



Tipperary Together Newsletter

2022 March

Issue No. 3

Welcome to Edition no. 3 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:

- Tipp Volunteer Centre
 - Tipperary Libraries
 - Living Well
 - Tipperary PPN
 - Tipperary Arts office
 - Healthy Ireland Update
- Refugee Care
 - National Brain Awareness Week
 - Green Excellence Programme Nenagh
 - Minding Your Wellbeing
 - Traveller Family Learning Programme
 - Centre of Excellence, Nenagh

The Royals come to visit



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 22nd April 2022



CENTRE OF EXCELLENCE AT MARTYR'S ROAD, NENAGH



Tipperary County Council recently published a tender seeking the provision of an Architect Led Integrated Design Team Consultancy Services for a new 'Sustainable Energy Centre of Excellence (SECOE) Ireland' - a flagship carbon neutral and energy positive building. The project also includes a transformational town centre public realm project to deliver a low carbon multifunctional neighbourhood at Martyr's Road, Nenagh, Co. Tipperary.

This project of national significance, valued in excess of €13 million and funded through the URDF, will be delivered in partnership with the Technological University of the Shannon, Tipperary Energy Agency, North Tipperary Development Company, Community Power and Siga Hydro Ltd. It will support the Government's targets for a cleaner, greener economy set out in the Climate Action Plan and the objective to reach net-zero emissions by no later than 2050.

The development of a Net Zero embodied carbon building is an exciting and transformational project for County Tipperary. Measuring 1,600 square metres, the Sustainable Energy Centre of Excellence will have a multi-functional use as office space (with over 100 working spaces), training centre, rentable meeting and conference room facilities, public educational space on community energy use and energy conservation technologies, an incubation hub and more. The landmark development will draw people from across the country and host a range of public agencies working collaboratively to deliver innovative solutions from training and development, to new cutting-edge research for renewable technologies, to incubating low-carbon social enterprises. The project presents an exceptional opportunity for Design Teams who will be instrumental in the delivery of Ireland's first carbon neutral and energy positive exemplar facility, designed to LEED standard.

The project will also deliver public infrastructure, civic spaces and public realm enhancement and unlock the potential for the overall area of 1.49 hectares. Construction on site is expected to start in 2024. The public realm works will connect the Centre of Excellence to the town centre with new road and street infrastructure improvement works including cycleways and pedestrian linkages.

The process of procuring an experienced Architect Led Integrated Design Team Consultancy Services commenced on eTenders on the 27th of March.

All interested consultancy firms are encouraged to view the tender documentation on eTenders.

For further information on the project please contact

aine.mccarthy@tipperarycoco.ie or visit <https://www.tipperarycoco.ie/planning/martyrs-road-masterplan>

Not ReLIVING— But LIVING

Psychological First Aid for Refugee Care: Helpful Do's and Don'ts

A **rapid response psychology tool** to aid the public's assistance to Ukrainian refugees arriving in Ireland



What is Psychological First Aid?

Psychological first aid (PFA) is humane, supportive and practical assistance to fellow human beings who recently suffered exposure to serious stressors. It is not counselling or psychological debriefing, neither of which is recommended for people in this situation. PFA is a way of providing support from one human to another human who is experiencing distress.

It involves:

- ⇒ non intrusive, practical care and support
- ⇒ assessing needs and concerns
- ⇒ helping people to address basic needs (food, shelter, transport costs)
- ⇒ listening, but not pressuring people to talk
- ⇒ comforting people and helping them to feel calm
- ⇒ helping people connect to information, services, and social support
- ⇒ protecting people from further harm

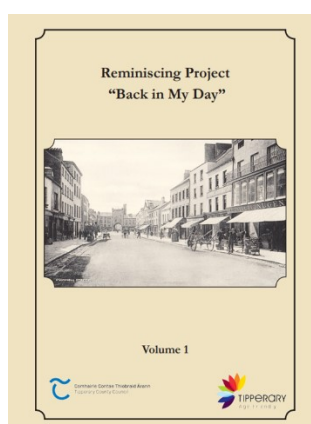
It is **NOT** asking people to analyse what happened, drawing out their experiences or looking for details or pressuring people to tell you their feelings or reactions to an event.

