



Tipperary Together Newsletter

2022 July

Issue No. 7

Welcome to Edition no. 7 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:

- KITE Information
- Dementia Friendly Language
- TFI Local Link Routes
- Living Well Programmes
- Royal Sites of Ireland List
- Ukranian Family Supports

Tipperary Arts Office

PPN News

Local Library News

Recovery College South-East

Parent's guide to screen time

Road of Life—Ballads and Beyond

Tipperary Sports Partnership

Cathaoirleach's Reception to welcome visiting Marist Catholic High School Soccer Redhawks Team from Chicago, Illinois, U.S.A



A wonderful band of young people from Chicago, Illinois, descended on Carrick-on-Suir on Sunday, the 19th June last. The Marist Catholic High School Soccer 'Redhawks' squad of 18 players ranging in age from 16 to 18 years old along with their coaches and an entourage of some 30 parents and siblings, dusted off their plans and arrived to the sunny south east to be met with glorious sunshine and a warm welcome from Carrick on Suir citizens, delighted to extend the hand of friendship.



If you would like to provide content for 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 19th August 2022





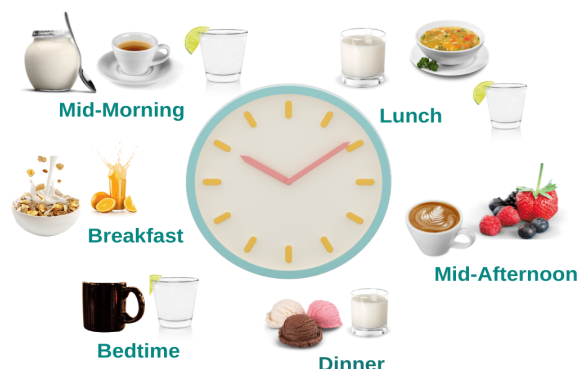
Are you Drinking Enough?

INDI Irish Nutrition & Dietetic Institute OLDER PERSONS NUTRITION INTEREST GROUP

This clock shows suitable drinks and foods which are good for hydration. These can be included with each meal and snack during the day.

Drink regularly throughout the day. Aim for 6-8 drinks a day.

Some foods are good for hydration such as fruit, yogurt, jelly, custard, soup and salad.



Water is best. Other suitable drinks are tea, coffee, milk, juice, dilute or fizzy drinks and warm milky drinks.

Not drinking enough may make you feel unwell and can cause tiredness, confusion, dizziness, dry mouth and constipation.

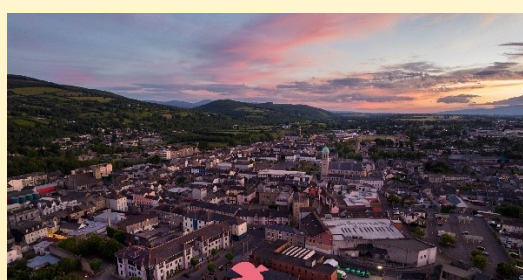
Please talk to your Doctor or Dietitian if you have been advised to limit your fluid intake as this information may not be suitable for you.

INDI Older Person Nutrition Interest Group 2022

Tipperary Arts Office information

To stay up to date on what's going on in Tipperary's Artistic Communities, check out the latest Newsletter below
<https://www.tipperarycoco.ie/arts/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



Faoin Spéir
 In the Open
CLONMEL Autumn '21 - Spring '22

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>



K.I.T.E



Knockanrawley Information for Training & Employment



QQI Major Level 4 Award
offered on a **full-time basis**

**40 weeks September 2022 -
June 2023**

60 hours Work Placement

**Must be open to learning
new skills**

**Extra allowances available to
under 25's**

**Develop the confidence to
progress to employment**

Supportive learning
environment with access to
Childcare and other supports

**Learn employable skills –
Food Hygiene (HACCP), First
Aid & Certified Barista Skills**

Learn practical skills – IT,
Cookery, Organic gardening

**Prepare and sit the Driver
Theory Test!**

**Requirements: Applicants
should hold a Junior Cert
or equivalent**



CONTACT: KITE OFFICE at (062)52688 or (086) 8811412 (Nora) or (085) 8143662 (Tony) or email

knockkite@gmail.com

or message via Facebook

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EUROPEAN UNION
Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



etb
Education and Training Board
Education and Training Board
Education and Training Board



clár na gcuntas díomhaoin
the dormant
accounts fund

Dementia Friendly Language

It is important when speaking about dementia, or a person with dementia, to avoid language which is negative and implies powerlessness.

