a bigger and bigger factor in business survival and success. Headlined by renowned broadcaster and science and environment expert, **Liz Bonnin**, it will show how the small changes in your business can make a big impact and most importantly how you can start. Click here to book a spotlight event <https://www.localenterprise.ie/Portal/Week/Local-Enterprise-Week-2024/Local-Enterprise-Week-2024-Events.html>

Each of the 31 Local Enterprise Offices will be running a full programme of events in their area that will tackle a variety of areas relevant to small businesses and starting up. **The events are open to all** from budding entrepreneurs to established businesses and gives them the opportunity to get expert advice on key areas of business from financial skills, raising funds, exporting and boosting your business online to future trends such as sustainability and digitalization. Details for all the events taking place across the country during **Local Enterprise Week, from March 4th to 8th**, are available at www.LocalEnterprise.ie/Week

We look forward to welcoming you!

Tipperary PPN and Together EU Ireland (see poster below of an upcoming event) are encouraging everyone to vote in the upcoming referendums, as well as, the local elections and the European elections, that follow, and both elections will be on the same day in early June. The date is to be announced soon.

Let's be active in our EU and national citizenship!



Voting gives you an opportunity to be part of decision-making that affects your life and the future of our country. If you don't vote, others will make the decisions for you.

To be able to have your say on important issues by voting, you must be on the electoral register.

It is very easy to register to vote or to check that your details are accurate and up to date, please visit www.checktheregister.ie

The deadline to register for standard vote for the upcoming referendums taking place on Friday 8th March 2024 is Tuesday 20th February 2024

The deadline to register for postal vote for the referendums taking place on Friday 8th March 2024 is **Monday 12th February 2024**

Tipperary PPN News!

Our first Plenary in 2024 will be in the evening of **Thursday 11th April** so please **save the date** if you are a PPN member of a group!

GRANGE LIGHTS UP

Official Community Walkway Lighting Up Celebration Event at Grange Community Walkway. Tipperary LCDC approved 75% LEADER funding of €20,475 to install lighting on the existing walkway to facilitate its use at night along with electricity into two storage containers.



Pictured are Committee members including Senator Garret Ahearn with Sara Bourke STDC, Eoin Wolahan LCDC Chairperson & and Marie Cox, TCC

NEW HALAL STORE IN TIPPERARY

Ahmad Alzoubi opened his Halal Food Store In Tipperary Town on Monday 12th February.

Please support and share around to anyone in the Tipperary Town area. Or the next time you are over in Tipperary Town drop in and have a look around. It is not only an Arabic food store it will also supply Asian, African and European items.

Ahmad arrived in Tipperary Town through the Tipperary Refugee Resettlement Programme. He has worked very hard to get to where he is now opening this store. He has wanted to open this store since he arrived and spent many days talking about it, planning it and working towards making it happen. It is great to see him achieving this. It is hard to navigate setting up any business, so for someone who has only been living here a few years to take this step is very exciting and I'm sure nerve wracking also. You can get lovely household items, and food items in the shop.

Do pop in and visit when in Tipperary





Message to your younger self

Be a part of the Tipperary Bealtaine Age & Opportunity Festival, 2024

Eileen Acheson & Jenny Cox of Write Minds invite members of the over 50's community to their *Message to Your Younger Self* poetry writing workshop.

Wednesday 6th March
10am to 1pm
Clonmel Library, Mick Delahunty Square

This is a safe and fun space to develop your writing prompted by words of wisdom, love, caution or inspiration to your younger self.

Suitable for beginner and early stage writers
Light refreshments will be served
Contact writemindsgroup@gmail.com to book your place

Bealtaine Festival
An Age & Opportunity arts initiative



Dementia Café Network

BALLINA-KILLALOE

Connect Café



A free, safe and supportive space for people living with dementia and their family and friends, providing an opportunity to make connections with services.



Starting Tuesday 30th January 2024
6.30pm to 8.30 pm • Last Tuesday of every month
at Killaloe Ballina Community & Family Resource Centre
The Green, Killaloe, Co. Clare, V94 W7X6
Café Co-ordinator: Aifric Devane

For enquiries contact reception@kbfrc.ie or 061374741





The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community. It is about providing a range of alternatives for older people who may otherwise transition into long term residential care prematurely.

To do this we have appointed a Healthy Age Friendly Homes Co-ordinator in each Local Authority area. Each Co-ordinator will case manage a support package for each person referred, linking the supports from the variety of public, voluntary, private and community agencies in the area.

