



Tipperary Together Newsletter

February 2022

Issue No. 2

Welcome to Edition no. 2 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:

- Healthy Tipperary
- Tipperary Sports
- Living Well Programmes
- PPN News
- RSA Child Car Seats
- Menopause Survey
- Get Tipperary Reading
- Tipperary People & Places Exhibition
- Parenting when separated
- Dementia Café
- Music & Movement for Health
- 'Lets Get Moving' Programme

St. Patrick's Day Parades are back in 2022



**Find your local
Parade and join
in the fun**



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 18th March 2022



Get Tipperary reading for 'Ireland Reads'

Ireland Reads is a campaign to get the whole country reading this month in the lead up to a national day of reading on Friday, February 25th.

Tipperary County Council Library Service have teamed up with libraries nationwide, publishers, booksellers, authors and others for the campaign, which is a Healthy Ireland initiative and aims to celebrate reading and all the benefits it can have for wellbeing and enjoyment.

You can get involved by pledging to 'squeeze in a read' on **Ireland Reads Day**, Friday, February 25th.

Go to www.irelandreads.ie to pledge reading time, sign up for reading reminders and see how much time has been pledged by the Irish public so far.

Not sure what to read? No problem!

The Ireland Reads website also offers book recommendations suited to your interests and the time you have available.

There are more than 1,500 recommendations from librarians all around the country.

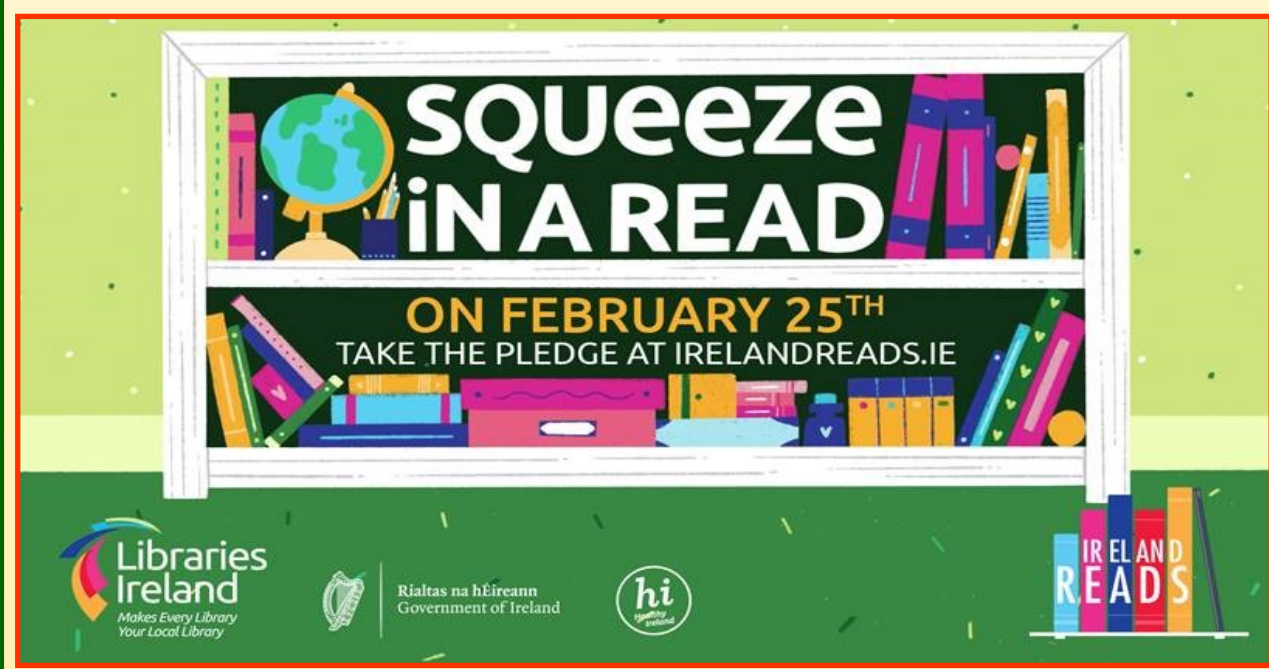
Simply enter your favourite type of book and how long you would like to read each day and the website will offer a suitable book suggestion and work out how long it will take to complete – so you can set yourself a reading challenge if you want - a couch to 5k for books!