1

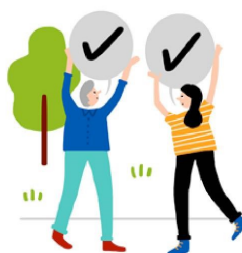


LANGUAGE IS A POWERFUL TOOL

The words we use can strongly influence how others treat or view people with dementia.

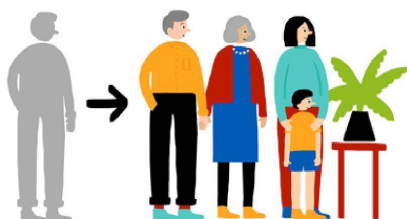
2

USE EMPOWERING LANGUAGE



We have a responsibility to use language that is empowering and inclusive of the diverse experiences of people with dementia.

3



SEE THE PERSON FIRST

Dementia is not necessarily a defining aspect of life and life does not stop when dementia starts, so let's convey that in the language we use.

4

STIGMA CAN BE REINFORCED THROUGH THE LANGUAGE WE USE



Using negative and derogatory language to describe dementia or a person with dementia can contribute to and reinforce stigma and discrimination.

	PREFERRED TERMS	NON-PREFERRED TERMS	RATIONALE
THE CONDITION	Dementia	Dementing illness	There is a need to reflect accurately that dementia is an umbrella term used to describe a range of conditions which cause changes and damage to the brain.
THE PEOPLE	Person / people with dementia	Sufferer Victim Demented person	Terms such as 'sufferer' and 'victim' contribute to the stigma surrounding dementia. Choose empowering and inclusive terms that maintain the person's dignity.
	Family carer(s) or carer(s) Wife, husband, partner, daughter, son, friend, for example. Care partner Supporter	Carer(s) of people suffering from dementia	'Family carers / supporter' may be used where someone provides care to a relative or friend In one-on-one discussions, use the terms people themselves use, e.g. husband, wife, daughter, friend.
THE IMPACT	Living with dementia Painful Distressing Emotional Challenging	Hopeless Unbearable Impossible Tragic Burden Doting/dotage A living death	Appropriate descriptive words should be chosen to suit the audience and the context. Not everyone will experience every emotion. Each person will relate differently at different times to their experience of dementia and have an individual response.



To find out more about Dementia Friendly Communities in Ireland please see www.alzheimer.ie or call 1800 341 341



**THE ALZHEIMER
SOCIETY of IRELAND**

☎ Alzheimer National Helpline: 1800 341 341

🖱 www.alzheimer.ie

🐦 @alzheimersocirl

📘 Find us on Facebook at The Alzheimer Society of Ireland

Be a Summer Reading Star at your local library

The Summer Stars reading programme is now running in all our libraries and is open to all children. Each child who registers for the programme joins in the fun of reading lots of exciting books during the summer. Children will receive their own Summer Stars Reading Card to record their progress and the Summer Stars reward stamp will be added to their card for each library book read. Fun rewards will be provided along the way. At the end of the programme, all children who have participated will be invited to attend an awards event.



My Little Library Bag

Is there someone in your house taking the big step into their first year in primary school this September? Call into your local library to pick up your Free Little Library Book Bag today! The First 5 My Little Library initiative will offer a book bag with books and resources to every 4 and 5-year-old going to school in September. The objective of this action is that all children starting school in September 2022 will have story books in their home and be members of their local library.

A promotional graphic for the 'First 5 My Little Library Bag' initiative. At the top left is the 'First 5' logo, which features a hand with five fingers in different colors. To its right, the text reads 'Bags of stories and fun for every child starting school in 2022!' in a bold, green font. Below this, two cute, grey cartoon mice with pink noses and ears are shown. One mouse is holding a white tote bag with the 'First 5 My Little Library Bag' logo and the text 'Fill me up again at your library!'. To the right of the mice, the text says 'Pick up their FREE Little Library Book Bag at your local library'. At the bottom of the graphic are four logos: 'Libraries Ireland', the 'Rialtas na hÉireann' (Government of Ireland) logo, 'Right to Read at your Library', and 'Riattas Áitiúil Éireann' (Local Government Ireland).

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health



Living Well is a free group programme for Adults living with long-term health conditions and/or their adult carers. It is delivered over six workshops (2.5 hrs per week for 6 weeks) by trained leaders, most of whom are also living with long-term health conditions.

A long term health condition is one which can be treated and managed but usually not cured.

Living Well can support you to develop the skills and confidence to manage and live well with your health condition(s).

