



Tipperary Together Newsletter | August 2022 | Issue No. 8

Welcome to Edition no. 8 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:

The Rose of Tralee Tipperary Tour
Back in 5 Campaign
Indian Vinayaka Festival
ORUS, CLAR & Town & Village Grants
Free Household & Hazardous Waste Drop-Off

Motorway Safety Campaign
Age Friendly Climate Change
Champion Changemakers
Local Link
Knockanrawley News

Community Talks & Seminars
Comfort & Energy in Construction
Arts & Heritage Offices
C-Saw
Positive Parenting Talk

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

Contact Us:

Phone: 0818 06 5000

Email: customerservices@tipperarycoco.ie

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

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

All eyes on Tipperary for the International Rose of Tralee Tour



The International Rose of Tralee Tour visited Tipperary shining a spotlight on the premier county as part of their tour of Ireland. A delegation of sixteen Roses led by Tipperary Rose Aisling O'Donovan included Roses from Philadelphia, Waterford, Monaghan, Cavan, Florida, Kilkenny, Newfoundland, Leitrim, Ohio, Galway, Perth, Roscommon, Sydney, Sligo and Toronto. The 'Tipperary Rose Tour' is sure to build on recent positive promotions garnered by the county's destination marketing organisation, Tipperary Tourism most notably Conde Nast's Travellers Annual Best Holiday Destinations which recently named Tipperary among the world's best holiday destinations for 2022. Internationally renowned Forbes magazine concurred as it named Tipperary as one of the 10 coolest places to go in the next 10 years. The Roses Tipperary visit included, an official welcoming ceremony at Hotel Minella hosted by Cathaoirleach of Tipperary County Council, Cllr. Roger Kennedy, followed by an evening on the Suir Blueway Tipperary where Roses could choose to kayak, cycle or walk to take in the breathtaking scenery along the route.

Their first evening in Tipperary closed in fine style with a Tipperary Boutique Distillery Gin Tasting before enjoying a luxury stay at the

four-star family run Hotel Minella owned by the local Nallen family for generations.

A sumptuous Tipperary Breakfast complete with the finest Tipperary Food Producers offerings set the Roses up perfectly for an action-packed day two which began at the hometown of Tipperary Rose, Aisling O'Donovan, in Fethard. The Roses were treated to a thrilling behind the scenes tour of the world famous, home of champions Coolmore Stud before they visited the Fethard Horse County Experience where they received a warm welcome from the local community who were out in force to support their own Tipperary Rose.

Their next stop was the nearby heritage town of Cashel. At the newly opened five-star Cashel Palace Hotel, the delegation immersed themselves in Irish culture with camogie and hurling fun on the lawns before a visit to one of Ireland's most iconic historical sites, The Rock of Cashel. Here the Roses were treated to a guided tour followed by a spectacular demonstration of Irish dancing by local children from the Scoil Ui Ruairc School of Irish Dancing.

The visit was kindly supported by Tipperary County Council and

Tipperary Tourism. Marie Phelan, Tourism Development Officer at Tipperary Tourism, commented "Our visitor experiences here in Tipperary are built on the county's natural, social and cultural assets including the character and history of our towns, villages and communities, the dramatic beauty and variety of our landscapes, as well as the quality of our environment and food produce. Welcoming the International Rose Tour has been a wonderful opportunity for Tipperary Tourism to shine a light on our beautiful county. Although, it was far too short a visit to show them all that we have to offer, we are sure this itinerary offered the Roses an authentic and unique taste of Tipperary and we look forward to welcoming them and their families and friends back again in the not too distant future."

Speaking of the experience with her fellow Roses, Tipperary Rose Aisling O'Donovan said "I am just so proud to be from Tipperary and what an honour it has been to share this wonderful experience with my fellow Roses. I would like to thank Tipperary County Council, Tipperary Tourism, The International Rose of Tralee Festival and all the people involved in organising this trip and fantastic itinerary, you nailed it guys it has been a real highlight for the Roses!"



