



## Tipperary Together Newsletter

2022 January

Issue No. 1

Welcome to Edition no. 1 of our newly formulated newsletter '**Tipperary Together**. The **Tipperary Together** newsletter will issue at the end of each month and will be a broader community focused newsletter showcasing supports and content of interest to community based groups and individuals.

This issue includes information on:

- Tipperary Arts Office
- Tipperary Sports Partnership
- Age Friendly
- Alcohol Price Change
- South East Peer Network
- Festival Scheme

Citizens Information

Healthy Ireland

Tipperary Libraries

Tipperary PPN

Clonmel Borough District

Healthy Information & Awareness Calendar

Community Activities Fund 2022

Creative Ireland Grant Scheme

### ***Better days are coming***



Daffodils at Carrick-on-Suir Heritage Centre

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](mailto:tipperarytogether@tipperarycoco.ie)

Deadline for next issue content 18th February 2022



# New law means the price of alcohol is changing on the 4th January 2022

The Irish Government is introducing this to reduce alcohol use and alcohol harm.  
All alcohol will now have a minimum price and it will be illegal to sell it any cheaper.

## EXAMPLES OF MINIMUM PRICES ARE:



**Cider**  
6% alcohol  
500ml can  
**€2.37**



**Vodka**  
37.5% alcohol  
200ml naggin  
**€5.92**



**Wine**  
12% alcohol  
750ml bottle  
**€7.10**



**Whiskey**  
40% alcohol  
700ml bottle  
**€22.09**

If you are a frequent user and are cutting down or stopping alcohol use, contact your GP for advice. This is so you can cut back safely and avoid withdrawal symptoms.  
Stay in touch with alcohol services and your own personal and trusted recovery networks.

Call the HSE Drug and Alcohol Helpline on **Freephone 1800 459 459**  
Monday-Friday 9.30am-5.30pm for confidential information and support  
or email [helpline@hse.ie](mailto:helpline@hse.ie) any time.



**DRUGS.ie**  
Drug and Alcohol Information and Support

## 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](mailto: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](mailto:heritage@tipperarycoco.ie)

Follow us on Facebook and Instagram: Tipperary Heritage Office.



Goldfinch on Knapweed

## TIPPERARY SPORTS PARTNERSHIP

A great crowd attended the Tipperary Sports Partnership Operation Transformation 5k walk at the Thurles Racecourse on the 16<sup>th</sup> of January. We were delighted to be joined on the day with the three Tipperary leaders on Operation Transformation this year, Sarah O'Connor Ryan, Stefano Sweetman and Dale Collins.



**1 Photo shows Councillor Seamus Hanafin Chairman Thurles MD, Valerie Connolly Sports Coordinator, Cathaoirleach Marie Murphy Tipperary County Council, with the three Tipperary OT Leaders**

**2 Photo shows the Tipperary TSP Team with Healthy Tipperary Coordinator Dan Downey and the Tipperary OT Leaders.**

Tipperary Sports Partnership is facilitating Child Welfare & Protection in Sport Basic Awareness training. The next series workshops will be delivered by Sport Ireland tutors via Zoom on the following dates February 7<sup>th</sup> and 14<sup>th</sup>, March 7<sup>th</sup> and 14<sup>th</sup> and April 4<sup>th</sup> and 11<sup>th</sup>. These courses take place from 6.00 - 9.00pm. Cost is €15 plus booking fee.

Tipperary Sports Partnership are delighted to be hosting **Cara Autism in Sport Online Training Workshop** on Monday 7<sup>th</sup> February from 6:30pm – 9pm on Zoom. **Cost:** €15 plus booking fee. This online workshop will provide attendees with an understanding of Autism focussing on the delivery of sport. Through. Places are limited and granted on a first come, first serve basis.

Tipperary Sports Partnership **12-week Swim for A Mile Programme** is back in 5 Locations across Tipperary (Sean Kelly Sports Centre Carrick on Suir, Nenagh Leisure Centre, Thurles Leisure Centre, Clonmel Swimming Pool and Roscrea Leisure Centre. It commences the week of the 7<sup>th</sup> of February. Places are limited so sign up today.

Registration and Further details on all above events/courses can be found on [www.tipperarysports.ie](http://www.tipperarysports.ie)

Don't forget to add Tipperary Sports Partnership as a friend on facebook, Instagram and twitter for to keep up to date.