Library members can borrow from 12 million items or use online services to download eBooks, audiobooks, newspapers or magazines – there are thousands to choose from. Library membership is free and there are no fees to borrow.

Want to recommend a read? Tell us!

Every month Library Staff share what they have enjoyed reading on our website and social media channels. This month, to celebrate Ireland Reads, we would like to include council staff across all sections.

If there is a book, e-book or e-audio book you enjoyed recently please send a short review (less than 200 words) to sarah.darcy@tipperarycoco.ie by Thursday 24th February and include a picture of yourself with your chosen book. Last month's staff reads can be found at <https://www.tipperarylibraries.ie/january-staff-reads-2/>



HEALTHY TIPPERARY

Healthy Tipperary is delighted to partner with action leaders Ascend [NTDC](#) and Cuan Saor Refuge and Support Services (South Tipperary) who would like to invite individuals to view the launch of the One Million Stars to End Violence Project display on the 8th of March in the Nenagh Arts Centre. The exhibition will continue to be displayed in the Arts Centre till the 21st of March. A further exhibition and launch will take place in the Showgrounds Shopping Centre in Clonmel. The displays will then move to different parts of the county in Tipperary Libraries.

The One Million Stars to End Violence Project was established by Maryann Talia Pau, a Samoan-Australian artist, in response to the rape and murder of an Irish Woman in Melbourne Australia. In Samoan culture, the star is a symbol of light, hope and solidarity. The project used star weaving to rebuild trust within the community. In 2020 Siobhan McQuillan working with Amber Women's Refuge, brought the project to Kilkenny. Since then, it has been extended to many counties and in 2021 both Ascend NTDC and Cuan Saor Refuge and Support Services (South Tipperary) felt it was a project that would raise awareness of both services in Co. Tipperary ensuring that women who are experiencing domestic violence are fully aware that there is help within their community.

Both Ascend NTDC and Cuan Saor have been busy over the past few months distributing packs to groups and schools and the project was launched on the 25th of November last to coincide with the 16 days of activism campaign on 25th November. Many groups have embraced the project with great energy. The stars will be displayed on to the 8th of March 2022 (International Women's Day). Ascend NTDC would like to thank the funders of the project - Healthy Ireland and SICAP (Social Inclusion and Community Activation Programme) (Social Inclusion Community Activation Programme, which is part of the North Tipperary Development Company, NTDC.



Tipperary Sports Partnership

It's back and is hugely popular as always. The 2022 12-week **Swim for a Mile Programme** has returned in Nenagh and Clonmel Swimming Pools and Sean Kelly Carrick on Suir with over 50 participants of all levels and abilities taking part. The Swim for a Mile challenge will take place in July. Keep an eye on our website and social media for updates.

The **Tipperary Town Community Sports Hub** has many programmes running. The Moorehaven Tennis Programme, Soccer and Boccia with the Moorehaven Centre and a soccer programme with the Brothers of Charity. The Activator Pole programme recommences on February 21st, Walking Football starts on the 1st of March. To register for either of these programmes go to www.tipperarysports.ie.

An Online Autism in Sport workshop took place on Monday 7th of February. Active Neuro began on Wednesday 9th of February for individuals with neurological conditions to get mobile and active through an online physical activity programme.

Women in Sport Week

Let's celebrate Women in Sport during Women in Sport Week from the 7th to the 12th of March. As part of this Tipperary Sports Partnership supported by Sports Ireland Coaching will deliver a Coaching Teenage Girls in Sport Workshop on Tuesday the 8th of March via zoom from 6.30 – 9.30 cost is €15 plus booking fee. Booking is through www.tipperarysports.ie FAI North Tipperary are hosting a live Questions & Answers Session with Ireland and Manchester United's Diane Caldwell on March 7th at 7.30pm through zoom to attend this session email tracy.gleeson@fai.ie

Community Walks are back!