For further information visit: www.hse.ie/LivingWell

Upcoming Living Well Programmes (North Tipperary)

Day	Start date	Finish date	Time	Location
Tuesday	13 th Sept 2022	18 th Oct 2022	10am – 12.30pm	Thurles
Wednesday	14 th Sept 2022	19 th Oct 2022	10am – 12.30pm	Online
Thursday	15 th Sept 2022	20 th Oct 2022	10am – 12.30pm	Nenagh

To book your place contact

Philip Hennessy Tel: 087-1799396

Email: philip.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	Location
Monday	12 th Sept 2022	17 th Oct 2022	6pm – 8.30pm	Online
Friday	22 nd Sept 2022	27 th Oct 2022	10.30am – 1pm	Online
Saturday	8 th Oct 2022	12 th Nov 2022	2pm – 4.30pm	Online

To book your place contact

Justin Brophy Tel: 087 - 4088325

Email: justin.brophy2@hse.ie or

email: livingwellse@hse.ie

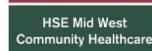
www.hse.ie/LivingWell



Self-management
Support



Sláintecare.



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



Did you know Tipperary Local Link runs a door-to-door (DRT) service from Newtown to Nenagh every Thursday?

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

See: www.LocallinkTipperary.ie



Tipperary Local Link also runs a door-to-door (DRT) service from:

Newtown to Nenagh every Thursday

Rathcabbín 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!



Recovery College South East, Kilkenny

Online Recovery Education Workshops July and August 2022

Further information from Recovery College South East,
Tel. (086) 1746330

e-mail recoverycollegesoutheast@gmail.com

See also www.recoverycollegesoutheast.com

Mindfulness (4 week online workshop)

Venue: Zoom

**Dates: Wednesday 13th, 20th, 27th July and Wednesday 3rd
August**

Times: 10.30am – 11.30am

Mindfulness is about focusing on how things actually are in a given moment, not on what might have happened in the past, or how we might want things to be in the future.

With Mindfulness we can learn to think in a way that helps us to be at peace with our thoughts and emotions.

The aim of this 4-week workshop is:

- **To introduce Mindfulness and explore what it is.**
- **To demonstrate short mindful practical meditations that can be used in every day life for self-care and personal wellness.**

Compassionate Mind (4 week online workshop)

Venue: Zoom

**Dates: Wednesday 17th, 24th, 31st August and Wednesday 7th
September**

Times: 10.30am – 11.30pm

Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism,

The aim of this workshop is to:

- **Recognize how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about ourselves.**
- **Build compassion for ourselves to help counteract these vicious cycles. With a compassionate focus we can learn to think in a way that helps us to be more accepting of ourselves.**

If your child spends a lot of time on screens and you are worried about their:

- language skills
- sleep
- weight

you may need to limit their screen time.

What can you do instead with your child?

To reduce screen time, you can do some of the following with your child.

- Play with sand, water or Play Doh.
- Sing nursery rhymes.
- Read books with pictures or sounds.
- Role play using toys and be, for example, a kitchen cook, builder or nurse.
- Play games where you take turns like bowling, hide and seek or card games.
- Sit and chat to them.



Your child copies what you do. If your child sees you having less screen time and doing more fun activities, this will encourage them to do the same.

Speech and Language Therapy and Psychology Departments
HSE Dublin North City and County
Ballymun Civic Centre
Dublin 9

For more information see:
www.mychild.ie and www.makeastart.ie

January 2020



A parent's or guardian's guide to screen time
Children aged 0-5 years

Turn off and tune in to fun!



If your child spends a lot of time on screens and you are worried about their:

- physical health
- sleep
- social activity
- energy levels
- weight

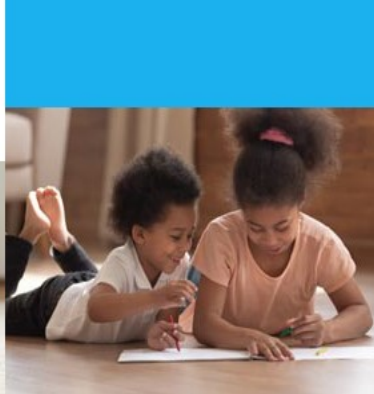
you may need to limit their screen time.



Encourage your child to turn off their screens and to...

- talk to others
- play with others
- read books
- get 8-12 hours' sleep every night

Your child copies what you do. If your child sees you having less screen time and doing more fun activities, this will encourage them to do the same.



Speech and Language Therapy and Psychology Departments
HSE Dublin North City and County
Ballymun Civic Centre
Dublin 9

For more information see:
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January 2020



A parent's or guardian's guide to screen time

Primary school-aged children

Turn off and tune in to fun!



Royal Sites of Ireland Tentative List Announcement

The Steering Group of the Royal Sites of Ireland welcomed the news this morning that they were announced as one of three successful bids to get on Irelands Tentative List for World Heritage.