Reminiscing Project  
"Back in My Day"



Tipperary Age Friendly Reminiscing Project, copies now available through your local library



**Nenagh & Ballina-Killaloe**

**February Virtual Dementia Café**

**JOIN US**  
**TUESDAY 17TH FEBRUARY @7PM**

**GUEST SPEAKER:**  
**Maureen Finnerty**

**Community Garda**

Will be speaking on how she works with people and families in our community who are living with dementia, and how she can offer help and support to our café patrons who have any concerns for themselves or others

To join us for this free event, email: [ballinakillaloe.dementiacafe@gmail.com](mailto:ballinakillaloe.dementiacafe@gmail.com) for link to zoom

**ALL ARE WELCOME!**

### Digital Connections

Over the coming weeks Tipperary Age Friendly will work with new partners on the Digital Connections scheme increasing the number of older adults engaged in accessing technology. This is supported by Tipperary ETB and the participating communities. For more information and an Expression of interest for your group to participate see <https://www.tipperarycoco.ie/community-and-economic-development/tipperary-digital-connections>

### Age Friendly Content

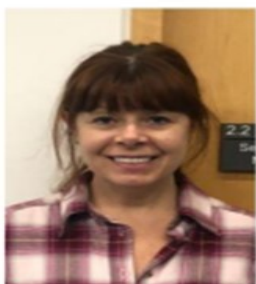
On 17th and 18th January, we captured additional content to add to our library of recordings showcasing supports for Older Adults in Tipperary.

We will also produce a Guide for circulation to all GPs, PriCare Centres, Nursing homes and community groups in the county to showcase all the supports available in the county.



Your channel  
TipperaryAge Friendly

### Welcome to the Age Friendly Family Tracey Thompson



Age Friendly Ireland are delighted to introduce everyone to our new Tipperary Healthy Age Friendly Homes Coordinator. We want to wish Tracey the best of luck in her new role working with the Healthy Age Friendly Homes Programme.

For more information on Healthy Homes see <https://www.tipperarycoco.ie/community-and-economic-development/national-healthy-age-friendly-homes-programme>

# HEALTH INFORMATION—KEY DATES FOR YOUR DIARY IN 2022



NATIONAL HEALTH LIBRARY  
& KNOWLEDGE SERVICE

## HEALTH INFORMATION & AWARENESS CALENDAR 2022



JAN

Jan-Dec [European Year of Youth](#) European Commission  
 Jan 2-17 [First Fortnight](#) Mental Health Art & Culture Festival  
 Jan 5 [Drink Less January](#) [HSE Ask about Alcohol](#)  
 Jan 5-Feb 28 [Operation Transformation](#) RTE/HSE  
 Jan 12-12 Mar [Ireland Lights Up](#) Get Ireland Walking  
 Jan 13- Feb [Lung Cancer Awareness Month](#) [Irish Cancer Society Marie Keating Foundation](#)  
 Jan 17-23 [European Cervical Cancer Prevention](#) [National Cervical Screening Service](#)  
 Jan 17 [START](#) Child Healthy Eating Campaign  
 Jan 17 [Food Dudes](#) Healthy Eating programme [An Bord Bia](#)

FEB

Feb 4 [World Cancer Day](#) [Irish Cancer Society Marie Keating Foundation](#)  
 Feb 8 [Safer Internet Day](#) [Webwise](#)  
 Feb 14 [International Epilepsy Day](#) [Epilepsy Ireland](#)  
 Feb 15 [International Childhood Cancer Day](#) [Irish Cancer Society Marie Keating Foundation](#)  
 Feb 28 [Rare Disease Day](#) Rare Diseases Ireland  
 Feb 28-Mar 6 [Eating Disorders Week](#) [Bodywhys](#)