New Inn Community Walk 8-week programme will commence on Tuesday 22nd March. The meeting point is New Inn Church Car Park at 3.30pm. Cost is €10 plus booking fee. The programme will take participants along parts of St. Declan's Way, Tipperary Heritage Way, Scaragh Woods and High Kings Loop. Booking is through www.tipperarysports.ie Keep an eye on our website for further walks/events!

Tipperary Sports Partnership are delighted to support the provision of inclusive outdoor equipment at Fethard Town Park through the Sport Ireland dormant accounts programme.





**Are you a person with
a disability
living in Ireland?**



Do you want to share your experience
of life during the Covid 19 pandemic?

Visit <http://responce.ie/questionnaire/> to take part!



ResPoNCE

Respecting People with disabilities' needs and rights
in Crisis and Emergencies

HRB Health
Research
Board



NUI Galway

CENTRE for DISABILITY
LAW & POLICY



**Institute for
Lifecourse and Society**

Tipperary People and Places Exhibition

Tipperary Studies invites you to visit its Tipperary People and Places exhibition in The Source, Thurles. The exhibition runs during normal library opening hours for the month of February.

It is an ideal opportunity to see some of the wealth of attractive resources on our county which are available in Tipperary County Council Library Service's local studies department. Chat with the staff and maybe, bring some of your own treasures for them to see and give their expert opinion. Have a look at a two-hundred-year-old map of the bogs of the county, or a Victoria Cross awarded to military chaplain, Fr. E. Kelly in 1917. See the craftwork of Rody Crowe during his internment in Tintown in 1923 or a selection of our many photographic collections.



These, together with some of our archival resources are just a selection of the many unique items which form the collection in Tipperary Studies. All are welcome to The Source and we are really looking forward to meeting you. Contact 052 6166123 or email studies@tipperarycoco.ie for more information.

Living Well

A programme for adults with long-term health conditions



Living Well is a free **online** group programme delivered over six workshops (2.5 hrs x 6). 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

Day	Start date	Finish date	Time
Wednesdays	2nd March 2022	6th April 2022	2pm – 4.30pm
Thursdays	24th March 2022	28th April 2022	10.30am – 1pm
Mondays	11th April 2022	16th May 2022	6pm – 8.30pm
Fridays	22nd April 2022	27th May 2022	10am – 12.30pm
Saturdays	7th May 2022	11th June 2022	10.30am – 1pm

To book your place contact

Justin on 0874088325 or 0872939881 or email selfmanagementsupport@SECH@hse.ie

The following support is available for anyone who needs help

- One to one support
- Loan of devices (tablets & headsets)
- Tech support available on every program

www.hse.ie/LivingWell



Your toolkit for better health

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.



Self-management
Support



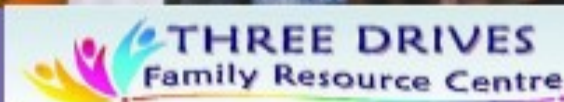
Sláintecare.



Seirbhís Sláinte
Níos Fearr
& Fórsaíocht

Building a
Better Health
Service

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



PARENTS PLUS

Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

A 6 week course is planned beginning on Tuesday March 8th to April 12th from 7 – 9.30pm

@

KNOCKANRAWLEY RESOURCE CENTRE CLG

Cost: €5 for the parent handbook (The course is free)

The course will be facilitated by Parent & Family Support Worker, Helen Buckley, PFSP KRC and Community & Family Support Worker, Marian Clarke 3 Drives FRC

For more information or to reserve your place, please contact:

Helen: 062-52688 helenbuckleykrc@gmail.com

Marian: 062-80831 mcna3220@gmail.com

Knockanrawley Resource Centre CLG in collaboration with the Three Drives Family Resource Centre working together for the local community.



ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

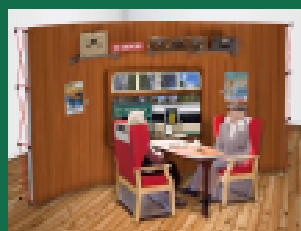
www.parentsplus.ie



**NENAGH &
BALLINA-
KILLALOE
VIRTUAL
DEMENTIA
CAFE
8TH MARCH
11AM**




RemPods Interactive Train
feature



**GUEST SPEAKER
VIMAL MATHAI**

**CLINICAL NURSE SPECIALIST
(DEMENTIA & OLDER PERSONS)
WILL SPEAK ON HIS RECENT
DEMENTIA FRIENDLY INNOVATIONS**



**TO JOIN US FOR THIS FREE EVENT,
EMAIL:
BALLINAKILLALOE.DEMENTIACAF
E@GMAIL.COM
FOR LINK TO ZOOM
ALL ARE WELCOME!**

PROUDLY HOSTED BY



NENAGH & BALLINA-KILLALOE DEMENTIA
CAFE'S STEERING COMMITTEE:
NORRIS CLANCY TEL: (083) 017 8106
EIONA CROTTY TEL: (087) 125 2938
AIFRIC DEVLIN TEL: (087) 109 8776
SEAN DONAL O'SHEA TEL: (087) 052 6617



How the PPN Works and How to Register Your Community Group

We are based in Thurles in the Thurles Chamber Enterprise Centre on the TUS campus. Our door is always open....during office hours.

The Tipperary PPN member groups can select to become part of one of three pillars or groups of community groups, when they register.

- Community & Voluntary
- Social Inclusion
- Environmental

This allows for the work of the community group registering to be align as closely as possible with other groups to allow effective networking, information sharing and to strengthen the voices of those groups in a collective approach.

Recently, in Cabra Wetlands, Holycross, the PPN Environmental groups met with the County Council Environmental & Climate Action section staff on a Saturday morning to hear about the work of the Biodiversity/Heritage Office. Roisin O'Grady, Heritage Officer discussed aspects of the section's work and all exchanged opinions on issues raised. Networking was encouraged over a cuppa or a walk around the inspiring Cabra Wetlands, including its Cosmic Walk.



The well-attended Cabra Wetlands PPN Environmental Groups meeting

The Tipperary PPN is a countywide networking organisation that all community groups can register free with. If you think your group would like to join, the link to register is below:

<https://www.ppntipperary.ie/register/>

If you have any queries, try our website:

www.ppntipperary.ie or contact Ruth on:

Tel: 0504 61014 Mobile: 087 4567111 Email: coordinator@ppntipperary.ie

Facebook: PPN Tipperary Twitter: @ppntipperary



MUSIC AND MOVEMENT FOR HEALTH

If you are over 65 then please come join us for:
music, movement, fun, friendship, tea and chat.
No previous experience required.



Music and Movement are fun
ways to improve balance,
mobility, strength, flexibility,
memory and wellbeing.

If you are interested in finding
out more and participating
please contact Steven at the
following email address
move2music@ul.ie
or phone number **089 2228314**





An Roinn Iompair
Department of Transport



Over half of child car seats incorrectly fitted according to Road Safety Authority

- **New Code of Practice for Child Car Seat Retailers launched to assist retailers and consumers**
 - **Almost a third of seats fitted incorrectly needed major adjustments ***

If a child's car seat isn't fitted correctly, it could lead to a serious or fatal injury in the event of a collision

Thursday 24 February: Over half of child car seats (56%) checked by the Road Safety Authority's Check it Fits service were incorrectly fitted and needed some type of adjustment to make them a safe fit. If a child's car seat isn't fitted correctly, it could lead to a serious or fatal injury in the event of a collision.

In order to increase awareness of car seat safety and reduce misuse rates, the RSA has launched a new voluntary [Code of Practice](#) for Child Car Seat retailers. The new Code of Practice will ensure that best practice is achieved when parents or guardians are buying a child restraint system. This in turn means that when buying a new child car seat, families can be confident that they are getting the best advice and guidance on the most suitable car seat for their child and car.

To date, 15 child car seat retailers have committed to the new Code of Practice, covering 40 stores nationwide. Three child car seat manufacturers are signed up, with interest from another three. People should look out for the RSA's Code of Practice stickers in retailer outlets or you can [check the list of participating retailers](#) on [rsa.ie](#).