'BACK IN 5' CAMPAIGN

Have you ever parked your car in an accessible car space provided for people with disabilities?
Have you ever said "I'll be back in 5 minutes/I'm just running to the bank or for a quick coffee, as
an excuse?

**This campaign should help you to think twice about using accessible car spaces in the
future**

For further information see attached link:

[Back in 5 - Irish Wheelchair Association \(iwa.ie\)](http://iwa.ie)

"Back In 5" - Parking Campaign

to support and help highlight the abuse of accessible car parking spaces in Tipperary.

RSA, TII and An Garda Síochána launch motorway safety campaign



Monday 15 August, 2022: The Road Safety Authority (RSA), Transport Infrastructure Ireland (TII) and An Garda Síochána have launched a joint campaign aimed at reminding road users of the [Rules of the Road](#) when driving on Ireland's motorway network.

Drivers are being reminded to [always drive in the left lane](#) for normal driving on a motorway and to familiarise themselves on the rules for [joining and leaving](#) a motorway.

Road users are reminded that it is an offence to stop on the hard shoulder of a motorway unless it's an emergency (i.e. a breakdown). If this occurs, you should call for help using your mobile phone or one of the emergency roadside phones, and wait at a safe place, behind the crash barrier.

If you find yourself driving against the flow of traffic, pull in immediately to the hard shoulder and stop. Contact the Gardaí by dialling 999 or 112. **Do not attempt to turn your vehicle.** Wait for help in a safe place.

Sam Waide, CEO, Road Safety Authority, said: "A key part of the government's Vision Zero road safety strategy is safe road use. This includes educating drivers on how to use motorways safely and the danger of using them incorrectly. The higher speeds on motorways mean that things can happen very quickly – a moment's lapse of concentration could have severe consequences. If you are someone who does not drive on a motorway regularly or if you only recently passed your driving test, you should consider taking a practice lesson on motorway driving with an RSA registered Approved Driving Instructor."

Peter Walsh, Chief Executive of Transport Infrastructure Ireland said, "Every day in Ireland thousands of people use the motorway network. Over recent years the length of motorways has more than doubled from 424 km in 2008 to 995 km in 2021. Motorways are the safest roads in Ireland. They are five times safer than rural two-lane roads. However, that does not mean they are risk free. Stopping on a motorway puts drivers, their passengers and other road users at great risk. The hard shoulder is an extremely dangerous place to be. Stopping on a motorway can cause collisions involving your own car and others. It's unsafe and it's an offence unless it is an emergency. It's simply not safe to stop on a motorway."

"Superintendent Thomas Murphy, Garda National Roads Policing Bureau said: 'Motorists are urged to drive with caution as the current dry spell is expected to come to an end. When the rain falls, after a period of dry weather, the road surfaces become greasier than normal, which requires greater braking distances in order to slow down or stop safely.

Motorists undertaking long motorway journeys are also reminded to avail of rest periods at the motorway service stations located along the network.'

For further information, please contact:

Road Safety Authority Press Office, 096 25008 | Garda Press Office Tel: 01 6662071 | Transport Infrastructure Ireland Tel: +353 01 6463600 or email: info@tii.ie



Community Talks & Seminars

PARENTING THROUGH PUBERTY FOR ADDITIONAL NEEDS TEENS TALK

with
Dr. Clara O'Byrne



In
Minella Hotel,
Clonmel
Wednesday,
14th of September 2022
Starting @ 7.00pm sharp
till 9.15pm approx.
Doors open @
6.30pm



Entry is €10 per person
Tickets can be purchased in advance from our office
or they can be bought at the door on the night.

Event open to everyone

This event is highly subsidised by

Telephone: 052 6129529/ 089 2684361

Email: bookingsouthtippautism@gmail.com



Online Seminar: *Creating Hope Through Action*

All of us can play a role to remove the stigma and lack of awareness around suicide, as these remain major barriers to help-seeking behaviours.