For full details, see link below:

[https://www.psychologicalsociety.ie/source/SIGHRP%20-%20Rapid%20Response%20Psychology%20Tool%20Time%20of%20War%20Resources%20\(Final\).pdf](https://www.psychologicalsociety.ie/source/SIGHRP%20-%20Rapid%20Response%20Psychology%20Tool%20Time%20of%20War%20Resources%20(Final).pdf)



Tipperary Age Friendly are delighted to launch a Grant Scheme to compliment Bealtaine 2022. The small grant scheme will provide a grant opportunity to a maximum of €200 to Older Adults Groups, Active Retirement, ICA, Men's Sheds in the County to engage in cultural activity during the month of May. This scheme is funded by DRCD Community Activities Fund. Only groups registered with Tipperary PPN and are active Older Adult Groups, Active Retirement, ICA or Men's Sheds are eligible to apply. A maximum of 50 grants to be provided. As per the Community Activities Fund Guidelines Nursing Homes and Day Care Centres are not eligible. For more information see www.tipperarycoco.ie



"Reminiscing Back in My Day, the Story continues"

In 2021 Tipperary Age Friendly captured stories from older adults across the county who contributed to tales of their life growing up in Tipperary. <https://www.tipperarycoco.ie/community-and-economic-development/back-my-day>. This was collated and narrated by Jimmy Duggan.

To continue this project Tipperary Age Friendly ask you to visit your library during Bealtaine, the survey for Volume 2 will be available to complete and submit.

In addition, Jimmy Duggan will be in attendance in the following libraries in May:

Thurles	Tuesday 3 rd May 10am to 1pm
Nenagh	Thursday 5 th May 10am to 1pm
Carrick on Suir	Monday 9 th May 11 am to 1pm
Clonmel	Tuesday 10 th May 10am to 1pm
Tipperary Town	Thursday 12 th May 10am to 1 pm

Jimmy will conduct an interview in person with you and take your stories together with the written submission. This will all be collated into a Volume 2 which we will launch and showcase during Positive Ageing Week 2022.

DISABILITY—CHANGING PLACES

Tipperary County Council, through the Disability Participation and Awareness Fund 2021 from the Department of Children, Equality, Disability, Integration and Youth, are inviting expressions of interest from Sporting Organisations, Community Groups, Chamber of Commerce or Public Buildings in providing Changing Places facilities in County Tipperary.

This would provide fully accessible toilets and appropriate changing facilities for persons with limited mobility or in a wheelchair.

Funding could be provided at two locations in the county with a budget of €40,000 to provide each facility.

The expressions of interest will be evaluated by Tipperary County Council and agreements made with partner organisations selected to provide the facilities.

Facilities planned will also be considered by Changing Places Ireland so that they can be registered as a Changing Place

<https://changingplaces.ie> .

Application form, specification requirements and further details can be viewed below or contact Dan Downey, Disability Access Officer at 0818 06 5000.

Closing date for expressions of interest is Thursday, April 27, 2022 at 4pm.



Changing Places at Áras an Uachtaráin

LOCAL LIVE PERFORMANCE PROGRAMMING SCHEME PHASE 3



Tipperary County Council invites quotations from producers/ promoters / venues /event management /professional production companies for the programming and delivery of services in relation to live outdoor performances to take place throughout Tipperary, in each of the five Municipal District (MD) areas, between mid-April and 30th June 2022.

The aim of this scheme is to assist producers, promoters, production companies and venues to provide support for people in the industry to facilitate programming of live outdoor performances, animating town centres for local communities from April to June 2022, in line with public health guidance. Performances can be recorded or streamed if health restrictions prevent live events or as local authorities deem appropriate.

Deadline for submission is 12 noon on Thursday 7th April 2022 by email to artsoffice@tipperarycoco.ie
Full information is available in the documents below.