Ms Aisling Sloyan, Senior Road Safety Promotion Officer and Child Car Seat Expert with the RSA, said: While the RSA's experience with its Check it Fits service shows that half of child car seats are fitted incorrectly, worryingly, it found that 30% of these needed a major adjustment to fix them. For example, the seat being excessively loose so as to make the fitting almost ineffective. 67% were minor adjustments, for example, the fitting being loose or a twisted seatbelt. This new Code of Practice will help the public feel confident that they are getting the correct information they need from retailers when buying a child car seat. This includes help on deciding the correct seat for their child's weight, height, and age. All child car seat retailers and manufacturers are welcome to participate in this Code."

Minister of State at the Department of Transport, Ms. Hildegard Naughton, said: "If a child's car seat isn't fitted correctly, it could lead to a serious injury in the event of a collision or worse. I am delighted that this new Code of Practice has been launched and I want to applaud the manufacturers and retailers of child car seats that have adopted this new Code of Practice. It is through practical measures like this, where we all work together, and achieve our core target of the new Road Safety Strategy, which is to reduce road deaths and serious injuries by 50% by 2030."

Mr Sam Waide, CEO of the Road Safety Authority, said: "The point of sale, where child car seats are bought and sold, is critical to driving down misuse rates of child car seats. I would like to thank all the retailers who already go above and beyond when providing customer care and after sales support. I would appeal to retailers who haven't signed up to the new Code of Practice to please do so. A measure like this is a win / win for everyone. Parents get the reassurance that what they are buying will keep their child safe and for the retailer it's a unique selling point for your business. Most importantly of all its going to save lives and prevent injuries on our journey to Vision Zero where we eliminate all deaths and injuries by 2050."

Chief Superintendent, Michael Hennebry, An Garda Síochána, said: "The importance of proper fitting of a child car seat cannot be underestimated when it comes to protecting the safety of our younger passengers when travelling in cars. It is equally important to know how to properly adjust car child seats as a child grows. When carrying children in a vehicle, drivers must ensure that they use the correct type of child restraint for the height and weight of the child passengers. This initiative will help ensure that best practice is followed when buying a child restraint system".

Manufacturers who are signed up to the [Code of Practice](#) are committed to offering training and education to their retailers about their products. This in turn will ensure that retailers understand the features of child car seats and are properly trained to advise consumers on its suitability for the child and car in question. The Code acts as peace of mind to consumers that retailers signed up to it are able to provide expert advice and training on how a child car seat should be safely installed into the car.

POP UP *Gaeltacht*

ag CLONMEL LIBRARY



Leabharlann Chluain Meala

Call into Clonmel Library on Wednesday the 2nd of March at 6:30pm to join in our Pop Up Gaeltacht.

Brush up on the cúpla focal
Fáilte roimh cách/all welcome



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service

Seachtain

na Gaeilge



**ONE MILLION STARS
TO END
VIOLENCE**

Exhibit in

Nenagh Arts Centre

on INTERNATIONAL WOMEN'S DAY

8th March, 2022 at 11.00am

NTDC
North Tipperary
Development Company





Knockanrawley
 Tipperary Town
 Co. Tipperary
 EM 0632
 Tel: 062 52688 | Fax: 062 52206
knockanrawleyrc@gmail.com
www.knockanrawley.ie



Rainbows offers a 9-week listening, group support programme for children following a bereavement or parental separation.

- Children of a similar age and loss experience are in separate groups.
- Rainbows is suitable for children from age 7 years
- Rainbows is not counselling or professional therapy.

Visit www.rainbowsireland.ie for more information on the Rainbows Service

For local information contact Emer Leahy or Helen Buckley at Knockanrawley Resource Centre, Tipperary Town,

Tel. 06252688 | Email: knockcentremanager@gmail.com

Start date: OPEN FOR REFERRALS NOW

Venue: Knockanrawley Resource Centre, Tipperary Town

Time: TBD

Contact: Emer Leahy or Helen Buckley – 062 52688



The Social Inclusion and Community Activation Programme (SICAP) 2014-2020 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Union under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020.