The Co-ordinator will carry out a free home-based assessment and, in partnership with the older person, will identify and design a range of supports to enable the older person to continue living independently.

The 4 Key Objectives are:-

- Enable older people to continue living in their homes or in a home more suited to their needs
- To live with a sense of independence and autonomy
- Be and feel part of their Community
- Support the avoidance of early or premature admission to long-term residential care.

Role of the Co-ordinator

The Healthy Age Friendly Homes Coordinator will carry out a free needs assessment to establish what supports are required to enable the participant to continue living independently in their own home for longer.

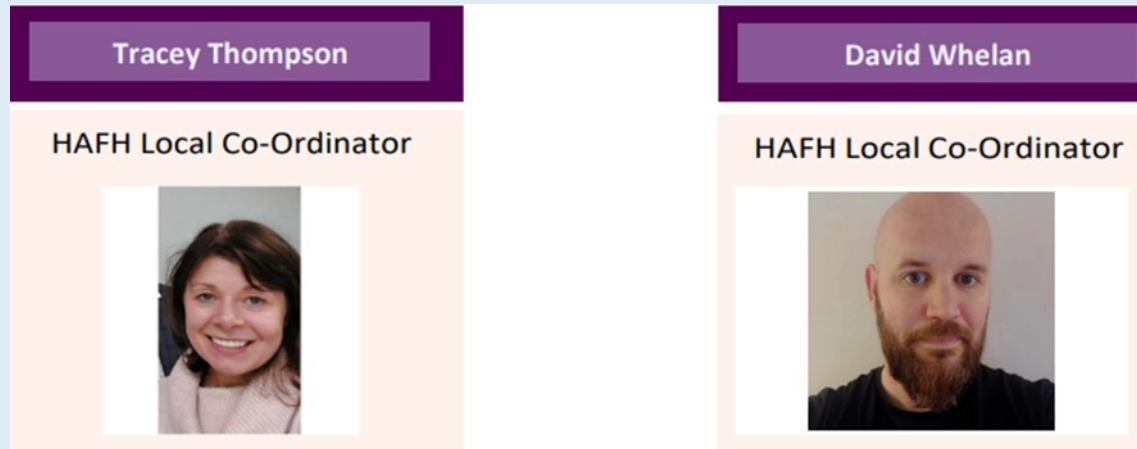
A person-centred support plan will be developed post assessment.

Information can be provided on adapting their existing home and the relevant grants available to support them to make those changes, with a focus on universal design and energy efficiency.



The [Healthy Age Friendly Homes Co-ordinator](#) can provide the participant with access to a range of housing, health and social care supports to help them decide on what they need to live the life they want, to the best of their ability within their community.

The Healthy Age Friendly Homes Co-ordinators for Tipperary are:-



Age Friendly Ireland | Shared Service function of Local Government

The Age Friendly Shared Service involves a multi-agency, multi sectoral approach to age related planning and service provision. The service helps cities and counties to be more inclusive of older people by addressing their expressed concerns and introducing practical responses aimed at improving the quality of life of all citizens. Age Friendly Ireland (AFI), a shared service function of local authorities, hosted by Meath County Council operates through a national network of Age Friendly Shared Services in every local authority area.

If you would like to make a referral to your local Co-ordinator then please contact our National Office.

Telephone: 046-924 8899

General Enquiries: healthyagefriendlyhomes@meathcoco.ie

Referrals: referralshafh@meathcoco.ie

(in the subject line please state HAFH Referral followed by the participant name

www.agefriendlyireland.ie



Left: Picture of restored Bishops Walk from Main Street car-park in Cashel to Rock of Cashel. Works by contractors and staff managed by Frank Cussen.

The new walk will improve linkage between the Rock of Cashel and the centre of Cashel town.

It is hoped that a greater number of people will visit the town and that the town can benefit economically from the appeal of the Rock of Cashel to tourists.

Up to 279,000 people visit the iconic heritage every year.

In addition the walk provides an additional walking amenity in the town.

Tommy Dorney has recently been appointed with us as **ESF+ Social Innovation in Sport Officer**. Tommy will play a central role in the delivery of Sport Irelands Diversity & Social Innovation Programme for Sport. He will use sport and physical activity to foster social inclusion and provide education, inclusion and personal development programmes for target communities throughout Tipperary. The project is co-funded by the Government of Ireland and the European Union.



Upcoming Courses.