The Royal Sites of Ireland are a group of six unique collectives, including the Rock of Cashel which consist of largely prehistoric monuments and sites associated in early medieval and medieval texts as the principal ancient sites of royal inauguration in Ireland.

The respective Local Authorities of Tipperary, Kildare, Meath, Westmeath, Roscommon and Armagh City, Banbridge and Craigavon, have been working together for many years to develop the Royal Sites of Ireland case for 'outstanding universal value' which is the key attribute for World Heritage Sites. The Royal Sites of Ireland bid was led by Tipperary County Council and the steering group was chaired by Brian Beck, Director of Services. An application to be put on the new Tentative List was made by the Royal Sites of Ireland team in June 2021. UNESCO guidelines state that in order to be considered eligible to move forward with a bid for World Heritage Status, a site must be on its States Tentative List. The announcement that the Royal Sites of Ireland bid to get on the tentative list was successful is very welcome news. It is the first and essential step in the process to become a UNESCO World Heritage Site.

Ireland currently has two existing World Heritage sites, Brú na Bóinne and Sceilg Mhichíl and these hold pride of place in Ireland's heritage estate.

Spread throughout the island, four of the sites represent the ancient Kingdoms of Ireland and its current provinces of North (Emain Macha), South (Rock of Cashel), East (Dún Ailline) and West (Rathcroghan). Tara was the seat of the High Kings of Ireland situated in the ancient 'fifth' province of Meath (Midhe) while the Hill of Uisneach the 'omphalos' or centre was where the 5 kingdoms met.

The Royal Sites Steering Group will now continue with their journey towards nomination. A critical element of this will be partnership, working with landowners, local and national stakeholders and the World Heritage Unit and the Department and work on this process will commence immediately.

Joe MacGrath Chief Executive of Tipperary County Council stated, "We are very happy with today's announcement, Tipperary County Council has been very committed to the Royal Sites bid and a tremendous amount of work has taken place over the last 12 months to get to this stage. As the lead authority in the Steering Group we look forward to progressing this project with the other five local authorities, landowners, stakeholders and the Department over the coming years in our efforts to get these sites designated as World Heritage Sites".

Cathaoirleach of Tipperary County Council Cllr Roger Kennedy said, "The Rock of Cashel has long been an iconic site within our county, I welcome the news that it along with the other five Royal Sites have been placed on Irelands Tentative List and that work can now begin on moving forward with the process".

Cathaoirleach of Tipperary Cahir Cashel Municipal District, Cllr Michéal Anglim said "I welcome the news that the Rock of Cashel as part of the Royal Sites of Ireland bid has been added to the Irish Tentative List. We in the District appreciate the significance of this site and we are delighted that the Department has seen the potential in the Royal Sites bid".