MAR

Mar 1-30 [Endometriosis Awareness Month](#) [Endometriosis Association of Ireland](#)  
 Mar 2 [National No Smoking Day](#) [Quit Smoking HSE](#)  
 Mar 4 [World Obesity Day](#) [EASO](#)  
 Mar 4 [World Book Day in Ireland](#)  
 Mar 4 [International HPV Awareness Day](#) [Irish Cancer Society Marie Keating Foundation](#)  
 Mar 8 [International Women's Day](#) The National Women's Council  
 Mar 10 [World Kidney Day](#) Irish Kidney Association  
 Mar 14-20 [Brain Awareness Week](#) Neurological Alliance of Ireland  
 Mar 14-20 [Nutrition and Hydration Week](#)  
 Mar 16-24 [European Action Week Against Racism](#)  
 Mar 18 [World Sleep Day](#)  
 Mar 21 [World Down Syndrome Day](#) [Down Syndrome Ireland](#)  
 Mar 22 [World Water Day](#)  
 Mar 24 [World Tuberculosis Day](#) [Tuberculosis Service](#)

Maternity  
Benefit

Fuel  
Allowance

Pensions

Employment  
Rights



Whatever your question, we'll answer your call.

Call **Tipperary Citizens Information**  
on our New Phone Numbers:

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

National Phone Service: **0818 07 4000**  
Or visit [citizensinformation.ie](http://citizensinformation.ie)

A SOURCE YOU CAN TRUST

[citizensinfo](https://twitter.com/citizensinfo) [citizensinformation](https://facebook.com/citizensinformation)

**Citizens  
Information**

Funded & Supported by the Citizens Information Board



**An Roinn Forbartha  
Tuaithe agus Pobail**  
Department of Rural and  
Community Development

## COMMUNITY ACTIVITIES FUND

Tipperary County Council recently launched a new scheme called The Community Activities Fund to support community groups in Tipperary. The total amount of funding granted to Tipperary by the Department of Rural And Community Development was €199,381. 206 community groups around the county will benefit from the scheme, which supports community and voluntary groups impacted by Covid-19. This once-off fund was allocated under the Department's Community Enhancement Programme (CEP) and it will be administered by Tipperary Local Community Development Committee (LCDC).

The Community Activities Fund will support groups, particularly in disadvantaged areas, with their running costs such as utility (electricity, heating charges) or insurance bills, as well as with improvements to their facilities.

Groups will also be able to use the funding to carry out necessary repairs and to purchase equipment such as tables and chairs, tools and signage, laptops and printers, lawnmowers, canopies and training equipment.

Webinar

# Steps to reduce our cancer risk

DATE: Friday 4th February

TIME: 1-2pm



Brought to you by

Irish Cancer Prevention Network

for

**World Cancer  
Day and Time to  
Act Campaign**



## Healthy Ireland

Tipperary County Council is a proud partner of Healthy Ireland framework which is a government led initiative aimed at improving the health and wellbeing of everyone living in Ireland. There are four national goals within the framework:

- Increase the proportion of people who are healthy at all stages of life
- Reduce health inequalities
- Protect the public from threats to health and wellbeing
- Create an environment where every sector of society can play their part

The Tipperary Local Community Development Committee have developed 'A Strategy for a Healthy Tipperary 2018 – 2020' the aim being to develop interagency actions based on local, county and national priority programmes. This is overseen by the Healthy Tipperary Steering Group which consists of partner organisations across the county and chaired by the HSE.

Activities currently supported by Healthy Tipperary across the county are Traveller Mental Health; Dementia Understand Together; Tipperary Active Bodies; 'Make the Moove: Farmers Matter'; Active Tots in Tipp; Healthy Relationships; Healthy Weaning Workshops; Mind Body and Soul Youth Promotion Programme; Non Violent Resistance and TLC Kidz programme; Social Farming and Tipperary LGBTI Youth Strategic Support Programme. We have a further regional activity with other counties regarding Tobacco Free; Positive Aging and Healthy Food Made Easy. There have also been several activities for Community Mental Health in the county.

This complements Tipperary Libraries 'Healthy Ireland at Your Library' programme which includes a special books collection, online health resources and talks, discussions and workshops with a focus on physical health, mental health and health literacy. Information can be found at:



<https://www.tipperaryllibraries.ie/healthy-ireland/>



## COMING SOON

Social prescribing offers GPs and other health professionals a means of referring people to a range of non-clinical community supports which can have significant benefits for their overall health and wellbeing.

Social prescribing generally involves three key components

- A referral from a healthcare professional,
- Consultation with a Social prescribing link worker
- An agreed referral to a local community activity. Examples include; art, cookery, meditation, GAA, men's sheds, music, drama, walking groups and many more.