Rescue & Emergency Care (REC2) course will take place at the Cabragh Wetlands, Thurles on the 24th & 25th February, 2024 from 9am - 5pm. Cost is €60 + booking fee

Booking and further information is available through this link <https://bit.ly/3Sxd6Fc>

Sport Inclusion and Disability Awareness Online workshop.

This workshop is for those who coach, teach or instruct those with disabilities.

This course will take place on Monday 26th of February, 2024 from 7pm - 8.30pm.

The cost is €15 plus booking fee. Booking and further information is available through this link <https://bit.ly/3OKg1cD>

Mastering Midlife Workshop Workshop takes place in the Carrick Hotel, Carrick on Suir on March 2nd. Booking is through this link <https://bit.ly/3Rs7ATZ>

Booking is advised for the above courses as places are limited.

Titeann Seachtain na Gaeilge 2024 idir an 1 agus an 17 de Márta. Chun é seo a cheiliúradh, cuireann se an-áthas ar Seirbhís Leabharlainne Chomhairle Contae Thiobraid Árann, oíche le Manchán Magan a chur i láthair. Sonraí thíos.

Brúigh ar an nasc le haghaidh ticéad: <https://www.eventbookings.com/b/event/listen-to-the-land-speak-reconnecting-to-the-goddess-of-the-earth>

Seachtain na Gaeilge 2024 is just around the corner. To celebrate this Tipperary County Council Library Service is happy to present an evening with Manchán Magan. Details below.

To book your place follow the link: <https://www.eventbookings.com/b/event/listen-to-the-land-speak-reconnecting-to-the-goddess-of-the-earth>

Booking:

<https://www.eventbookings.com/b/event/listen-to-the-land-speak-reconnecting-to-the-goddess-of-the-earth>

CLONMEL LIBRARY MANCHÁN MAGAN



LISTEN TO THE LAND SPEAK:
RECONNECTING TO THE GODDESS
OF THE EARTH
FROM SLIEVENAMON TO THE CAILLEACH BEAR'S
HOUSE IN SLIEVE GULLION
EXPLORING OUR CULTURE'S DEEP CONNECTION
TO THE LAND OF IRELAND AND THE NEW
INSIGHTS THAT ARE ARISING FROM SCHOLARS,
PASSIONATE SEEKERS AND FROM THE LAND
ITSELF.

13 MARCH 6:30PM

A 1-HOUR BILINGUAL TALK UNDERSTANDABLE TO ENGLISH SPEAKERS
JOIN US TO CELEBRATE SEACHTAIN NA GAELIGE AND THE LAND AND SPIRIT
OF THE GAEL.

BOOKING ESSENTIAL FOLLOW THE LINK OR USE THE QR CODE

www.eventbookings.com/b/event/listen-to-the-land-speak-reconnecting-to-the-goddess-of-the-earth





**Mary MacMahon, Chair of Tipperary Older Peoples Council
invites you to attend an information session in relation to
Road Safety and Local Transport**

Venue:- Horse & Jockey Hotel

Time:- 11am to 1pm

Date:- Thursday 21st March, 2024

Speakers:- Anthony Moroney Local Link Tipperary

Mary Murphy, Tipperary County Council Road Safety

Sarah O'Connor Road Safety Authority

An Garda Síochána Representative

To register your interest in attending please contact Cliona Tobin 052 6166207, Angela Sheehan 052 6166205 or Fiona Crotty 052 616223 or email agefriendly@tipperarycoco.ie



Shine

Supporting people affected by mental ill health



All Shine services are available to adults with self-experience of mental health illness and to their family members/supporters.



Information Line

Call us if you need information and support on mental health supports, services and rights



Individual Support

Work with us in choosing and working towards recovery goal/s of your choice.



Support Groups

Join your local Shine group, meet people with similar experiences as you for a chat and support over a cuppa



Education Courses

Learn with Shine about recovery through our Recovery Education Programmes




For information, support or to join Shine

Call: 086 040 7701 or 01 860 1610

E-mail: support@shine.ie

W: WWW.SHINE.IE | T: 01 860 1610 & 086 040 7701 | REGISTERED CHARITY NUMBER: 20011512 CHY 6380

Follow us on social media!

 ShineOnlineirel  ShineOnlineirel  Shine: Supporting People Affected by Mental Ill Health



Shine



Supporting people affected by mental ill health

“Everyone was respectful and mindful, we progress at a different pace. It’s very encouraging to know we are not alone.”