For further information on the Royal Sites please see www.royalsites.ie

For further information on World Heritage in Ireland please see

www.worldheritageireland.ie

For further information on UNESCO World Heritage please see www.unesco.org

THE ROAD OF LIFE

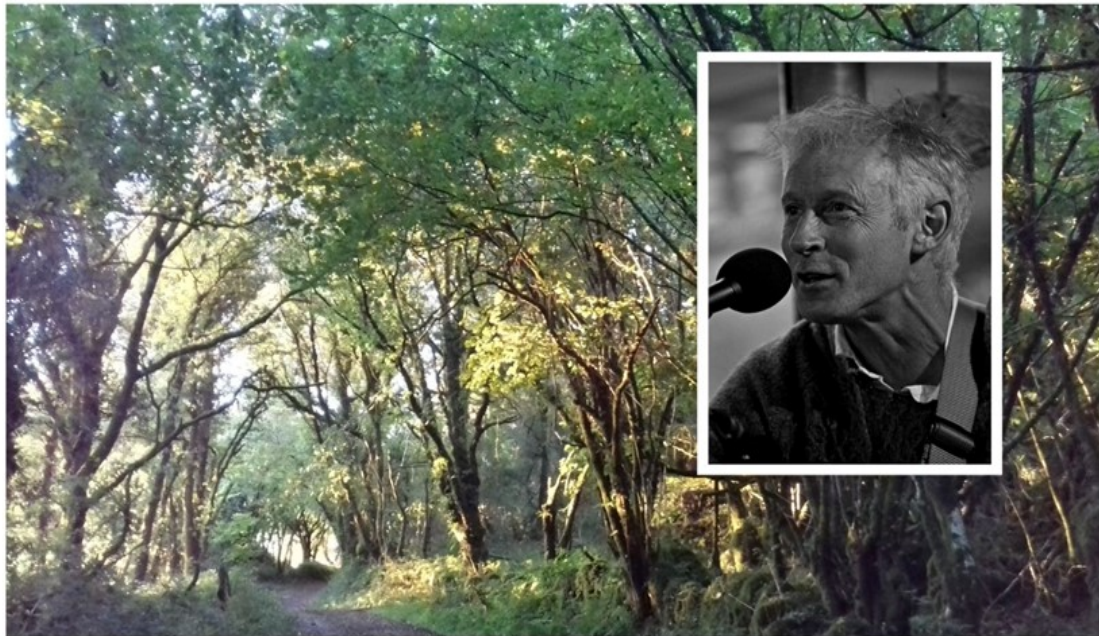
Ballads & Beyond

with

GER WOLFE



Join Ger singing songs old and new
Dip into the fascinating world of songwriting



Nenagh Library, O'Rahilly Street, Nenagh, E45 AK50

Thursday 11th August, 11am-1pm

*Booking is essential as numbers are limited. Please phone
067 34404 or email nenaghlibrary@tipperarycoco.ie*

FREE



THE ROAD OF LIFE

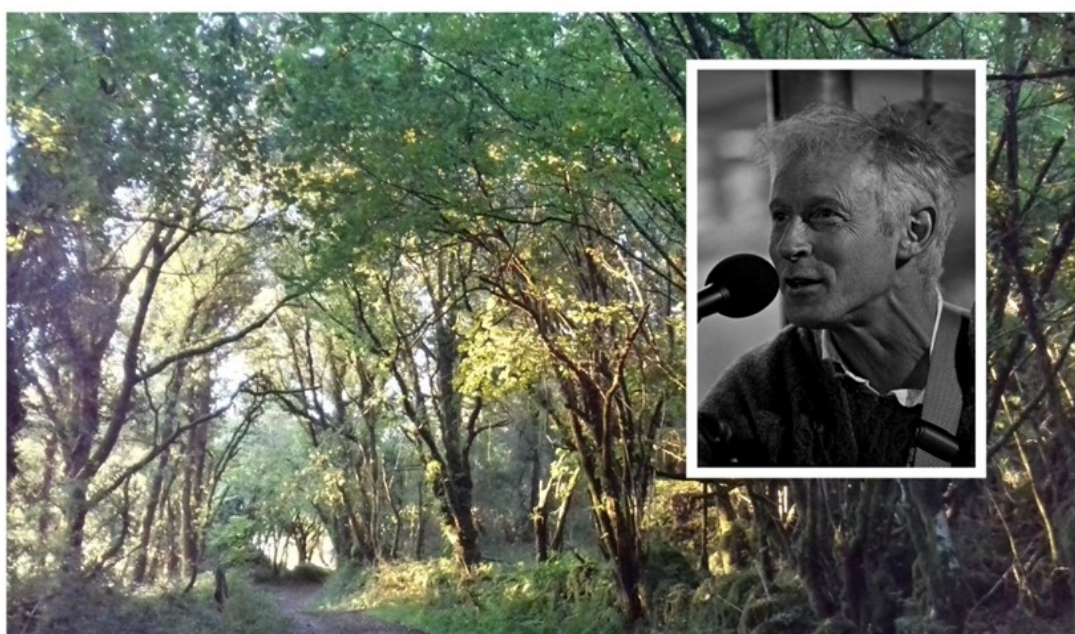
Ballads & Beyond

with



GER WOLFE

Join Ger singing songs old and new
Dip into the fascinating world of songwriting



Clonmel Library, Emmet Street, Clonmel, E91 YW66

Thursday 11th August, 3-5pm

*Booking is essential as numbers are limited. Please phone
052 616 6129 or email clonmellibrary@tipperarycoco.ie*

FREE



Information about Family Support services in the county for Ukrainian families:

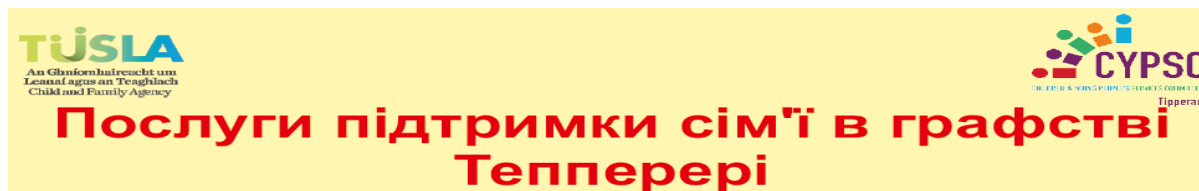
Túsla Prevention Partnership and Family Support programme and Tipperary Children and Young People Services Committee have put together two leaflets providing information in Ukrainian about services for Ukrainian families residing in the county. One leaflet provides information and contact details for key Túsla services, as well as for An Garda Síochána. The other leaflet is a more comprehensive list of family support services around the county, including Women's services, the Local Development Companies and Parent, Baby and Toddler Groups. The English and Ukrainian versions of the leaflets can be viewed at the following links:

[Local area Contact Information \(Ukrainian\)](#)

[Local area Contact Information \(English\)](#)

[Family Support Services in Co. Tipperary \(Ukrainian\)](#)

[Family Support Services in Co. Tipperary \(English\)](#)



TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Tipperary

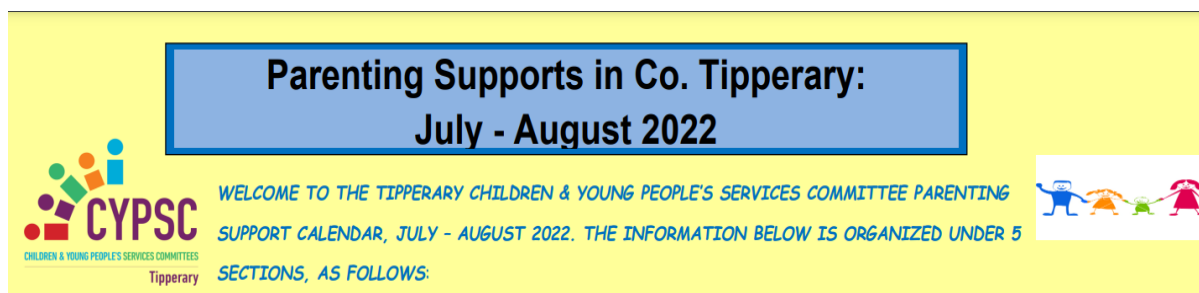
**Послуги підтримки сім'ї в графстві
Тепперері**



TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

Служба з питань дітей і сім'ї TUSLA – контакти в Тіпперері
www.tusla.ie


CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Tipperary



**Parenting Supports in Co. Tipperary:
July - August 2022**

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Tipperary

WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, JULY - AUGUST 2022. THE INFORMATION BELOW IS ORGANIZED UNDER 5 SECTIONS, AS FOLLOWS:



New Tipperary CYPSC Parent Supports calendar for July and August 2022

Tipperary Children and Young People's Services Committee (CYPSC) brought out its Summer edition of the Parents Support calendar (*July – August*) at the beginning of July. The calendar provides information on all parent support services in the county for this time period. There are also details for parenting programmes starting in September/October which parents can apply to. You can access the current edition [here](#).

TIPPERARY SPORTS PARTNERSHIP

Tipperary Sports Partnership is facilitating the following courses:

Safeguarding 1 (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 September 12th and 19th, October 3rd and 10th and November 7th and 14th.

Safeguarding 2 (Club Officer's Officer Workshop) 17th October.

Safeguarding 3 (Designated Liaison Person Workshop) 28th November
These courses take place from 6.00 - 9.00pm. To book your place visit www.tipperarysports.ie.

Cost is €15 plus booking fee.

Swimming Women - 8 Week Swimming Programme for Women
Coached sessions Commences at the following pools:

Pool	Start Date	Time
Carrick on Suir	Tuesday 20 th September	7.30pm - 8.30pm
Clonmel	Tuesday 20 th September	7.00pm - 8.00pm
Nenagh	Thursday 22 nd September	7.00pm - 8.00pm
Roscrea L.C.	Tuesday 20 th September	7.30pm - 8.30pm
Thurles L.C.	Tuesday 20 th September	7.45pm - 8.45pm
Tipperary Town	Friday 23 rd September	7.00pm - 8.00pm

BADMINTON CLUB – TIPPERARY TOWN

Tipperary Sports Partnership & Badminton Ireland as part of the Tipperary Town Community Sport Hub is in the process of establishing a new Badminton Club in Tipperary Town following the success of a badminton taster programme which has just completed with excellent feedback from participants. A meeting will be held next Tuesday August 2nd at 7pm in the Canon Hayes Hall, Tipperary Town to discuss the setting up of the club. All are welcome and previous badminton experience is not necessary.

If you are interested in joining or have any questions, please email bmullane@tipperarysports.ie or 087 3489898





Almost 1 in 4 drivers check mobile phone notifications while driving

- **23% of motorists surveyed admit to checking their notifications while driving**
37% of motorists do not regularly practice safe mobile phone use behaviours

7 July 2022: The Road Safety Authority (RSA) and An Garda Síochána are once again appealing to drivers to not use their mobile phones while driving. The calls come following the publication of new research which shows almost a quarter of drivers (23%) admit to checking mobile phone notifications while driving. The Driver Attitudes & Behaviour Survey 2021 found that 37% of motorists surveyed were not practicing safe mobile phone behaviour when driving, which includes turning off your mobile phone, switching it on silent, or keeping it out of sight.

