



## Tipperary Together Newsletter | December 2022 | Issue No. 12

Welcome to the latest edition 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:**

- Christmas Jumper Day TCC
- How to train as a midlife woman
- Christmas Fire Safety message
- Knockanrawley Ability Project
- Tipp Arts Office Information
- Tipperary ETB 2023 Courses
- CYPSC Progress Pathways Fair
- Local Library Events
- How to quit smoking
- An Garda Síochana Centenary Celebrations
- Local Link Information

If you would like to provide content to the next issue of this newsletter or add your organisation as a group that receives this on a mailing list please email: [tipperarytogether@tipperarycoco.ie](mailto:tipperarytogether@tipperarycoco.ie)

**Deadline for next issue content 17th January 2023**

### **Contact Us:**

**Phone:** 0818 06 5000

**Email:** [custmomerservices@tipperarycoco.ie](mailto:custmomerservices@tipperarycoco.ie)

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

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

# MERRY CHRISTMAS 2022 EVERYBODY

## CHRISTMAS JUMPER DAY AT TIPPERARY COUNTY COUNCIL



HO  
HO  
HO



## **Progressive Pathways Fair**

County Tipperary's first Progressive Pathways Fair took place under Tipperary CYPSC auspices in the Anner Hotel, Thurles on 16<sup>th</sup> November 2022. The purpose of the fair was to showcase **further training, Higher Education and employment opportunities** for young adults with additional support needs who are moving on from Post Primary level.

A range of agencies met and worked together to organise this event, including North Tipperary Development Company, South Tipperary Development Company, Tipperary Education and Training Board, the Department of Social Protection, the EmployAbility services in the North and South of the county, Knockanrawley Resource Centre, Youth Work Ireland Tipperary, St. Cronan's Centre Roscrea, Local Link and the HSE.

The fair was well attended by professionals, parents and young people who came to browse and ask for information from some 18 agencies who had set out their stalls for the event. Fergus Finlay, currently Chairperson of the Implementation Group for the Employment Strategy for Disabilities, was the keynote speaker. There were also presentations from two young adults about their work experience and from four employers who had offered work placements.



***From left: Emer Leahy, Knockanrawley Resource Centre; Fergus Finlay; Nathan Sullivan; Evelyn Nevin, Ability programme, Knockanrawley Resource Centre; Kallum Healy; Emily Kearney, Ability programme, Knockanrawley Resource Centre.***

## SPORTS PARTNERSHIP UPDATE

Tipperary Sports Partnership are facilitating a workshop on **How to Train as a Midlife Woman.**

This workshop will provide you with practical solutions and science based strategies for active women and to help those who wish to continue to perform as you age.

It will discuss the areas of menopause, nutrition and exercise.

This workshop will take place on Saturday 14th January, 2023 at The Talbot Hotel, Clonmel from 9:00 am to 1:00pm

The cost of the programme is €20 + online booking fee.

Booking and further information <https://www.tipperarysports.ie/content/how-to-train-as-a-midlife-woman>



**How To Train as a Midlife Woman.**

**TipperarySports PARTNERSHIP**  
— SPORT IRELAND —

**Get Fit For The Future**

Date: Saturday, January 14th  
Price: €20 & Booking Fee  
Time: 9am - 1pm  
Venue: Talbot Hotel, Clonmel

**Nutrition  
Exercise  
Menopause**

Register & Further Information:  
[www.tipperarysports.ie](http://www.tipperarysports.ie)

 Coeshairle Contae Thiobraid Árann  
Tipperary County Council

 SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

 Athletics  
Ireland

# LOCAL LIBRARY EVENTS

## Clonmel Library Exhibition Space

Mike Gale  
Michael Fogarty  
Lorna Keegan  
John McNamara  
Inis Artists  
Clonmel Craft Circle  
South Tipperary Art Group  
Vincent Hannon  
Paulette O'Donovan  
Magdalena Pietryzk  
Ann Brennan  
Sophie Carpentieri  
Sean Walsh  
Clonmel Camera Club  
Frank O'Rourke  
Mary Brigid Mackey  
Ronnie Fitzgerald  
Lesley Lynch  
Heritage Week 2022  
Marine Kearney  
Jacqueline Gartlan

December 6th to January 14th 2023

# RETRO SPECTIVE 2022

Gallery  
Exhibition

## CLONMEL LIBRARY CHRISTMAS TRAIL 12TH - 17TH DECEMBER

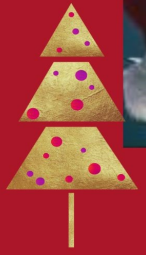


- Collect your map from Clonmel Library.
- Follow the trail, find the hidden letters & spell out a Christmas story.
- Return your entries to Clonmel Library.
- Selection boxes for the first 50 correct answers!