Social prescribing can also enable and support people to access health services such as Smoking Cessation, Self-management support programmes and others.

Clonmel Community Resource Centre will be hosting the social prescribing service funded through Slaintecare Healthy Communities Initiative and will be developing over the next few months and further details to follow in due course.

[manager@clonmelcrc.ie](mailto:manager@clonmelcrc.ie)

Phone - 052-6129143



### Syrian Food Fair Week

Feb 2022

12-2pm each day

**Tipperary Town: Marian Hall - Tuesday  
01.02.22**

**Clonmel: Clonmel Bridge Club -  
Wednesday 02.02.22**

**Templemore: Old Courthouse, Youth Work  
Ireland Tipperary - Thursday 03.02.22**

**Nenagh: Loreto House - Friday 04.02.22**

Contact: 083 1004141 for further information

اسبوع معرض الطعام السوري

في

Tipperary

2022 فيبر اير / شباط

Tipp Town 02/02, Nenagh 04/02, Templemore 03/02  
Clonmel 01/02

## Tipperary Studies Digitisation Website reaches 200,000 hits!

On Monday, 18<sup>th</sup> January 2021, staff at Tipperary County Council Library Service commenced an ambitious project to digitise the Poor Law Minute Books in their collection, which embraced the Great Famine era, 1839 to 1852. This was achieved and the site went live on Friday 28<sup>th</sup> May 2020 when it was launched by Cllr Michael Smith at Nenagh Library. Other collections were added throughout 2021, including a collection of 399 digitised glass plate negatives, embracing much of Tipperary, from the late 1930s; Dog Licence registers; images from the Holycross Show and the Sharkey Photograph Album collection. On the anniversary of the commencement of the digitisation of the Poor Law Union digitisation project, the counter on the Tipperary Studies Digital website [www.tippstuidesdigital.ie](http://www.tippstuidesdigital.ie) went over the 200,000 mark for hits on the site since Monday 3<sup>rd</sup> May 2021.



## First 5 Little Library

Through the First 5 Little Library initiative, libraries provide book bags to Early Learning and Care and School Age Childcare Services to support children's early language and literacy development. All Early Learning and Care (ELC) and School-Age Childcare (SAC) services in Co. Tipperary were invited to collect a First 5 Little Library book bag from their local library. The First 5 Little Libraries book bags contain books chosen by librarians and materials developed to support storytelling and reading with children. The focus of this initiative is to support early language and literacy development among children and build strong links between ELC and SAC services and libraries. The project is a collaboration between the Department of Children, Equality, Disability, Integration and Youth (DCEDIY), the Department of Rural and Community Development (DRCD) and the Local Government Management Agency (LGMA).





I, Sharon and the Secretariat here at Tipperary PPN would like to wish everyone a Happy New Year this 2022!

My name is Ruth Smith, and this will be my first January in the role of the PPN coordinator. I am settling into the job and really hope to meet a lot more of our community group members this year, as the pandemic dies down, fingers crossed.

We seem to have a busy year ahead generally in the PPN and will be working with other organisations, like the County Council, on, for example, public consultations and events.

One of our first pieces of training this year has come from a need identified, both by our members, and also, by funders. It is a Grant Application Writing workshop, delivered by John Warren of JE Warren Consulting.

Below are the objectives that can be achieved by attending this one evening course:

- Understand the components of a grant opportunity and to recognise if a grant opportunity is suitable for your group.
- Develop the attitude and skills needed to write competitive grant proposals successfully.
- How to manage the challenges of writing a successful grant application.
- Gain competence in writing typical grant components, including a statement of need, implementation strategies, monitoring & evaluation, classify outcomes & impact, budget attachments, and an executive summary.

The workshop is on **Thursday 10<sup>th</sup> February 2022 at 7pm-9pm.**  
To register, please click on the Eventbrite link below:

<https://www.eventbrite.ie/e/grant-application-writing-workshop-tickets-249326421037>

Another upcoming event that the PPN is hosting soon is, for the **PPN Environmental Pillar** groups. This will be its second gathering at Cabragh Wetlands Environmental Education Centre on **Saturday 29<sup>th</sup> January at 10.30am-1pm**

The Environmental & Climate Action Section of Tipperary County Council will be present, as well as the Leader section of South Tipperary Development Company, to give information and updates on upcoming relevant consultations and funding opportunities. It is also a great chance for the PPN groups to network and information share. This looks like becoming a regular quarterly event.

