



Tipperary Together Newsletter | 2023 | Issue No. 2

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:

- **Pride of Place 2022**
- **Fire & Rescue Services**
- **ETB Courses 2023**
- **TÚS Programme Tipperary**
- **Mindfulness with Dementia**
- **Local Link Services**
- **Citizens Information Services**
- **Mná Month at Cashel Library**
- **Nenagh & Ballina-Killaloe Virtual Dementia Café**
- **Knockanrawley Resource Centre News**
- **Knockmealdown Active & St. Declan's Way**
- **PPN Tipperary News**
- **Tipperary Arts Office Information**
- **Tipperary Sports Partnership/Community Games**

Deadline for next issue content : Monday, 20th March 2023

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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

Tipperary very proudly scooped two awards at the recent Pride of Place Awards 2022. There were two Tipperary entries in the 20th Annual Pride of Place Awards 2022. Judging was held in September 2022 and the awards ceremony held in January 2023. Both awards were successful on the night. **Cahir Tidy Towns** achieved runner-up in the Population Category 2,000 – 5,000. **Tipperary Men's Shed** entered under the Community Wellbeing Initiative category and were awarded a Special Award by the judges.

Pictured at the Pride of Place Awards:

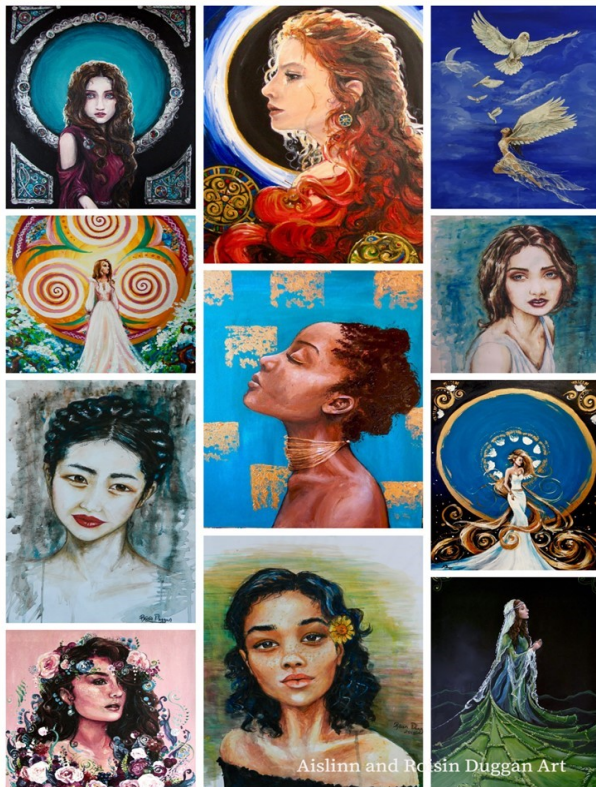
Pictured left: Marie Cox TCC; Aoife Wade CDA, IPB; Nellie Williams CDA; Cllr Andy Moloney; George Jones, IPB; TCC Chairman Roger Kennedy; Marie Moloney, and Joe MacGrath, Chief Executive TCC



Pictured below: Joe MacGrath Chief Executive, TCC; Eddie McGrath and Timmy White, Tipperary Men's Shed; Emer Leahy Knockanrawley Resource Centre; TCC Cathaoirleach, Roger Kennedy



Pictured above: Tom Dowling, Chairperson, Pride of Place; Joe MacGrath, Chief Executive, TCC; Marie Cox, TCC; George Jones, Chairperson, IPB Insurance; Emer Leahy, Manager, Knockanrawley Resource Centre; Caroline Conway, Lord Mayor of Dublin City; Timmy White, Eddie McGrath, Tipperary Men's Shed; Roger Kennedy, TCC Cathaoirleach; Marty Whelan, Ceremony Host and Broadcaster



Aislinn and Roisin Duggan Art

Mná Month Cashel Library

A Series of Mnásome Events



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service

Mná Month Cashel Library Schedule of Events

1st, 8th, 15th & 22nd March @ 10am **Creative Crafts**
Cashel Library Craft Group welcome everyone with a creative leaning.

2nd, 9th, 23rd & 30th March @ 10am **Bridge**
A game for all generations. Cashel Library Bridge Club welcome all to their weekly session.

4th March @ 7pm Mná Month Launch **The Cedartowns Concert**
Inaugural opening of Mná Month and gala concert celebrating women. One of the most exciting sounds on the current folk scene.

7th March @ 7pm **Art Exhibition Ann Brennan & Students**
Ann Brennan, one of Tipperary's foremost artists, shares her work and that of her students.

8th March @ 7pm **A chat with Una Healy**
Champion Swimmer, The Saturdays Singer, TV Presenter, Fashion Designer, Nashville Star and Mnáwsome Thurles woman. Enjoy this unique interview with Una on her influences, goals and achievements

8th March (All day) **Strike the #Embrace Equity Pose**
On International Women's Day strike the pose and share your #Embrace Equity image. Cashel Library supporting equality.

11th March @ 10am **Write Yourself Happy Anne MacDonald**
An interactive workshop for Mighty Mná. Learn how to tap into your own unique creativity using the 5 senses. Discover what makes you laugh, what gets in your way and what makes you write. A thoroughly joyful experience.

13th March @ 11am **The Art of Starting Over Margaret O'Brien**
"Weather Report: A 90-day journal for reflection with the aid of the Beaufort Wind Scale"

Margaret guides you through the joys of keeping a journal and discusses the pleasures and healing power of writing. As featured on the Ryan Tubridy Show.

14th March @ 10.30am **Paper Flower Making Mary Doll Reilly**
Learn the unique craft of Traditional Paper Flower Making.