Providing support with compassion and empathy can go a long way in supporting anyone around us, be it our colleagues, friends, partner, family members, and even our neighbours who may be thinking of suicide.

Together, we can prevent suicide.

The online seminar is a recorded, on-demand event and will be released on your Employee Assistance Programme website on 10th September. The seminar will be available for quite some time after, so you can choose a time and day to view that works best for you.

Participants will benefit by:

- Learning how to identify and support people at risk
- Knowing how to be a mental health ally and talk safely about suicide
- Creating protective environments
- Knowing how to promote connectedness through activities and events

YOUR EMPLOYEE ASSISTANCE PROGRAMME

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best.

Just call or log on to get started.

FREEPHONE:
1800 490 390

WEBSITE:
<http://global.resourcesforyourlife.com>

PASSCODE:
Tipperarycoco



Comfort & Energy in Construction Webinar Series

Every Wednesday & Thursday at 13.15-13.35
 First Webinar: August 10th
 Final Webinar September 22nd



Webinar Name	Module Description	Speaker	Date
Heat Loss Calculations & DEAP Software	<ul style="list-style-type: none"> Fabric Heat Loss Ventilation Heat Loss Room by Room Calculations 	Grant	24 th Aug 2022
Circular Economy and Waste	<ul style="list-style-type: none"> Construction Waste Circular Economy Examples of Irish Products Future trends of circular economy 	TUS	25 th Aug 2022
Emission Systems (Radiators / Underfloor heating)	<ul style="list-style-type: none"> Traditional Heating systems overview (Boiler with Rads) Heat Pump + emitter requirements Retrofit & Radiators Future trends of Emitters 	HEVAC	31 st Aug 2022
Pipe sizing (with Heat Pumps)	<ul style="list-style-type: none"> Requirements of emitters & Heat Pump Flow rates, pressure, heat output Pipe Insulation Underfloor heating piping 	Grant Engineering	1 st Sept 2022

Webinar Name	Module Description	Speaker	Date
Retrofit Management	<ul style="list-style-type: none"> Initial Assessment Measure selection Cost / benefit analysis 	Electric Ireland Super homes	7 th Sept 2022
Insulation	<ul style="list-style-type: none"> Current trends in market Common problems identified Future trends in market 	Ecological Building Systems	8 th Sept 2022
Airtightness	<ul style="list-style-type: none"> Current trends in market Common problems identified Future trends in market 	Ecological Building Systems	14 th Sept 2022
Ventilation	<ul style="list-style-type: none"> Current trends in market Common problems identified Future trends in market 	Partel	15 th Sept 2022
Refrigeration & Air Conditioning	<ul style="list-style-type: none"> Cooling Market in Ireland Commercial Chiller market overview Air conditioning market overview Future of Cooling in Ireland Training Providers 	ECAC	21 st Sept 2022
Customer handover	<ul style="list-style-type: none"> Initial Contact Customer Journey Servicing and callouts 	Electric Ireland Super homes	22 nd Sept 2022



Climate Change Survey



Research Project: Climate Change in Rural Ireland: Older People's Perspectives



Are you aged over 55 years?

From a rural or agricultural background?

Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne at:
Adrienne.mccann@mu.ie for further information

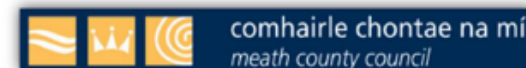
Or

You can complete the survey here:

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

National Age Friendly Ireland Programme

A Shared Service Function of Local
Government



Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.

This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.

If you wish to request a hardcopy of the survey please contact Adrienne at 087 335 4932

Indian Vinayaka Festival



COME CELEBRATE WITH US

VINAYAKA FESTIVAL

Key Attractions

Ganesh Puja - Visarjan
Community Fair (Food Stall-Heena-Indian Jewellery)
Cultural Performance (Dance & Singing)
Jeeman (Indian Meal)

SEPTEMBER 10, 10:30AM - 04:00PM

Cashel Rugby Club, Cashel Co. Tipperary

Indian community members in Tipperary are planning to organise our first "Vinayaka Festival" in Cashel. This festival will include multicultural activity from Indian Diaspora to showcase "**Unity in Diversity**" and community fair will be providing a platform for other community members to showcase their heritage.