Looking for participants to take part in a survey about food and menopausal symptoms

The menopause is the stage of a woman's life that marks the end of menstrual cycles, but women can start to experience symptoms in the years leading up to the final period. Symptoms at any stage can include hot flushes, night sweats, difficulty sleeping, mood changes, headaches, and joint aches and pains. Last year we carried out a large survey looking at the experience of menopause in women living in Ireland. This was the first of its kind and helped us to understand more about how women in Ireland live through menopause. [You can access the full report here](#). We continue to work on contributing to the knowledge and practice gap around supports for women going through menopause and we are currently interested in exploring diet and menopausal symptoms.

Some evidence suggests that a Mediterranean style diet can affect the severity of menopausal symptoms, but no research has been done on this in Ireland and it is something we would like to learn more about. As part of the Nutrition and Health Science programme in the Technological University of the Shannon, two of our students, Nicole and Brona are interested in exploring the link between the Mediterranean diet and whether it has an impact on menopausal symptoms in women. They are currently recruiting volunteers and you may be interested in participating.

Nicole is looking to recruit **perimenopausal women over the age of 40 years** (perimenopause is the term used to describe the time before menopause, you may be experiencing some symptoms of menopause and have irregular periods). If you are interested in finding out more about this study, [please click here](#).

Brona is looking to recruit **postmenopausal women who are still experiencing some menopausal symptoms**. If you are interested in finding out more about this study, [please click here](#).

The questionnaires for both studies will ask some questions about lifestyle, dietary habits, and menopausal symptoms and should take no longer than 10-15 minutes to complete. Once you click on the link, it will bring you to an information sheet, a consent form, and a screening survey to make sure you are eligible for the study. If you are eligible, you will be brought to the study questionnaire. This is carried out through Microsoft forms, which complies with all GDPR regulations, and results will be anonymous. This study has been granted ethical approval by the TUS Department of Sport and Health Science Board of Ethics. All participation is much appreciated.





INVITATION TO:
A SPOTLIGHT ON AGE FRIENDLY IRELAND
POLICY TO PRACTICE

REGISTER HERE

WEBINAR 4 | 8TH MARCH 2022 | 12.00 - 2.00pm

COMMUNICATION & INFORMATION



SPEAKERS

- Anna McHugh | Head of Corporate Communications, An Post
- Sylvia McCarthy | Communications Manager, Age Friendly Ireland
- Orlaith Carmody | Principal Advisor | Age Friendly Business, Age Friendly Ireland
- Louise Edmonds | Regional Programme Manager (East Region), Age Friendly Ireland
- Fiona Crotty | Programme Manager, Tipperary Age Friendly



WHO Global Network
for Age-friendly Cities
and Communities



Click above or register @ https://zoom.us/webinar/register/WN_-ZB_sW_GRV2ZqKAvkVG7AQ



Invitation

Wednesday, 2nd March | 11.30 am

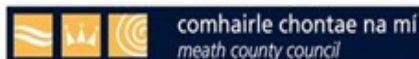
The Health Service Executive & Age Friendly Ireland

invite you to join us virtually for the formal launch of

Health and Wellbeing Information Resources

This will be a blended launch streamed live from Farmleigh House & Estate, Phoenix Park, Dublin

Register here for a link to join us



Click above or register @ https://zoom.us/webinar/register/WN_Rzh6KpHPTIWstRNCW9ToWQ



Tipperary rivers are under threat from pollution

What does this mean and what can be done about it?

Two public meetings will take place next week on Tuesday 1st March and Thursday 3rd March 2022 on water quality in Co. Tipperary and on the draft River Basin Management Plan (2022-2027). This Plan sets out the environmental objectives to protect and restore our rivers, lakes, estuaries and coastal waters together with the actions and measures required to ensure those objectives are achieved. The two online public consultation meetings offer an opportunity for local people to input into this draft plan, to make a submission and to get involved in helping to protect and restore local water bodies.