[1A REQUEST FOR QUOTATIONS- LLPPS PHASE 3.pdf](#)

[1B QUOTATION RESPONSE DOCUMENT - LLPPS PHASE 3.docx](#)

The HSE Regional Suicide Resource Office is running ASIST (Applied Suicide Intervention Skills Training) in Waterford on April 27th & 28th from 9am to 5pm both days. You must be available for training both days and you will need to have completed START Online Suicide Prevention Skills Training or safeTALK in advance of participation. If you would like to book a place on this programme please visit www.bookwhen.com/sro.

Green Exercise Programme Nenagh

The first of March heralded what truly felt like the first day of Spring, and there was certainly a spring in the step of all who joined in the launch of the Green Exercise Programme at Nenagh Castle last week. A growing body of research has shown that many health conditions can be prevented or improved not just by physical activity, by doing so out in the fresh air and surrounded by nature.

It was with that in mind that The Green Exercise Programme was launched. It is a free and accessible physical activity programme that aims to promote health and wellbeing outdoors. It is recommended to walk for at least 30 minutes a day, five days a week, but it can be difficult to get started, be it not finding time, feeling self-conscious exercising in a gym or swimming pool, or simply not knowing how to get started with exercise. The Green Exercise Programme can help people enjoy exercise in a gentle and supportive way, and in doing so, can prevent or help improve issues around overweight and obesity, poor mental health and isolation.

In partnership with the HSE Health and Wellbeing, Tipperary Sports Partnership and Healthy Tipperary, this programme is being co-ordinated by Silver Arch Family Resource Centre.

Running twice a week over eight weeks, with each session lasting between 30 minutes and one hour, it includes warm-up exercises, gentle walking, and end of session stretches, all helping the participants improve mobility, muscle strength, posture and aerobic activity all under the expertise of qualified fitness instructor Fiona Ward of FX Fitness.

The recent advertisement of this programme has resulted in a great response for our local community, said Noelle Clancy, Co-ordinator with Silver Arch Family Resource Centre. "The aim of this programme is not only to offer a support to people wanting ease themselves back into exercise, but it's also a lovely way of bringing people together, and the success of this was evident in seeing everyone chatting to each other as they got moving".

Tipperary Sports Partnership's Maria O'Sullivan, Sports Inclusion Disability Officer agrees. She says "Tipperary Sports Partnership are delighted to support this initiative and help people who may be inactive or new to exercise to join in a programme that meets their needs both physically and socially. Walking is something that is a brilliant way to start exercising; all you need are comfortable shoes, suitable clothing and 30 minutes of your day". With the weather getting better and the evenings getting longer, Maria hopes that it will encourage everyone to get moving this March. If you are planning on starting back walking, Maria says has some good tips to get you going:

Start slowly – only walk for as long as feels comfortable. This might only be for a few minutes each day, but if you keep walking regularly, you will soon notice that you will be able to walk for longer and it will become easier.

Stay safe – make sure to dress for the weather (a light rain jacket comes in handy), have a hi-vis vest and wear strong and comfortable walking shoes or boots, and don't forget sunscreen! It is a good idea to have a mobile phone with you in case of emergency too.

Plan ahead – treat your walk like it's an important appointment. Decide on what time you will walk each day, and have all your gear ready so you will have no excuse to not walk! Maybe even write it into your calendar/diary or set a reminder on your phone so that you will treat your walk as something just as important as all the other things going on in your life.

If you would like to join our next walking programme or would like to set up a group of your own in your area, contact Noelle Clancy at Silver Arch Family Resource Centre, Nenagh. Tel 067-31800



Members of the Green Exercise Programme, Nenagh with Paschal Sheehy, RTE News recently

Tipperary Libraries

New and improved online system for Tipperary library members

Our library management system is changing. Your new and improved online library system is ready! We have introduced a new online library system with improved functionality and a fresh look.

The new system has many improved features.