“I feel the curtain has been pulled back for me. I GOT it! Two wonderfully wise, bright, enthusiastic, knowledgeable and helpful facilitators”

**St. Oliver's
Catholic Church
Centre
Clonmel
E91 W903**

**2nd Tuesday of every
month**

2:30 - 4:30pm

JOIN OUR

FAMILY*

SUPPORT GROUP

TO SIGN UP CALL OR E-MAIL



086 040 7701



support@shine.ie

***Family member includes all family members, partners, relatives, friend or colleagues supporting a person with mental illness/mental health challenge**

Free Tablet

Want to get involved in your community? Have your VOICE heard?

Join ILMI in **Co. Tipperary**, to develop local DPOs and access a free Lenovo Tablet to get online

Independent Living Movement Ireland (ILMI) with support from the **Department of Rural and Community Development** is supporting the development of **local Disabled Persons Organisations (DPOs)** in **Tipperary**.

These local DPOs will bring disabled people together online to develop collective responses to policy issues affecting disabled people in their locality.

In order to support disabled people to come together online, ILMI have a limited number of Lenovo tablets for VOICE participants who want to be part of their local DPO.

Tablets will be provided to successful candidates at an initial in-person digital skills and internet safety training session in each of the counties, followed by DPO training online.

In signing up to access this equipment, successful candidates will commit to online disability equality and DPO training as well as committing to be an active member of their local DPO and ILMI.

In addition to ILMI providing support to the development of local DPOs, one to one life coaching will be available for those who want to explore supports they need to achieve their goals in life.

If you are interested of joining **ILMI** and working to form a local DPO and avail of the Free Tablets. **(Internet access is required)**

Contact **Nicola Meacle** at nicolameacle@ilmi.ie

Deadline for applications 15th March



Get the support you need to quit for good

We Can Quit is a free group programme for people who want support to quit smoking.

The programme runs for 7 to 12 weeks and offers you free stop smoking medication, a weekly stop smoking group, and 1-1 support. You get support to quit from a local facilitator, people in your group and a local pharmacist.

You are 5 times more likely to quit for good if you:

- commit to quit for 28 days
- get support to change your behaviour
- use stop smoking medicines

We Can Quit is offered by the HSE in partnership with Clonmel CRC.

Location: Clonmel Community Resource Centre, Kickham Street, E91 P2N5

Dates: 20th March, 27th March, 3rd April, 10th April, 17th April, 24th April and 1st May

Time: 7:00pm to 8:30pm

Registration for the programme is now open in Clonmel. For further Details please

Contact: Geraldine Moloney (087 1880690) **Contact:** Catherine Murphy

Email: Geraldine.Moloney@hse.ie

Email: Healthycommunities@clonmelcrc.ie

QUIT.ie



BOOK CLUB

**How about joining a men's
discussion group?
Chat about books &
exchange reading
recommendations.**

**Meeting on
the last Wednesday of the month
at 7pm in Clonmel Library
052-6166130 for details**





Age and Opportunity CarePALs workshops for Spring/Summer 2024

The aim of our CarePALs initiative is to enable care staff to deliver physical activity sessions to those in their care, which can be included as part of their daily or weekly routines, without additional costs to the care setting.

Participants are not expected to have any background or formal experience in leading physical activities but they will need to have an interest in learning to lead physical activities. CarePALs involves a 2-day training course and is funded by the HSE, so is free to participants.

Upcoming <u>CarePALs</u> Training 2024			
CHO	Location	Dates	Area
CHO1	Monaghan	17th and 24th January	<u>Knockaconny</u>
CHO2	Roscommon	22nd and 29th January	Ballinderry
CHO3	Clare	9th and 16th February	Ennis
CHO4	Cork	23rd of February and 1st of March	Wilton
CHO5	Kilkenny	22 nd and 29 th of April	Kilkenny Town
CHO6	Dublin South	18th and 25th April	Dun Laoghaire
CHO7	Kildare	14th and 21st of May	Kildare Town
CHO8	Laois	6th and 13th June	<u>Potlaoise</u>
CHO9	Dublin North	19th and 26th June	Dublin North
CHO1	Sligo	20th and 27th June	<u>Ballinode</u>

If you are interested in attending any of the above workshops or would like further information, please **contact Máire Murphy (PALs Coordinator) at maire.murphy@ageandopportunity.ie**



What's On > [Talk/Workshop](#)