# LOCAL LIBRARY EVENTS

## CLONMEL LIBRARY STORYTIME

With Irish Sign Language



*Wear your Christmas  
Jumper*

*Have your  
Party Piece ready !!*

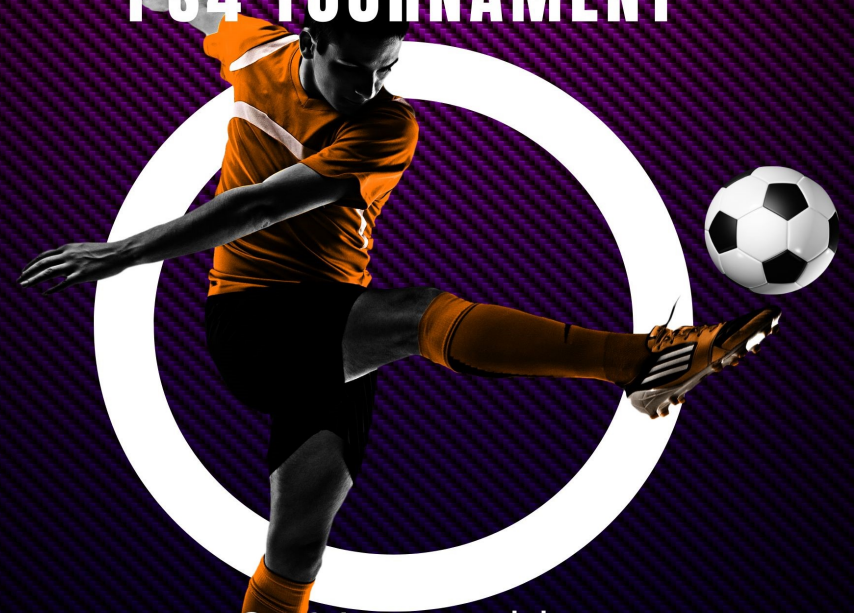
Friday 23rd December 3pm

Booking Essential

052 616 6130 clonmellibrary@tipperarycoco.ie

All children must be accompanied by an adult

## CLONMEL LIBRARY **FIFA 22** PS4 TOURNAMENT



8 - 14 years old

**WORLD CUP 2022 TOURNAMENT**

**Saturday 17th at 2pm**

**052 - 616 - 6130**

Booking Essential

clonmellibrary@tipperarycoco.ie



# Community Services



## *12 Days of Christmas- a Fire Safety Message from South Tipperary Fire & Rescue Service*



**On the 1<sup>st</sup> day of Christmas** - Make sure you test your smoke alarm

**On the 2<sup>nd</sup> day of Christmas** - Check your Christmas tree lights, make sure they conform to a British Standard. In addition check you have the correct fuse. Always switch them off and unplug them when you go to bed or leave the house.

**On the 3<sup>rd</sup> day of Christmas** - Never leave candles burning whilst unattended

**On the 4<sup>th</sup> day of Christmas** - Make sure you, your family and any guests that may be staying are aware of what they need to do in the event of a fire. Make a fire escape plan.

**On the 5<sup>th</sup> day of Christmas** - Never overload electrical sockets

**On the 6<sup>th</sup> day of Christmas** - Never leave cooking unattended

**On the 7<sup>th</sup> day of Christmas** – Decorations can burn easily- don't attach them to lights or heaters

**On the 8<sup>th</sup> day of Christmas** - Make sure that candles and cigarettes are properly extinguished before you go to bed.

**On the 9<sup>th</sup> day of Christmas** - Never place candles or any other naked flame near a Christmas tree. As your tree begins to dry out it becomes highly flammable.

**On the 10<sup>th</sup> day of Christmas** - Keep matches and lighters well away from children.

**On the 11<sup>th</sup> day of Christmas** – Take time to check on elderly relatives and friends this Christmas-make sure they are Fire Safe.

**On the 12<sup>th</sup> day of Christmas** - Celebrate Christmas and New Year safely. The risk of accidents, especially in the kitchen, is greater after alcohol if consumed.

This year the Fire and Rescue Service launched a new Community Fire safety page on the South Tipperary website complete with a Kids Zone, where Hughie the Firefighter runs through Fire Safety in a new exciting way for children, complete with puzzles, make and do, colouring pages and much much more. Here you will also find the winning entry to our poetry competition by the 2<sup>nd</sup> Class of St Marys CBS Clonmel.....