- Logging into your library account, and managing your reserves, reading lists and contact information is much easier.
- The catalogue is easier to use and has images and recommendations as well as themed bookshelves and links to useful resources.
- You can now find, borrow and reserve eBooks and eAudiobooks as well as physical books in one searchable catalogue.
- You can renew your library membership online for the first time.
- The new system has a new look and works great on mobile phones and tablets.

You can check it out at www.tipperaryllibraries.ie. The first time you log in to the new system, you will be asked to reset your PIN. This is because your PIN is encrypted and private to you so it could not be transferred to the new system.

Tipperary Studies Launch

Cathaoirleach Marie Murphy recently launched 'County Tipperary 1921-1923: a history in 60 documents'. The third in our series of publications covering County Tipperary from 1913-1923, copies of the booklet are free and available at any Tipperary Library or through our website <https://tipperarystudies.ie/publications/>.

Libraries welcome back clubs and groups

Our public libraries are now fully reopened and from February we welcomed back our clubs and groups. From book clubs for adults and children, scrabble clubs and chess clubs, and the very popular craft circles, there is a broad spectrum of activity taking place in your library. New members are always welcome. To find out more about what is going on in your local library, go to www.tipperaryllibraries.ie or phone Library Headquarters on 052 616 6100.



Clonmel Craft Club

For a nation of great talkers, how do we really ask and really listen?

Hello, How Are You? is a simple yet effective mental health promotion campaign developed by Mental Health Ireland, that encourages people to say 'Hello' and ask 'How, Are You?' The concept of the *Hello, How are you?* Campaign is to ask with meaning, and to really listen to the person's response.

The campaign breaks down the steps: **HE.L.L.O.** (H: Hello E: Engage L: Listen L: Learn and O: Options) which supports people to reach out, say hello and ask how are you?

Mental Health Ireland has coproduced a suite of resources to provide people with the tools and confidence to genuinely ask Hello, How Are You? and really listen to the response, as well as how to support and signpost someone to appropriate services or agencies if needed.

This grass-roots campaign was started by Carlow Mental Health Association in 2015. It has evolved over a number of years & has engaged communities, workplaces, schools and colleges. The concept grew and was introduced to the counties Mayo, Meath & Westmeath in recent years.

Responding to the recent survey conducted by Healthy Ireland, which shows 81% of recipients showed lower levels of social connectedness* in recent times, Mental Health Ireland has developed this campaign to start conversations, encouraging greater social connection.

It is also proven that people are six times more likely to reach out to someone who might be experiencing a personal difficulty, compared to those who have not engaged in a similar campaign**.

On 7th April 2022, Mental Health Ireland is inviting the country to say 'Hello', and ask 'How, Are You?', and to really listen to the answer.

Jo Donohoe, Mental Health Promotion Manager at Mental Health Ireland, explained: "There are lots of ways you can get involved on April 7th, the national Hello, How Are You? Day.

We are asking community groups, workplaces and organisations across the country to join us, get involved and host an event such as a coffee morning, a walk or a workshop.

No event is too small to start conversations and to say Hello, How Are You?"

As an individual, you could pick up the phone and call a family member or friend or meet someone for coffee, while using tools and resources that can be downloaded from our website.

We are a nation of great talkers! Let's make those conversations even more meaningful on April 7th"

For more ideas on events and how to get involved visit hellohowareyou.info.

Contact

Georgina Lawless - Communications and Fundraising Manager

Georgina@mentalhealthireland.ie

0838322434

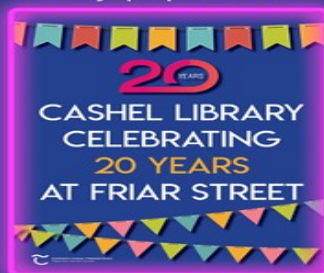


On Tuesday the 5th of April, Cashel library will mark its 20th anniversary with fun-filled birthday celebrations, and everyone is invited!

It is 20 years since the library moved from The Green to its current location at Friar Street. In that time the library has been central to the community, as a place for groups to gather, connect and to be filled with ideas, information, stories, history, entertainment and culture! Birthday festivities will commence with a coffee morning at 11 am with entertainment provided by children from local schools. Please feel free to pop in for a cuppa and a slice of birthday cake!