Cashel being a centre town for Tipperary shall suite geographically for everyone to attend and celebrate the full day festival. This relates to Hindu god "Lord Ganesha - God of Music and happiness" .

Please share this with all members of Migrant forum and other community reps as we wish them to come forward and help to create this "Community Fair" that can showcase their heritage , Art & Crafts presence form each community leaving in Tipperary.



Dementia Cafe

NENAGH & BALLINA/KILLALOE VIRTUAL DEMENTIA CAFÉ

Nenagh and Ballina-Killaloe Virtual Dementia Cafe met with North Tipperary Dementia Advisor, David Kieran at their Virtual Dementia Cafe, Thursday 18th August at 7pm.

David was happy to discuss and answer questions around his role and his area of special interest services for people with Down Syndrome who develop Dementia. To join future Dementia Cafés, please email ballinakillaloe.dementiacafe@gmail.com for a link to these free events.

If this is your first time being made aware of Dementia Advisors, it is a free and confidential service. They work with people with dementia and their families and carers to provide a highly responsive and individualised signposting service.

David will work with you to:

- provide information and advice throughout your journey with dementia,
- help connect you with dementia supports and services,
- help connect you with local groups and services and, help your community to be more dementia friendly.

We look forward to seeing you next week!

Contact Aifric Devane 087-2649817, Fiona Crotty 087-1252938, Noelle Clancy 083-0178006 or Sean Donal O'Shea 087-0926617 for further information.



Irish
Dementia
Cafe
Network

Nenagh & Ballina/Killaloe Virtual Dementia Cafe

Thursday 18th of August @7pm

Key Speaker

David Kieran Dementia Advisor for the Alzheimer Society of Ireland.
David will discuss his role about his DA role and his area of special interest services for people with Down Syndrome who develop Dementia.



To join us for this free event ,email
ballinakillaloe.dementiacafe@gmail.com

Nenagh & Ballina/Killaloe Dementia Cafe steering committee

Noelle Clancy 083 0178006
Sean Donal O'Shea 087 0926617
Fiona Crotty 087 1252938
Aifric Devane 087 2649817

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Champion Changemakers™

Champion Changemakers™ is a weekend long 'Dragons Den' type event which will be hosted by members of the [Community Enterprise Association Ireland](#) (CEAI) in five different locations across the country from September 23rd next. The focus of the weekend is to work with local communities in Ireland – individuals or groups – to identify, address and solve social, environmental or economic challenges which exist around them.

Anybody interested in getting involved will find details of the host enterprise centres/hubs on the CEAI website and should sign up [here](#) by September 21st to secure their place. The Champion Changemakers Weekend™ is for everyone. There is no cost to getting involved and no business experience is required - all you need is a passion to support positive change in your community and to improve the lives of others across Ireland. Participation in Champion Changemakers™ is open to people of all ages, with Under-18's requiring a letter of consent from a parent/guardian.

By the end of the weekend, three shortlisted teams from each of the five enterprise centres/hubs will be shortlisted to participate in a National PitchFest on October 20th hosted by Innovate Communities in Dublin. The outright winner will receive a bursary of services and supports to assist them develop their idea into a sustainable social enterprise.

This Programme of events is funded under the 2021 ARISE Scheme, with the funding allocation awarded to The Community Enterprise Association Ireland (NACEC CLG) as a successful applicant under the Scheme. As a programme of events funded under ARISE, it is recognised and approved by Government with support from the Dormant Accounts Fund. The funding allocated is part of the Dormant Accounts Action Plan 2021 and is administered by the Department of Rural and Community Development in conjunction with Pobal.

Arts Office

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-newsletter>

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/>



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

Heritage Office

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.