HEDGE SCHOOLS - 'of the people, for the people, by the people'

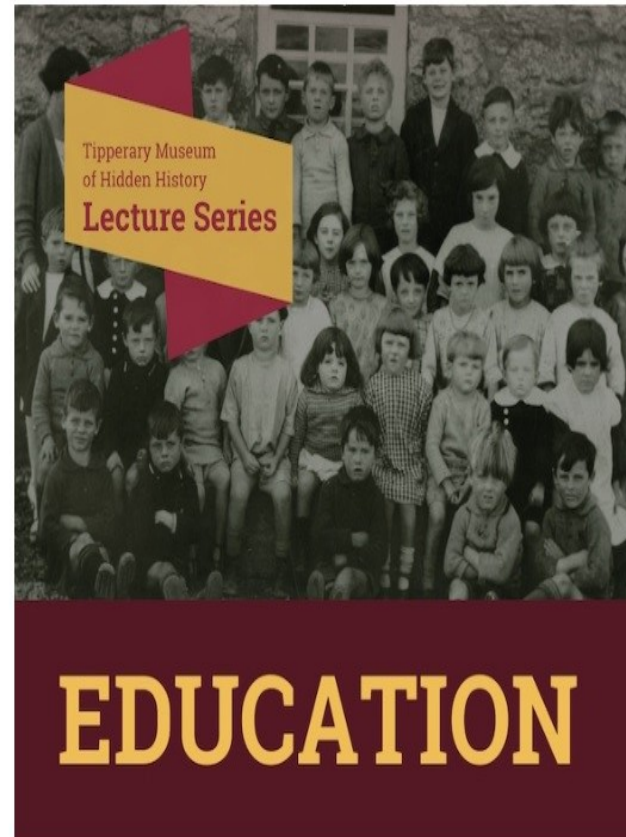
Speaker: Antonia McManus

How could fee-paying hedge schools, which had emerged during the Cromwellian era, and spread during penal times, come to dominate Irish education for 130 years? What attraction did they hold for impoverished parents? What prompted hedge schoolmasters to teach during parlous times, and to continue to do so subsequently? Reviled by the Westminster Government and tolerated by the Catholic Church, the establishment of the national education system in 1831 transferred control of Irish education. Parents, however, continued to support the hedge schools, and it was a natural disaster – the Great Famine of the 1840s - that marked the beginning of the end of the hedge schools.

📅 Mar 2, 2024

🕒 10:30 am - 12:00 pm

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



LECTURE

06

ANTONIA McMANUS

HEDGE SCHOOLS -
'of the people, for the
people, by the people'

SATURDAY

MAR 2
2024

Biography:

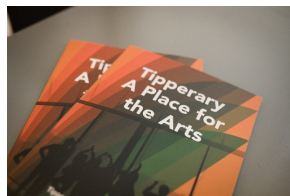
Dr. Antonia McManus is formerly of the School of Education, Trinity College, Dublin, where she taught the History of Education for two decades. She was the first Director of the pioneering primary teacher education programme at Hibernia College, Dublin. She is author of *The Irish Hedge School and Its Books, 1695-1831* (Four Courts Press, 2002); *Irish Education: The Ministerial Legacy, 1919-1999* (History Press, 2014); and a biography of T.J. O'Connell (1882-1969) Labour Party Leader, Trade Unionist, Senator and INTO Stalwart *The best Minister for Education Ireland never had* (Umiskin Press, 2022).

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

Rathcabin to Birr every Friday

Templetuohy to Thurles every Friday

Clonakenny to Templemore every Saturday

Kilcommon to Dolla every Friday

Cloughjordan to Birr every Friday

Terryglass to Nenagh every Thursday

Sue Ryder Nenagh to Nenagh every Tuesday & Thursday

Clonmore, Clonakenny to Roscrea every Friday

Roscrea town every Tuesday, Thursday & Friday

Newcastle to Cahir every Tuesday & 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!



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

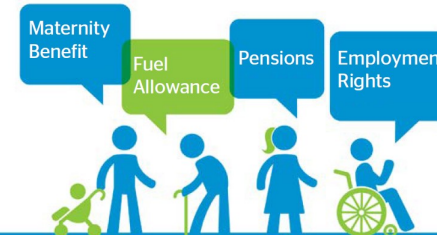
ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support line 8am to 8pm.



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

"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](#)



Funded & Supported by the Citizens Information Board

You are not alone, help is at hand.



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**



text about it

50808