People throughout Co. Tipperary are now asked for their views on what can be done to improve water quality in waterbodies. Recent reports show the effects of climate change are becoming more noticeable. Agencies responsible for protecting Ireland's rivers have found that agriculture, hydromorphology (physical changes) and forestry are the 3 leading causes of pollution in our rivers and lakes in Tipperary. Nationally, the latest water quality data shows that 53% of our surface waters (rivers, lakes, estuarine waters) are in 'Good' or 'High' ecological status, it also shows that 47% are in an 'Unsatisfactory' ecological status.

Good water quality in our natural water bodies is a precious resource. The Local Authority Waters Programme (LAWPRO) works to promote a healthy water environment. It does so by identifying water quality issues and seeks ways to improve them. The EPA assessment of river water quality in 2019 and 2020 indicates some recovery in water quality, with more rivers showing improvements (345) than declines (230). Water quality analysis indicates that agriculture, hydromorphology (or physical changes to habitat conditions and water flow) together with forestry and urban waste water are the main pressures on water quality.

The work of LAWPRO forms part of a new and collaborative approach engaging all stakeholders, specifically at a local level, to protect and improve water quality. Over recent years, Ireland has made substantial progress in how we manage our water services and how we work collaboratively to improve water quality. Despite this water quality is still in decline. Healthy and well protected river catchments are vital for people, nature and our economy. Clean water is vital for protecting public health, supporting economic growth and preserving our natural water bodies. In turn, clean water support habitats, biodiversity and ecosystem which depend on water, which in turn support all of us in the face of a climate and biodiversity emergency.

LAWPRO encourages local people to get involved in the management of their local water bodies, to have your say and get involved. The two meetings in County Tipperary will focus on different municipal districts. The meeting of Tuesday 1st March will focus on the Nenagh and Thurles municipal districts. The meeting will cover the following catchments Lower Shannon, Lough Derg, Nore and Suir. The meeting on Thursday evening the 3rd March will focus on the Clonmel, Carrick-on-Suir, Cashel-Tipperary municipal districts and will cover the Suir catchment.

For information on the Draft River Basin Management Plan visit: <https://www.gov.ie/en/consultation/2bda0-public-consultation-on-the-draf...>

For more information contact Ruairí Ó Conchúir, Community Water Officer (085 8083715 / roconchuir@lawaters.ie).

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/current-news-letter>

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



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

Tipperary Heritage Office information

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

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

If you would like to be part of our mailing list please send an email with

"Subscribe" in the subject line to: heritage@tipperarycoco.ie

Follow us on Facebook and Instagram: Tipperary Heritage Office.



Goldfinch on Knapweed

The Way Ahead Spring Series 2022 - supporting festival/event organisers

Festivals and events enable communities to feel connected and proud about where they live, work and play. In Tipperary, they illuminate a rich tapestry of places, cultures, beliefs, traditions, arts and talents. Festivals and events are also important to stimulate local economic activity, showcasing our county and attractions, and helping to assert Tipperary's place on the map as a visitor destination. Events of all types and scale play an important role in the cultural fabric of our community and provide significant cultural, economic and social benefit. They act to bring people together and foster a shared sense of place for the region, celebrating the diversity of our people, place and experiences.

The new Tipperary Festivals and Events Strategy was developed in consultation with the sector locally and seeks to support the re-emergence of the festival offering in Tipperary by listening to the needs as identified by festival makers during the consultation process. Conscious of the range of type and scale of festivals across the county, we are inviting festival organisers to avail of this Spring Series to support your work as you re-imagine and create the rich offering we are proud to promote across the county. We look forward to meeting you over the coming weeks and months.

These workshops will be delivered online through Zoom free of charge, you will find the booking links below. Please email artsoffice@tipperarycoco.ie with details on any topics/queries you would like to see covered and please include your name and name of the festival/event.

1. Safe and Healthy Working Environments

Wednesday, February 23rd from 7pm – 8.30pm

This workshop will be presented by Rani Cameron of Eamon O Boyle Associates and will focus on all aspects of safe and healthy working environments and mitigating risk at your festivals and events, given the recent easing of Covid 19 restrictions. [Booking link Workshop 1 Safe & Healthy working environments](#)
Q&A session included in this workshop.