Community Services



Did you know Tipperary Local Link runs a door-to-door (DRT) service from:

Newtown to Nenagh every Thursday

Rathcabbin to Birr every Friday

Templetuohy to Thurles every Friday

Clonakenny to Templemore every Saturday

Kilcommon to Dolla every Friday

Cloughjordan to Birr every Friday

Kilcommon to Borris every Friday

If you or anyone you know would like to avail of this service please buzz  052-6166140 or

See: www.LocallinkTipperary.ie for more information.

HOP ON A LOCAL LINK BUS AND RE-CONNECT!



C-SAW

Community Suicide Awareness Tipperary



C-SAW are expanding to Tipperary Town.

Free Coffee morning every Monday from
10.30am to 12.30pm

At C.J. Kickham Brass and Reed Band Hall,
Davis Street, Tipperary Town.



Why not call in for a Cuppa and a Chat.
All are welcome.

Starting Monday July 11th 2022.

C-SAW House

24 William Street, Clonmel, Co. Tipperary. E91 W923

Tel.: 052 6172477 • Email: csawtipperary@gmail.com

www.csaw.ie • Twitter - C-SAW TIPPERARY

IBAN: IE76 BOFI 90600566650604 BIC: BOFIEZD

Charity Number: 20206303



Take Time To Talk

FREE HOUSEHOLD HAZARDOUS WASTE DROP-OFF

Two hazardous waste drop-off days are to be held in September by Tipperary County Council as part of the Anti-Dumping Initiative for 2022.

The first Hazardous Waste Drop-off will take place at **Cashel Recycling Centre**, Clonmel Road, Cashel, Co. Tipperary E25 VK54 on **Saturday the 17th September 2022**

The second Hazardous Waste Drop-off will take place at **Roscrea Recycling Centre**, Dublin Road, Roscrea, Co. Tipperary, E53 Y985 on **Saturday the 24th September 2022**

Household Hazardous Items accepted **FREE OF CHARGE** on the day are:

- PAINTS**
- AEROSOLS**
- WASTE ENGINE OIL**
- WASTE COOKING OIL**
- OIL FILTERS**
- DETERGENTS**
- FENCE AND MOTOR BATTERIES**
- ALKALINE BATTERIES**

Domestic consumers ONLY
No Commercial operators allowed.

Household waste only no Commercial waste will be accepted

For further Information please contact the Environment & Climate Action Section on 0818 06 5000

HOUSEHOLD HAZARDOUS WASTE

FREE DROP OFF DAY!

SATURDAY
24th SEPTEMBER
9AM TO 12.30PM

ROSCREA RECYCLING CENTRE
 will give free entry to customers with household hazardous waste in need of disposal ...
 One day only so don't miss out!



Household Hazardous Items accepted **FREE OF CHARGE** on the day are:
PAINTS AEROSOLS WASTE ENGINE OIL WASTE COOKING OIL OIL FILTERS
DETERGENTS FENCE AND MOTOR BATTERIES ALKALINE BATTERIES

For further information
Tel: 0818 065000



Tipperary County Council Funding Update Outdoor Recreation Infrastructure Scheme (ORIS) 2022 - €321,884

This scheme is funded by Department of Rural and Community Development to enhance our outdoor amenities such as our walkways, cycleways, rivers and lakes. Tipperary County Council secured funding of €321,884 announced on 3rd August 2022 for 8 Measure 1 projects and 2 Project Development Measures (PDM), details as follows:

	Project	Description	Lead Partner	Approved Funding
1	Adventure Lough Derg	To improve both design and content of Adventure Lough Derg app available on AppStore and Google Play	North Tipperary Development Company	€27,000
2	Ballinderry River Walk Phase II	Upgrade of section of riverwalk along the Ballyfinboy River	Tipperary County Council	€26,784
3	Carrick-on-Suir and Nenagh – Age Friendly Cycling Initiative	Carrick-on-Suir and Nenagh Promotion of voluntary cycling initiative	Tipperary County Council	€30,000
4	Clare Glens River Walk (PDM)	Clare Glens River Walk Upgrade- Planning and Design	Tipperary County Council	€48,600
5	Kilballyboy Wood	Kilballyboy Wood Trails - Provide 3 looped walks	Tipperary County Council	€30,000
6	Liam Lynch Trailhead Car Park	Provision of a car park at Liam Lynch trailhead	Tipperary County Council	€30,000
7	Sliabh na mBan Cairn and Walk	Sliabh na mBan Cairn and Walk Create road side parking at the trail head	Tipperary County Council	€30,000
8	Soloheadbeg -Greenway and Water Park (PDM)	Planning & Design- Water Park & proposed Greenway	Tipperary County Council	€42,500
9	Tipperary Angling	Complete audit of current angling infrastructure in Tipperary Promote and market Tipperary as quality angling destination of choice	North Tipperary Development Company	€27,000
10	Vee Car Park, Bay Lough Knockmealdown Mountains	Upgrade of Carpark at the Vee	Tipperary County Council	€30,000

Clár Grants 2022 – €315,541

The CLÁR (Ceantair Laga Árd-Riachtanais) programme is funded by the Department of Rural and Community Development. CLÁR is a targeted investment programme for rural areas that aims to provide funding for small infrastructural projects in designated rural areas. Tipperary County Council secured funding of €315,541 announced on 15th August 2022 for 8 projects as follows:

	Recipient	Project Description	Approved Funding
1	Clogheen Playground Committee/Tipperary County Council	Upgrade Clogheen playground and provide disabled toilet facilities in the adjacent public toilets building	€50,000
2	Knock GAA	Knock Community Ball Wall & 3G Astro & Turf Facility	€50,000
3	Solohead GAA Club	An all-weather AstroTurf developed as part of an integrated 5-year community development plan	€50,000
4	Clonakenny Playground Enhancement/Tipperary County Council	Development and enhancement works at Clonakenny playground and adjoining car park	€15,141
5	Tipperary County Council	Resurface Drombane Village Car Park	€23,400
6	Cloughjordan FC Community Facility Development	Transformation of greenfield site into an inclusive community facility incorporating two playing pitches, parking and changing areas	€50,000
7	Sean Treacys GAA Club	Community carpark enhancement	€50,000
8	Drangan Playground Committee/Tipperary County Council	Resurfacing of Drangan playground and provision of new play equipment along with repairs to existing equipment	€27,000

Town & Village Renewal Scheme Grants 2021 – €788,000

The Town and Village Renewal Scheme was first introduced in 2016 and is funded by the Department of Rural and Community Development, it is targeted at towns and villages with a population of 10,000 or less. Tipperary County Council secured funding of €788,00 announced on 25th February 2022 for 3 projects as follows:

Project	Description	Lead Partner	Approved Funding
Ballyporeen	Remote working Hub and multipurpose space: This proposal is for the restoration and refurbishment of the Old Schoolhouse in Ballyporeen as a multipurpose facility for community/regional groups (Commercial, Social, and Recreational), local business, start-ups and working spaces.	Ballyporeen Community Council	€198,000
Carrick-on-Suir	Proposal to develop lands abutting Co-Op in Carrick Beg on southern bank of River Suir to provide a public amenity park which will extend existing parkland east of Dillon Bridge.	Tipperary County Council	€90,000
Tipperary Town	The public open space known locally as 'The Hills', is located approx. 400m north-west of Main Street, Tipperary Town. This proposal is to create a superior recreational amenity with the provision of improved access, increased paths, a play area that is accessible, picnic benches, biodiversity planting and reflective areas.	Tipperary County Council	€500,000

Tipperary Digital Strategy

YOUR OPINION MATTERS



Complete our short
Digital survey.
You could win a
€100 One4All
voucher.



<https://forms.office.com/r/2PbbZQkSqF>



If you live in County Tipperary, why not complete our 3 minutes survey? You could win a €100 One4All voucher. The survey investigates digital usage/literacy in the county, and the responses will inform Tipperary's Digital Strategy.