International research has revealed that drivers are four times more likely to be involved in a collision if they use their mobile phone while driving. Despite this, the RSA survey also found that 19% of respondents use their phone to read messages/emails, while 13% write messages/emails from behind the wheel. In addition, 12% of motorists admitted to using their phones to check social media.

Minister of State at the Department of Transport, Ms. Hildegard

Naughton said: "The evidence around the dangers of using your mobile phone while driving is very clear, with drivers four times more likely to have a collision when on their mobile. The new government Road Safety Strategy 2021 to 2030 has identified the need for a review of the penalties for road traffic offences, including mobile phone use while driving. Nobody can claim that they are not aware of the dangers of using a phone while driving. Therefore, if we are to achieve a 50% reduction in deaths and serious injuries by 2030, plus achieve Vision Zero by 2050, we need to seriously look at such measures to eliminate this dangerous behaviour".

Mr Sam Waide, Chief Executive, Road Safety Authority said: "Driver distraction is thought to play a role in up to 30% of all road collisions. Using your mobile is a significant form of driver distraction as it dangerously impairs your ability to monitor the road ahead and react to any hazards in time. That call, text, or social media post can wait until you are parked up safely, whatever you do don't take a chance and use your phone while driving. If you know someone is driving, avoid phoning them until they have reached their destination or are safely parked up. Following the publication of the latest statistics, we are asking all motorists to follow safe behaviour when it comes to their mobile phone while driving and either turn it off, switch it to airplane mode, put it on silent or simply put it out of sight".

Assistant Commissioner, Paula Hilman, Roads Policing and Community Engagement, An Garda Síochána said: "The penalty for using a mobile phone, which includes supporting it with any part of your body, while driving is an automatic three points on your licence and a sixty euro fine. If you accumulate 12 penalty points (7 for novice and learner drivers) in a three-year period, you will be disqualified from driving for 6 months. In 2021 a total of 22,310 notices were issued for 'Driving a vehicle while holding a mobile phone'. When driving our attention should be focused on one thing only – driving safely and not on a mobile phone. As road-users, we have a responsibility to ourselves, our passengers, and other road-users to keep our attention on the road, so I would encourage all road-users to switch off before you drive off."

To date in 2022, a total of 86 people have died on Irish roads, 27 more than the same period in 2021.

The government Road Safety Strategy 2021 to 2030 primary target is to reduce the number of deaths and serious injuries by 50% by 2030. It is also the first step towards realising Vision Zero, whereby all deaths and serious injuries are eliminated by 2050.

For more information on mobile phone safety and the government Road Safety Strategy visit [rsa.ie](https://www.rsa.ie).

Source: Driver Attitudes and Behaviour survey 2021

o *Cognitively: instead of focusing their attention and thoughts on driving, drivers divert their attention and focus on the topic of the phone conversation*

Of motorists surveyed

- o 19% use their mobile phone at least sometimes while driving to read messages/emails
- o 13% use their mobile phone at least sometimes while driving to write messages/emails
- o 23% use their mobile phone at least sometimes while driving to check phone notifications
- o 12% use their mobile phone at least sometimes while driving to check social media
- o 9% use their mobile phone at least sometimes while driving to respond to social media posts
- o 7% use their mobile phone at least sometimes while driving to take photos/videos to share on social media

Note, *at least sometimes* includes answer options: *always, often, and sometimes*.

Of motorists surveyed, before setting off to drive

- o 6% regularly turn their mobile phone off
- o 17% regularly switch their mobile phone to silent/ airplane mode
- o 45% regularly place their mobile phone out of sight

63% regularly practice at least one of these safe behaviours, **while 37% do not regularly practice any of these safe behaviours.**

Note, regularly in this context means "at least once a week".