Later that evening we are very excited to host a special performance by award winning Irish Tenor, Patrick Hyland. The evening entertainment will commence at 7 pm with a cheese and wine reception first. Please book your seat for what promises to be a fabulous night by ringing us at the library on 062 63825.

The staff of Cashel Library would be
be delighted if you could join us
to celebrate our
20th Anniversary
at our Birthday Coffee Morning
April 5th at 11am
Entertainment by pupils from local schools



Sing from Scratch Taster Session

Choir director and singing leader Liz Powell will be giving a Sing from Scratch 'taster session' on Monday 4 April at 11:15 – 12:15 in Glengoole Parish Hall.

In a friendly, supportive and fun environment, we will try out some vocal and physical warm-ups, learn new songs (with harmonies) and maybe sing some old favourites too! Anyone interested can just show up – there's no preparation required and no homework afterwards. Music ranges from pop to classical, jazz and spirituals, Irish and world music.

If you think you can't sing, come anyway! It will lift your spirits!
Contact Mary MacMahon at 083 1014313 or 052 9157992 for details.
Supported by Tipperary Education and Training Board

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 (North Tipperary)

Day	Start date	Finish date	Time
Tuesday	19th April 2022	31st May 2022	2pm – 4.30pm
Thursday	21st April 2022	2nd June 2022	10am – 12.30pm
Friday	22nd April 2022	3rd June 2022	10am – 12.30pm

To book your place contact

Phillip Hennessy Tel: 087 - 1799398

Email: phillip.hennessy2@hse.ie or

Liz Cox Tel: 087-1799392, email: liz.cox@hse.ie

www.hse.ie/LivingWell



Upcoming Living Well Programmes (South Tipperary)

Day	Start date	Finish date	Time
Monday	11th April 2022	16th May 2022	6pm – 8.30pm
Friday	22th April 2022	27th May 2022	10am – 12.30pm
Saturday	7th May 2022	11th June 2022	10.30am – 1pm

To book your place contact

Justin Brophy Tel: 087 - 4088325

Email: justin.brophy2@hse.ie or

email: selfmanagementsupportsSECH@hse.ie

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.



Self-management
Support



Sláintecare.



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

 **Minding Your Wellbeing**
Take a positive approach to your mental health

01 Practicing self-care

The HSE also have quite a nice online programme which people can watch about self care – it only takes about 20 minutes.

The link is below:
<https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html>


 ask for help

 eating healthily

 connecting with others


 manage stress

 time to relax

 being active

 good sleep

 being kind to yourself

 interests and hobbies

 structure and routine

  **yourmentalhealth.ie**
1800 111 888

 **Comhairle Contae Thiobraid Árann**
Tipperary County Council

Play it Again

Instruments Project
Have you got unused Musical Instruments at home, in your attic or your garage? Why not donate them to our Instruments Project!



PPN TIPPERARY

PUBLIC PARTICIPATION NETWORK

So, for this month's edition, to support Tipperary Together readers to understand the work and the real usefulness of the Tipperary PPN, for all the community & voluntary groups in the county, below are some interesting facts: The Tipperary PPN Vision is:

To inform, strengthen and empower through participation

Our mission statement is:

The wellbeing of our communities will be enhanced through the facilitation of active participation, representation, capacity building and information sharing.



Sharing Information on Funding Opportunities

An important part of the information sharing is of the many and varied funding opportunities that are available. We disseminate these funding opportunities to our member community groups through our regular e-newsletter.

If the funding streams are going through the Tipperary County Council, then the group, wishing to apply for that grant, has to be a member of the Tipperary PPN. The benefits of being a member group of the Tipperary PPN can be many, including information on even more funding opportunities through receiving our e-newsletter!

Also, as a PPN member, there are various openings to attend events (online or in person) to network & connect with similar groups, make decisions around the running of the PPN, avail of free training to support your group and have the opportunity to have your voice heard within the formal decision-making structures of the local authority and other forums.