## Community Services

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### *The Fire Safety Rap*

***We're here in St.Mary's saving lives,  
Gotta think everybody if we're gonna survive!!  
Ya gotta be prepared, better not be scared,  
Follow the Escape plan, That's the plan, man!!  
Test the batteries man, its part of the plan,  
If the batteries are broke you'll go up in smoke!  
Ya gotta close those doors to keep the smoke from your pores.  
Don't mess about, ya gotta keep the fire out.  
Use your head, don't hide under the bed,  
Listen girls and boys, don't save no toys.  
You gotta save yourself your pets need no help  
When you are out safe and sound don't go back around!  
You gotta call these numbers 999  
Or 112 if you wanna survive  
Don't keep it no secret your Fire Escape Plan  
You gotta pratice pratice pratice!  
It'll save your life man!***



See <http://www.southtippcoco.ie/en/fire/> for more information

**Have a Safe and Happy Christmas from everyone in**  
South Tipperary Fire & Rescue Service



## Community Services

Get free one to one support from our friendly HSE Stop Smoking Advisors. Clinics available in Clonmel, Cahir, Carrick on Suir & Tipperary Town



Scan QR code to register for a call back

Email:

[SouthEastStopSmokingSupport@hse.ie](mailto:SouthEastStopSmokingSupport@hse.ie)

**QUIT**



South East  
Community Healthcare

### Give yourself the gift of Quitting Smoking

Quitting is the single best thing you can do to improve your health.

We know that you're up to 4 times more likely to stop smoking for good if you use a combination of stop smoking medication and receive support from a HSE Stop Smoking Advisor.

There is a Stop Smoking Support service available in Clonmel, Cahir, Carrick on Suir and Tipperary Town.

Please email:

[SouthEastStopSmokingSupport@hse.ie](mailto:SouthEastStopSmokingSupport@hse.ie) for a referral form or for more information.

**Knockanrawley Ability Project** played an active role in the Progressive Pathways Fair held in the Anner Hotel Thurles under the direction of Tipperary CYPSC. Two of our participants Craig and Johnny launched the project and featured in the local newspapers while Kallum and Craig joined Fran Curry on Tipp Today to talk about their future journey and the opportunities available to them. On the day of the fair Nathan and Kallum spoke to the large attendance about their experience on placement and on the Ability Project.

This was very beneficial to the confidence of our participants and we are very proud of their contributions. We are looking forward to collaborating with employers in Cashel, Clonmel, Tipperary Town and Thurles to provide further community inclusion through employment and placement opportunities to our deserving participants.



## An Garda Síochána Centenary Celebrations

Roscrea Gardaí will be celebrating Mass as part of our centenary celebrations with the Garda Band, in St. Cronan's Church on Saturday 17th of December at 18:30pm.

All Members of the Public Welcome to Celebrate 100 Years of An Garda Síochána

All are welcome to join us for refreshments afterwards in Roscrea Garda Station.



# Community Services

## Tipperary Arts Office information

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

If you would like to be part of our mailing list please send an email with "Subscribe" in the subject line to: [artsoffice@tipperarycoco.ie](mailto:artsoffice@tipperarycoco.ie)  
Follow us on Social Media at: Facebook: <https://www.facebook.com/tipperaryartsoffice/>  
Twitter: @Tipperaryarts



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

## Tipperary Heritage Office information

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

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

If you would like to be part of our mailing list please send an email with "Subscribe" in the subject line to: [heritage@tipperarycoco.ie](mailto:heritage@tipperarycoco.ie)  
Follow us on Facebook and Instagram: Tipperary Heritage Office.



**Goldfinch on Knapweed**



**Did you know Tipperary Local Link 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](http://www.LocallinkTipperary.ie) for more information.

**HOP ON A LOCAL LINK BUS AND RE-CONNECT!**





## TIPPERARY EDUCATION AND TRAINING BOARD

### Part-Time Courses January - June 2023

Carrick on Suir – Clonmel – Cashel – Tipperary Town

[bwhelan@tipperaryetb.ie](mailto:bwhelan@tipperaryetb.ie) 052 6176755

#### CARRICK ON SUIR

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
369592	Culinary Operations	3	Tuesday	9.30 am - 12.30 pm	14	10/01/2023	02/05/2023
369599	Infection Prevention & Control –Healthcare (Evening)	5	Monday & Wednesday	6.30 pm– 9.30 pm	10	30/01/2023	12/04/2023
338609	Safety & Health at Work –Healthcare (Daytime)	5	Thursday & Friday	10.00 am –1.00 pm	9	02/02/2023	07/04/2023
338707	Children with Additional Needs (Evening)	5	Monday & Wednesday	6.30 pm– 9.30 pm	10	18/01/2023	29/03/2023