Driver Attitude and Behaviour Survey 2021

Sample size: 1,220 motorists aged 17+

Fieldwork conducted in November 2021

Mobile phones potentially distract a driver in several ways (Dragutinovic & Twisk, 2005, p. 24):

- *Physically: instead of focusing on the physical tasks required by driving (e.g. steering or gear changing), drivers have to use one or both of their hands to manipulate the phone.*
- *Visually: mobile phones could visually distract drivers in two ways:*
 - o *Firstly, drivers have to move their eyes from the road and focus on the mobile phone in order to be able to use it.*
 - o *Secondly, while talking on a mobile phone, even if drivers' eyes are focused on the road, they 'look but do not see'.*
 - o *Auditory: the focus of drivers' attention moves from the road environment to the sounds of the mobile phone and the conversation. This particularly applies when the sound quality is poor.*

ANNUAL FAMINE 1848 WALK IN BALLINGARRY

Saturday, 30th July 2022 at 3pm



IRELAND FAMINE WARHOUSE UKRAINE



WE WALK FOR PEACE



WE STAND FOR PEACE



Ukrainian Ambassador to Ireland
Ms Larysa Gerasko

Show your solidarity with the people of
Ukraine and Walk with Ukrainian
Ambassador to Ireland Ms Larysa Gerasko

This year's event recalls famines in Ireland, Ukraine and the contemporary world and the struggle for freedom in Ireland in 1848 and in Ukraine today.

The walk takes place from the Young Ireland and National Flag Monument in the village of The Commons to Famine Warehouse 1848, an OPW National Heritage Museum.
Organised by Ballingarry 1848 Society. Please come along. All are welcome.



Tipperary Public Participation Network on the Ground



Funded by Tipperary County Council, there was a very interesting and well run event recently, one Saturday, in Cashel, organised by the Federation of Indian Communities of Ireland (FICI), a relatively new member group to the PPN.

It was International Yoga Day and the PPN attended after receiving an invite.

After talks, yoga, meditation, Irish dancing and singing performances from both cultures, a delicious Indian lunch was served seamlessly to the large audience.

Since then, through our latest PPN rep calls, one of the FICI members have been nominated on to our board that supports the day-to-day running of the PPN, called the Secretariat.

We welcome Kuldeep Joshi, as our Tipperary, Cahir & Cashel Municipal District (MD) Social Inclusion representative. We also welcome diversity and intercultural opportunities in the PPN. He joins 10 other nominated Secretariat reps.

This is an example of how the PPN can connect communities together and start to work collaboratively, identifying ways to make social changes in our county.

If you are a member of a group that is a PPN member & you want to know more or get a copy of our workplan, please contact Ruth on 087 4567111 or coordinator@ppntipperary.ie



**Nenagh Tourist Office invites you and your family
to take the Nenagh Historic & Cultural Quarter Challenge
during Heritage Week!**

**Visit 5 locations – collect 5 stamps on your passport
Children must be accompanied by an adult
Check opening times before visits.
All queries to Nenagh Tourist Office 067 31610**



**National Heritage Week
13th - 21st August**

Nenagh Historic & Cultural Quarter Passport

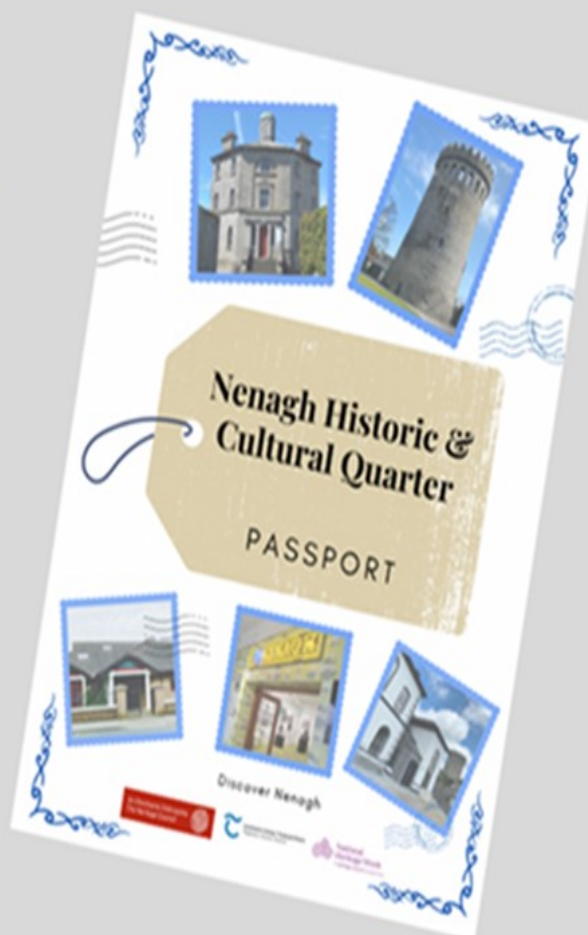
Take a tour of Nenagh's Historic & Cultural Quarter with our passport during National Heritage Week.

Try to collect all 5 stamps!

Start your adventure and collect your passport at either Nenagh Tourist Office, Nenagh Castle, Nenagh Heritage Centre or Nenagh Library

Free event

Children must be accompanied by an adult.



Details on www.heritageweek.ie

#heritageweek2022

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.