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

Ви можете допомогти

Добровольці деякі
Час допомогти тим, хто
які нещодавно приїхали
до Тіпперарі з України.

Відвідайте цей веб-сайт або
відскануйте QR-код, щоб
zareєstrуватися.



<https://forms.office.com/r/zsbKg5adrH>



In English it reads:

***You can help volunteer some time to help those who have come to Tipperary from Ukraine recently.
Visit this website or scan the QR code to get involved.***

Tipperary Understand Together Campaign

The Alzheimer Society of Ireland will have their mobile unit in Tipperary next week.

This will have Dementia Advisors from county Tipperary to provide you with local based information and support.



Monday : Roscrea Main Street 10 to 4pm

Tuesday Nenagh Pearse Street 10 to 4pm

Wednesday Thurles This is rotating between 3 locations, Cathedral at 10am
The Square at 12noon and
Garda Station Slievenamon Road at 2pm

Dementia Friendly Thurles

Dementia Friendly Thurles commenced their Carers Support Group on Wednesday March 2nd at 3pm in the ICPOP building at the Community Hospital of the Assumption, Thurles.

This will run for 8 weeks to 20th April, and is aimed at self-care for carers, and at

supporting people in the role of carer for a person with dementia. Facilitator Jennifer

Manning, Ursula Paine Community Dementia Champions or more information please contact 086 1952310 or 086 8381818 to register, bookings are Essential as places are limited.

Tipperary Dementia Cafe Network



Thurles Wednesday 6th April the Memory cafe will discuss the role of complementary therapies in caring for a person with dementia at the Bookworm Thurles

Roscrea Courthouse Friday 22nd at 11am, for information contact Anne Keevey 0505 22550

Nenagh & Ballina Killaloe online cafe 21st April at 7pm for information please contact Café Committee: Aifric Devane (087) 1098716, Fiona Crotty (087) 125 2938 Noelle Clancy (083) 017 8006 , Sean Donal O'Shea (087) 092 6617

Email:

ballinakillaloe.dementiacafe@gmail.com

REKINDLE

FESTIVAL OF LOST SKILLS

15th May 2022, Ennistymon, Co.Clare

Are you aged over 65yrs and have experience in the practical, traditional skills of the past?

Common Knowledge are excited to be running an intergenerational micro-festival, focused around celebrating the older people within our community, who have experience working with the traditional 'forgotten' skills of the past. Advances in so many aspects of our lives have deafened us to the wisdom of our elders. This is an opportunity to reconnect our generations again, and to share the stories, techniques and tools used to build, maintain and run our own homes.

We are inviting people aged **over 65yrs** to contact us if interested in sharing their traditional skills with the public at our festival on May 15th in Ennistymon, Co. Clare. Suggested skills are listed below but we are open to suggestions too!

CONSTRUCTION

LIME PLASTERING
STONEMASONRY
WATTLE AND DAUB
BUILDING WITH COB
SUGAN CHAIR MAKING
DRY STONE STACKING

IN THE HOME

REPAIRING + MENDING
BUTTER MAKING
PRESERVING FOOD
ROPE + KNOT MAKING
LEATHER WORKING
REUSE OF MATERIALS

FROM THE LAND

FORAGING FOOD
FORAGING SEAWEED
WILLOW BASKET MAKING
HERBAL REMEDIES
NATURAL FERTILISERS
SPOON CARVING

We will be hosting a coffee morning in early May to meet with our skilled older community and plan for the festival day of sharing. Tickets for visitors of the festival will go on sale in April and will be announced on our website and social channels.

Please contact erin@ourcommonknowledge.org / t: 0861232970 for more information.



SKILLS FOR A SUSTAINABLE LIFE
www.ourcommonknowledge.org



 **The Community Foundation for Ireland**



**Tipperary
Volunteer Centre**
Ionad d'Obair Dheonach Thiobraid Árann

Did you know?

Free or discounted software for Registered Charities.

If you are a registered charity, you could be missing out on or are currently paying for software that you might be able to get for free.

These are just two of the many offers out there for registered charities. For lots more, check out Enclude.