#### CLONMEL

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
369617	Woodcraft	4	Thursday	9.30 am - 1.00 pm	17	03/01/2023	18/05/2023
276336	Horticulture – Teamworking, Plant Propagation, Plant Identification Care & Maintenance, Growing Fruit, Growing Vegetables	4	Thursday & Friday	9.30 am - 1.30 pm	25	05/01/2023	13/07/2023
333978	Bookkeeping Manual & Computerised (Evening)	5	Monday & Wednesday	6.30 pm - 9.30 pm	13	23/01/2023	24/05/2023
369638	Care Skills—Healthcare (Daytime) LIMITED NUMBER OF PLACES AVAILABLE	5	Monday & Wednesday	9.30 am - 1.00 pm	9	30/01/2023	03/04/2023
277141	Narrative Photography (participants must have a Digital SLR Camera)	5	Tuesday	9.30 am - 12.30 pm	15	17/01/2023	28/03/2023
369639	Care Skills—Healthcare (Evening) LIMITED NUMBER OF PLACES AVAILABLE	5	Monday & Wednesday	6.30 pm - 9.30 pm	10	27/02/2023	15/05/2023

#### CASHEL

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
369602	Spreadsheets	5	Thursday	9.30 am - 12.30 pm	14	19/01/2023	11/05/2023

#### TIPPERARY TOWN

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
345436	Child Development & Play	4	Tuesday	9.30 am –1.00 pm	16	07/02/2023	30/05/2023
339376	Children with Additional Needs (Evening)	5	Monday & Wednesday	6.30 pm - 9.30 pm	10	08/02/2023	24/04/2023

#### Tipperary Education and Training Board

North Block  
Army Barracks Campus  
Dillon Street  
Clonmel  
Co. Tipperary

#### APPLY ONLINE:

- Go to: [www.fetchcourses.ie](http://www.fetchcourses.ie)
- Click on "Course Finder"; Location: "Tipperary"; Sub Location: Select required location (or leave blank if you wish to see courses in ALL sub locations)  
*Under "Enter Keyword" you can search for a specific course, enter PLSS Ref. Number or you can leave "Enter Keyword" blank to search for all courses available*
- Click on the Name of the course you are interested in for further information & to apply
- Click on "Apply Now" to make an online application – please ensure to include email & mobile number
- Once we receive your online application (which is an initial Expression of Interest) we will then send you an email/letter with instructions on how to complete the remainder of your application.



#### Further Information

[www.tipperaryetb.ie](http://www.tipperaryetb.ie)

Click on "Find a Course"

[www.fetchcourses.ie](http://www.fetchcourses.ie)

Click on "Course Finder"

Location: "Tipperary"

Sub Location: Select required location

\* Certain entry criteria may apply and in some instances fees may apply

#### Contact Us

Tipperary Education & Training Board  
North Block  
Army Barracks Campus  
Dillon Street  
Clonmel,  
Co. Tipperary

052 6176755 [bwhelan@tipperaryetb.ie](mailto:bwhelan@tipperaryetb.ie)



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Government of Ireland

SOLAS  
learning works



etb  
and Education and Training Boards  
Tipperary Education and Training Board



# Contact Numbers & Helplines

## Stop Smoking Services

### Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Contact directly for more information

### Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Contact directly for more information

### Cahir & Carrick-on-Suir:

Contact: Colm O'Connor

Phone: 087-7526429

Email: [SouthEastStopSmokingSupport@hse.ie](mailto:SouthEastStopSmokingSupport@hse.ie)

Contact directly for more information

Please see

[www.tipperaryvolunteercentre.ie](http://www.tipperaryvolunteercentre.ie) or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



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



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

"Tipperary PPN website

[www.ppntipperary.ie](http://www.ppntipperary.ie) is the host for the community resources for Tipperary Together for Tipperary.

As part of the Tipperary Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary.



Maternity Benefit Fuel Allowance Pensions Employment Rights

We are open for appointments, drop-in's & phone calls - contact your local Centre for details

### Call Tipperary Citizens Information

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

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

A SOURCE YOU CAN TRUST

[citizensinfo](#) [citizensinformation](#)

Funded & Supported by the Citizens Information Board

Citizens Information

You are not alone, help is at hand.



SAMARITANS  
Call free day or night on  
**116 123**  
Email [jo@samaritans.ie](mailto:jo@samaritans.ie)



Pieta House  
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**



ISPCC  
Childline  
1800 66 66 66  
(24 HRS A DAY, EVERYDAY)  
Text: TALK to 50101  
Online chat - [www.childline.ie](http://www.childline.ie)



yourmentalhealth.ie  
Information | Support | Services  
1800 111 888



mabs  
Money Advice & Budgeting Service  
0761 07 2000  
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](mailto:helpline@hse.ie)