2. Recap on running safe festivals and focussing on risk assessment tools

Wednesday March 2nd from 7pm – 8.30pm

This workshop will be a recap on running safe festivals and events and sample risk assessments and event plans will be discussed and provided to workshop participants.
Q&A session included in this workshop. [Booking Link Workshop 2 Running safe events](#)

3. Wednesday 9th March from 10.00 a.m. to 11.30 a.m.

Muireann Sheehan, social media and marketing consultant will deliver a workshop on social media for festivals and events. She will introduce and refresh participants knowledge of social media tools, share knowledge of Content Strategy and include some new developments in social media that will assist you in telling your story.
Q&A session included in this workshop. [Booking Link Workshop 3 Social Media](#)

4A. Introduction to Digital Toolbox - Beginners

Wednesday 16th March. [Booking Link Workshop 4A Digital Toolbox Beginners](#)

Session 1: 12.30pm – 1.20pm

4B. Digital Toolbox - highlights & particularly useful tools for generating digital content - Intermediate

Session 2: 1.30pm – 2.30pm. [Booking Link Workshop 4B Digital Toolbox Intermediate](#)

Culture Works will present two workshops on the Arts Council commissioned Digital Toolbox, a one-stop-shop for all organisation's digital needs. The toolbox is freely available and Culture Works will demonstrate how to use it as a resource and support in your work. They will also hold a workshop on any specific needs or questions festivals and events may have about aspects of digital and hybrid working.

5. Planning Tools & Advertising

Wednesday 23 March from 10.00 a.m. to 11.30 a.m.

In this session, Muireann Sheehan will focus on increasing your knowledge of Planning Tools and Advertising your festivals and events. In addition, with the return to printed publicity materials, she will look at branding and the importance of design and visuals in publicising and promoting your festivals and events.

Q&A session included in this workshop. [Booking Link Workshop 5 Planning Tools & Advertising](#)

6. Content Creation Tools

Wednesday 30 March from 10.00 a.m. to 11.30 a.m.

In this final session, Muireann will demonstrate various content creation tools and reporting available to festivals and events. [Booking link Workshop 6 Content Creation Tools](#)

Q&A session included in this workshop.



In partnership/funded by



LET'S GET MOVING!

JOIN OUR 8 WEEK GREEN EXERCISE PROGRAMME



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

SUITABLE FOR BEGINNERS OR THOSE GETTING BACK TO EXERCISE.

Improves fitness & lowers blood pressure

Improves cholesterol & blood sugar levels

Maintains healthy weight

Meet new people & reduce isolation

Improves mental wellbeing

START DATE: Tuesday 1st March, twice a week for 8 weeks in Nenagh Town.

WALKING TIMES: Tuesday at 2pm and Thursday at 12 noon.

Contact Us

- ☎ 067-31800
- ➔ www.silverarchfrc.ie
- ✉ info@silverarchfrc.ie
- 📍 52 Silver St, Nenagh Co. Tipperary, E45 P624



PLACES ARE LIMITED ON THIS PROGRAMME, BOOKING ESSENTIAL!

To book your place please contact reception on 067-31800

South Tipperary Stop Smoking Service

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

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Description: This face-to-face service is available to staff, inpatients and outpatients interested in quitting smoking. For further information or to book an appointment please call or email.

County: Tipperary

Email: angela.radley@hse.ie

Nenagh Stop Smoking Service

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

Contact: Stacey Cahill

Phone: 065 6865841

Description: This service is available on Monday afternoons from 1.30am to 5pm

County: Tipperary

Email: linda.nolan7@hse.ie

Thurles Stop Smoking Service

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

Contact: Stacey Cahill

Phone: 065 6865841

Description: This service is available on Monday mornings from 09am to 12.30pm

County: Tipperary

Email: linda.nolan7@hse.ie

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

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.



"Tipperary PPN website www.ppntipperary.ie is the host for the community resources for Tipperary Together for Tipperary.

As part of the Tipperary Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary promoting community and support families coping at home & cocooning.



Visit gov.ie for COVID updates

You are not alone, help is at hand.