Microsoft offers ten free Office 365 Business Premium Licenses to registered charities and discounted rates on additional licenses. That's the latest software and desktop apps for free at a value of €275 per user per year. If you need to use your total allocation of 10 licenses, that's a potential saving of **€2,750 per year**. To register and get started, visit: <https://nonprofit.microsoft.com/en-us/getting-started>



grammarly.com

You have probably heard of **Grammarly** or maybe even use the free version. The company also offers their premium product free to charities. That's a subscription worth **€175 per user per year** for free. You will find all the details at the link below. <https://www.grammarly.com/nonprofits-ngos>

Enclude is an Irish based company that facilitates software donations for many of the world's top technology companies, including Microsoft, Adobe and Zoom.

<https://techdonations.enclude.ie/>



If you would like to learn more about using technology better for your charity or community group why not subscribe to the Tipperary Volunteer Centre [YouTube Channel](https://www.youtube.com/channel/UCr72bwAu829TTOSLG37bnmA).

<https://www.youtube.com/channel/UCr72bwAu829TTOSLG37bnmA>

Tipperary Volunteer Centre is a registered charity (RCN:20068103) and funded by the Department of Rural and Community Development.

TIPPERARY SPORTS PARTNERSHIP

Community Walks are back. An amazing start to the 8 week Walking programme in beautiful Ballina which is being delivered by Siul Eile for TSP. It was great to have Sarah O Connor Ryan our Tipperary Operation Transformation Leader lead us on the walk. Our second programme took place around the beautiful countryside of New Inn. Each week a different route will be taken on the walks.

As the days are getting longer, if you would like to start exercising and not sure where to start. Why not start with our **6-week Couch to 3k walking/running podcast**.

The 6 podcasts and additional resources are available online at below link <https://www.tipperarysports.ie/content/couch-to-3k-podcast>



Figure 1 Participants at the Walking Programme in Ballina Figure 2 Participants at the Walking Programme in New Inn

Tipperary Sports Partnership hosted **Sport Irelands Coaching Teenage Girls in Sport Workshop** as part of Women In Sport Week. This workshop gave coaches a great insight into coaching teenage girls in this area.

TSP is currently supporting the delivery of a Kayaking Level 1 Skills Course to students in Scoil Aonghusa. This is being thoroughly enjoyed by all students.



Figure 3 Students from Scoil Aonghusa enjoying Level 1 Skills in Kayaking

Get your bikes out as **Bike Week** will be taking place from the 14th to the 22nd of May, 2022. Keep an eye on our social medial platforms for events!!

Domestic Abuse Services

ADAPT DOMESTIC ABUSE SERVICES

Domestic Abuse • No Excuse • Break the Silence
1 800 200 504



North Tipperary helpline from
9-5pm Monday to Friday
0505 23999



065 6822435
(24HRS A DAY)

Women's Aid



NATIONAL 24 HOUR HELPLINE
1 800 3 41 900

Developed by the
OFFICE FOR SUICIDE PREVENTION.
061 461 454

CRISIS SERVICE CARD

**If you're feeling alone, afraid
and unsure of what to do next:**

Ask for help -

If you feel you cannot confide in someone you know, please contact your G.P., ShannonDoc (0818 123 500) or one of the services listed on this card.

Don't be alone -

Try to have someone stay with you until you can access support.

Avoid alcohol and drugs -

These can affect your mood and way of thinking.

In emergencies call: 999 or 112



Connecting for Life
Mid West

HSE Mid West
Community Healthcare

March 2022

You are not alone, help is at hand.

SAMARITANS

Call free day or night on

116 123

Email jo@samaritans.ie

ISPC
Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)
Text TALK to 50101

Online chat – www.childline.ie



0818 072 000

9am to 8pm, Monday to Friday

pieta

Pieta provide a therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide.