Webiste: [www.ppntipperary.org](http://www.ppntipperary.org) Facebook: PPN Tipperary Twitter@ppntipperary

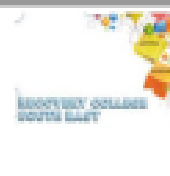
## CLONMEL BOROUGH DISTRICT

Clonmel Borough District are currently deep cleaning the footpaths of Clonmel which will also see the elimination of chewing gum, starting initially in O'Connell Street with plans to extend to other streets in the town. The bins in the area have also been cleaned and have scrubbed up well. This great initiative by Clonmel Borough District will promote our working partnership with the Clonmel Tidy Towns and support them in their continued voluntary efforts to maintain and sustain tidy town projects in to the future.





HSE  
Mental Health  
Engagement  
& Recovery



# South East Peer Network

Support for using  
lived experience  
in your role



~Share Experiences ~ Explore Together ~ Develop knowledge~

Do you use your lived experience in your role? Would you like to know more?

- Mutual support
- Networking
- Information Sharing
- Coping strategies
- Self-care

## WHO CAN JOIN THE SOUTH EAST PEER NETWORK?

Service providers  
Community Workers  
Employed & volunteer Peers

Held on the last Wednesday of every month,  
from 11am-12pm on zoom

Contact [glna@mentalhealthireland.ie](mailto:glna@mentalhealthireland.ie)

## TIPPERARY CREATIVE IRELAND GRANT SCHEMES 2022

Tipperary Creative Ireland Grant Schemes are now open- there are two distinct schemes.

### 1. Community Grant Scheme

Who can apply:

This grant scheme is open to community groups and not for profit

organisations, arts, heritage and cultural groups, venues and societies to support creative projects. Applications by individuals must be in partnership with a community, cultural or heritage group.

#### What Funding is available:

The level of grant assistance for any one project will range from €500 to €3,000.

To be eligible projects must

- take place in County Tipperary
- be organised by an individual/community/voluntary group based in Tipperary
- encourage or benefit participation in the Creative Ireland programme and enhance the awareness of culture in the local area.
- be in keeping with at least one of the five pillars of the Creative Ireland Programme especially Pillar 2 :Enabling creativity in every community.
- be accessible to diverse audiences and participants and will be inclusive in theme and approach
- be designed on a realistic financial basis and provide good value for money

### 2. Tipperary Creative Ireland Open Call Grant Scheme

The overall aim of this call is to instigate high quality cultural activity and collaborative projects that encourage greater creativity and access to and appreciation of arts, culture and heritage. Projects can be small, medium or large and should involve a community/ group or clearly benefit the wider community. The Call is to encourage new, ambitious and meaningful collaborations between creators/practitioners and communities. Projects that engage directly with a community group are especially welcome.

Funding available is between €3000 and €15,000.

#### What is Eligible:

Your project must

- Take place in County Tipperary
- Be relevant to the Creative Ireland Strategy
- Engage with the community

Closing date for applications is 4pm on Friday 11th February 2022.

Creative Ireland Community Grant Details:

[https://www.tipperarycoco.ie/sites/default/files/Forms/Creative%20Ireland%202022%20Comm.%20Grant%20Guidelines%20%26%20Application\\_0.docx](https://www.tipperarycoco.ie/sites/default/files/Forms/Creative%20Ireland%202022%20Comm.%20Grant%20Guidelines%20%26%20Application_0.docx)

Community Grant Open Call Details:

[https://www.tipperarycoco.ie/sites/default/files/Forms/Creative%20Ireland%20Open%20Call%20Application%20Form%20%26%20Guidelines%202022\\_0.docx](https://www.tipperarycoco.ie/sites/default/files/Forms/Creative%20Ireland%20Open%20Call%20Application%20Form%20%26%20Guidelines%202022_0.docx)

## 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](mailto: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](mailto: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](mailto:linda.nolan7@hse.ie)

Visit [www.events.whatsonintipp.ie](http://www.events.whatsonintipp.ie) to register your community event or to see what events are happening.

Please see [www.tipperaryvolunteercentre.ie](http://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](http://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](http://gov.ie) for COVID updates

You are not alone, help is at hand.