You can access the survey here:

<https://forms.office.com/r/2PbbZQkSqF>



The KRC Parent and Family Support Programme together with Tusla Parent Support Champion Project invites you to:

FREE Positive Parenting Talk
“Building your Childrens’ Resilience, Self Esteem and Confidence”
 by Professor John Sharry:



Thursday September 8th @ 7pm-8:30pm including Q&A on Zoom

In this talk, John will present a positive parenting model that provides practical ways to

- build children’s confidence and well-being
- manage tantrums and problems
- develop warm and close family relationships
- manage stress and enjoy parenting

The workshop is focused on “**Strengthening The Child/Parent Relationship** (one of the Tusla 24/7 Key messages)

Prof John Sharry is a social worker and family psychotherapist with over 27 years’ experience as a child and adolescent mental health professional. He is founder of the Parents Plus Charity, adjunct Professor at the School of Psychology in UCD, an Irish Times Parenting Columnist and author of over 25 positive psychology, parenting books and mental health programmes. John is the lead author of the evidence-based Parents Plus Programmes which are successfully run through mental health services throughout Ireland and the UK. solutiontalk.ie, parentsplus.ie

if you would like to attend, please register on this link:

<https://forms.gle/3Y3JhTZN5Dgzwx8> (you may need to copy and paste into Google Search to register)

A link for zoom meeting will be sent to your email to join the meeting

For further information, please contact Helen Buckley (PFSP KRC & Tusla Parent Support Champion): 06252688 or Martina Wells Casey (Tusla FSP & Tusla Parent Support Champion): 087 6501620

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EUROPEAN UNION
Investing in your future
European Social Fund



Riádas na hÉireann
Government of Ireland



Clonmel Library

THE DUCK WHO DIDN'T LIKE WATER

STEVE SMALL

Irish Sign Language
 (ISL) Signed Storytime
 with Mary and Pat
 as part of ISL Awareness Week

Saturday 17th September 2.30pm

Suitable for ages 4 and up

All are welcome - Children must accompanied



**“Employment in Disability Best practice across Europe”
Seminar in TUS Thurles Campus Wednesday the 7th of September**

The benefits of people with disabilities, engaging in employment, has been highlighted in recent years. The need for accommodations, and interventions to allow people with disabilities to be a happy and productive member of the work force, can be seen in a number of initiatives in workplaces and organizations across Europe. Unfortunately, the broad range of disabilities, along with the vast spectrum within a disability category, ensures a "cookie cutter" employment template is not a viable solution. In 2017, the employment rate for persons with disabilities in Ireland stood at 32.2 %, below the EU average of 50.6 %. With this in mind, the aim of this project is to bring together a number of European partners, who work with young people with disabilities and employment activation, to share best practice, create a network of learning and undertake a number of professional development activities. We will provide formal and informal learning opportunities for educational and professional development of youth workers, contributing to high quality individual practice as well as to the evolution of youth work organisations and systems. Build a community of youth workers that can support the quality of projects and activities for young people in EU programmes and beyond. This will be achieved by hosting a number of professional development activities over 4 days, in order to share best practice and develop partnerships to encourage future co-operation. Workshops over the course of the project will cover topics such as "Executive Functioning Skills", "Sustainable Development and Employment", "Inclusion in the Workplace" and "Evaluation Tools and Best Practice".

A highlight of the project will be to host a seminar in ***TUS Thurles Campus on Wednesday the 7th of September on "Employment & Disabilities, Best Practice Across Europe"***. There will be a combination of speakers from our European partners, and Irish services, who will speak about their projects and work practices. This will be open to the public, and organizations working in the disability sector. This sharing of experiences, will endeavour to enhance the quality of service the partners can provide to its service users, and disability sector as a whole in the organizations local communities and further afield.