Crisis: **1800 247 247** (24 HRS A DAY)

Bereavement: **085 8568081**

yourmentalhealth.ie

Information | Support | Services

1800 111 888

text about it

50808



drug and
alcohol
HELPLINE

1800 459 459 (24HRS A DAY)

helpline@hse.ie



Traveller Family Learning programme

Our Traveller Family Learning programme is back up running 2 days a week in Cashel! We deliver our programme to two age cohorts at present but plan to expand further this year.

At present our

- Younger group (junior infants to 2nd Class) runs on Wednesdays in Spafield FRC
 - Older group (2nd Class to 6th Class) runs on Tuesdays in Youth Work space in Cashel
- We are really enjoying some **Healthy Ireland** Funding at the moment.

It has allowed us to:

- try new and exciting foods
 - Explore Traditional Traveller cooking methods
 - Try some Traditional Traveller recipes
- Shared stories of cooking outdoors



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

National Brain Awareness Week



#LoveYourBrain

Partner Pack for
Organisations and Community Champions



National Brain Awareness Week

takes place from March 14th to 20th, 2022

The **Dementia: Understand Together** campaign, led by the HSE in partnership with the Alzheimer Society of Ireland, Age Friendly Ireland, Age & Opportunity, Healthy Ireland and the Dementia Services Information and Development Centre, is encouraging everyone to make simple changes to help maintain brain health and reduce the risk of developing some types of dementia.

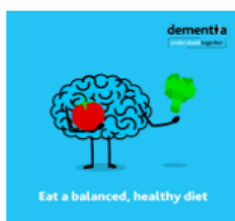
A [Lancet study](#) in 2020 identified 12 modifiable risk factors that could account for 40% of dementia worldwide and we are highlighting a number of these factors, creating awareness of the link with dementia and how people in their midlife can reduce their risk.

Proactive steps people can take include

- being physically active
- eating a healthy balanced diet
- quitting smoking
- managing blood pressure
- making time for social connection and interaction

It's always a good time to improve brain health and reduce your risk of Dementia and adopting these habits in adulthood can play an important part in reducing risk, as well as developing good routines for life.

Here are 4 simple ways to keep your brain healthy and help reduce your risk of dementia:



Eating a wide variety of nourishing foods provides the energy and nutrients you need to keep your brain healthy and may help reduce your risk of dementia. A balanced diet that is rich in vegetables, fruit, wholegrains, and fish, and is low in salt and sugar, is a good starting point. Achieving or maintaining a healthy weight during your lifetime, particularly in mid-life is also important; being more active and following a healthy diet can help this.



Physical activity is very important for brain health and exercise has been shown to reduce the risk of dementia. Every adult should aim to include 150 minutes of physical activity in their week, this equates to a brisk 30-minute walk, five days a week. A brisk walk should raise your heart rate but not leave you breathless.



High blood pressure damages the blood vessels that supply the brain, and this in turn can damage brain cells. By controlling high blood pressure you may be able to reduce your risk of dementia. Healthy adults should check their blood pressure at least once a year.

www.understandtogether.ie/about-dementia/what-is-dementia/brain-health



Quitting smoking may reduce your risk of developing dementia (as well as reducing your risk of developing cancers and heart disease). It can be hard to quit, but if you stop smoking for 28 days, you're five times more likely to stop for good. If you're ready to quit, the HSE QUIT team are ready to help. For free support call 1800 201 203 or text them for free on 50100 and receive a call back, or visit www.quit.ie/



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

Hashtag: #UnderstandTogether

You are invited to

International Roma Day!



8TH APRIL
3PM - 7PM
CAHIR HOUSE HOTEL



- * Food
- * Music
- * Dancing

For all the family!



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.



Email jo@samaritans.ie



(24 HRS A DAY, EVERYDAY)
Text TALK to 50101
Online chat - www.childline.ie



Centre for the prevention of Suicide and Self-Harm. Bereavement counselling for people bereaved by Suicide. **051 484444**
Crisis: **1800 247 247 (24 HRS A DAY)**
Bereavement: **085 8568081**



9am to 8pm, Monday to Friday

text about it

50808



drug and alcohol
HELPLINE

1800 459 459 (24HRS A DAY)
helpline@hse.ie