For further information, contact Laura Ryan 083-1792999, Ability Work Winner Co-ordinator with Youth Work Ireland Tipperary



Rialtas na hÉireann
Government of Ireland



“This project was approved by Government with support from the Dormant Accounts Fund”

THE 21st WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIP - IRELAND

COMERAGH MOUNTAINS. 2-4 SEPTEMBER 2022

The 21st World Masters Mountain Running Championship will take place in Clonmel, Ireland from the 2nd to the 4th of September 2022, venturing into the Comeragh Mountains in County Waterford.

The race route will start in Clonmel Town and climbs into the Comeragh Mountains in adjoining County Waterford, along a mixture of trails, forest paths and open mountain tracks, finishing at the Cross overlooking Clonmel town and the River Suir valley (see route map and elevation profile below).

The race is open to all runners between 35 years and 79 years of age and is organised by the World Mountain Running Association, the sport's global governing body.

For further details see: [World Masters Mountain Running Championship 2022 \(wmmrch2022.ie\)](http://wmmrch2022.ie)







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 the dormant accounts fund
 Rialtas na hÉireann
 Government of Ireland
 pobal
 government supporting communities
 "This project was approved by Government with support from the Dormant Accounts Fund"



Employment in Disability best practice Seminar



Contact Laura Ryan for more info on 083 179 2999

Save The Date!
Wednesday
7th of
September
TUS Thurles Campus



Knockanrawley Resource Centre

Photographed below is Mercie Hogan & Timmy White. Timmy is the KRC STH (Social Therapeutic and Horticulture) leader who delivers weekly sessions with participants involved in the community development & KRC SICAP programme in Tipperary Town.

Mercie is a participant and artist involved in this group. Mercie and Timmy undertook a photographic biodiversity project which culminated in 20 nature display boards. The project was undertaken over COVID and early 2022. The work describes different plants and wild herbs that are present in the KRC organic garden. It showcases Mercie's incredible photographic skills and both Timmy and Mercie's knowledge about the plants and their properties. This project is open to the public and well worth a visit. For more information contact Timmy or Teresa 062 52688



Knockanrawley Resource Centre/ Ukrainian Community Work

A photograph of a day trip to Tramore with new Ukrainian families living in Tipperary Town and the surrounding areas. This new group have participated in several KRC Community Development/ SICAP initiative since April 2022. KRC has offered weekly conversational English classes, life long learning opportunities, family support work, summer camps, summer activities, linking to other services and supports and other initiatives in the town.

For more information please contact Teresa 062 52688



KRC Allotment holders training event.

KRC have an organic garden which currently is used by 20 allotment holders. This programme is supported by the Community Development/ KRC SICAP programme. Pictured below are some of the members of the garden.



Community Development FUN DAY

Some snaps below of a recent event in KRC Community Development/ KRC SICAP in Knockanrawley. This event brought together a number of different groups e.g. Food Cloud, Ukrainian group, Syrian group, Men's Shed, Young at Heart, Children group, and other children and families who participate in activities in Knockanrawley Resource Centre. It allowed the members to mix and celebrate their involvement with the centre. The craic was mighty.

The programme is always open to new members joining and getting involved. For more information please contact Teresa 062 52688



Contact Numbers & Helplines

Stop Smoking Services:

South Tipperary:

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

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Description: This face to face service is available to staff, inpatients & outpatients interested in quitting smoking.

Nenagh:

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

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Description: This services is available on Monday afternoons from 1:30-5:00pm.

Thurles:

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

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Description: This services is available on Monday mornings 9:00-12:30pm.

Please see

www.tipperaryvolunteercentre.ie or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



volunteer centre
Ionad d'Obair Dheonach Thiobraid Árann
TIPPERARY

"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.

PPN TIPPERARY
PUBLIC PARTICIPATION NETWORK

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



Visit

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

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: **061 484444**
Crisis: **1800 247 247 (24 HRS A DAY)**
Bereavement: **085 8568081**

yourmentalhealth.ie
Information | Support | Services
1800 111 888



9am to 8pm, Monday to Friday

text about it

50808

DRUGS.ie
drug and alcohol
HELPLINE
1800 459 459 (24HRS A DAY)
helpline@hse.ie