14th March @ 7pm **Celebrate Mythical Women Davóg Rhyne**
Explore the mystical Druidic world of Gangani with actor-singer-musician and Bard Davóg Rhyne, sharing stories, poems and songs that speak of ancient pagan times. Celtic melody, folk and some Gangani blues.

15th March @ 7pm **In Conversation with Melissa Hill**
Tipp native MELISSA HILL is a #1 renowned author. *"Something From Tiffany's"* has been adapted into a Hollywood movie by Reese Witherspoon's PC Hello Sunshine & Amazon Studios.

16th March @ 11am **Make Your Mark With Philip Quinn**

Learn the craft of sculpting with Philp Quinn, make your mark in Ogham on slate.

20th March @ 2pm **Mindful Mandalas with Maria Coleman**
Come play with circles, colours and symmetry and create your own unique mandala. Enjoy a process that nudges you towards psychological coherence coupled with some holistic healing exercises that coax a creative flow.

21st March @ 11am **Women in the Viking Deise Medieval**
Viking women enjoyed more freedom and power in society than their contemporaries. Re-enactors Deise Medieval bring you back in time to explore their world.

24th March @ 10.30am **Music Therapy**
Musical Experiences that benefit all emotionally, physically and Spiritually.

25th March @ 2pm **Big Bang Drumming Workshop**
Drumming & Percussion Workshop with a difference. Enjoy a unique experience and let off steam, no prior experience required.

28th March @ 6.30pm **Revive the Body, Mind & Spirit With Eileen Heneghan.** Give back to the self through colour, breathing sequences and gentle meditation.

29th March @ 2pm **Practical Sustainability Éanna Ní Lamhna**
Éanna is a freelance wildlife consultant and a member of the panel on the RTE's 'Mooney Goes Wild' programme. She discusses practical ways we can be sustainable in these challenging times.

Thursday 30th March @ 2pm **"HELLO, How R U?" Eileen Acheson**
The Mental Health Ireland "HELLO, How R U?" campaign aims to tackle the lack of connection that people experience by inspiring individuals to ask how others are feeling in a fun way.

31st March @ 11am **An Túr Gloine with Stephanie Woods**
Stephanie discusses the stained glass art studio An Túr Gloine, focusing on Sarah Purser, Evie Hone and Catherine O'Brien and the windows they created for buildings in Tipperary.

Exhibitions

Tipperary Traveller Women
Millinery Vibes
Ava Manton
GG Designs
An Túr Gloine

Artwork by Aislinn and Roisin Duggan Art

**Refreshments served at all events
Booking essential to 062 63825**




Memory Technology Resource Room

Irish Dementia Cafe Network

Nenagh & Ballina-Killaloe Virtual Dementia Cafe

Thursday 16th March at 7pm

MARIE CURRY

Occupational Therapist

Marie will be talking about how she supports people with memory difficulties along with their families & carers, such as:

- Using assistive technology
- Practical strategies to promote independence, safety and quality of life
- The referral pathway

TO JOIN THIS FREE EVENT, EMAIL BALLINAKILLALOE.DEMENTIACAFFE@GMAIL.COM



PROUDLY SUPPORTED BY




Nenagh and Ballina-Killaloe November Virtual Dementia Café.

Join us online at our Virtual Café on Thursday, 16th March at 7pm with your cup of tea when we have the wonderful Marie Curry as our guest speaker.

Marie is the Occupational Therapist in the Memory Technology Resource Room, St Camillus' Hospital Limerick. This service is intended for people with memory difficulties and their families & carers.

Marie will discuss the service, and her role which includes: discussing any difficulties you are having that assistive technology might be able to help you with, along with discussing practical strategies to promote independence, safety, and quality of life & referring to other suitable support services.

Dementia cafés are free of charge, and aim to provide a safe and supportive place for people living with dementia, their families, health professionals, and anyone interested in supporting people living with dementia in their communities.

The Nenagh & Ballina-Killaloe Dementia Cafés continue to be held online. To join, please email ballinakillaloe.dementiacafe@gmail.com to get the link to Zoom. Hoping you can join us!

This event will be hosted online via Zoom by Silver Arch Family Resource Centre in Nenagh with the support of Tipperary Age Friendly, the Alzheimer Society of Ireland and the Irish Dementia Café Network.

Contact details

Café Committee:	Aifric Devane	Tel: (087) 109 8716
	Fiona Crotty	Tel: (087) 125 2938
	Noelle Clancy	Tel: (083) 017 8006
	Sean Donal O'Shea	Tel: (087) 092 6617

Fire and Rescue Services



Tipperary Fire & Rescue Service

We are offering smoke alarms to vulnerable members of our community




Supplied and fitted free of charge by a member of Tipperary Fire & Rescue Service



Community Smoke Alarm Scheme



Scan here for more information on how to apply

-  0818 06 5000
-  fireoffice@tipperarycoco.ie
-  www.tipperarycoco/fire



Tipperary ETB Skills to Advance Courses for people in Employment



- This course will enable you to develop the digital skills needed to successfully use technologies for sales, marketing and business administration. It is also designed for employers who want to use digital technology to communicate more effectively with their customers and to increase their business success through an online presence.

Course Code: 398648 - Digital Skills for Business
 March | 7 weeks | 2 evenings per week | Thurles

For queries relating to courses, please phone: 052 6134333 or email: courses@tipperaryetb.ie

*To avail of these skills to advance courses, applicants must be employed - Full-Time/Part-Time or Self Employed. For applications & further course information please visit www.fetchcourses.ie



Tipperary ETB Full-time Day Courses in March & April

Course Code: 398633 - Fruit & Vegetable Production
March | 4 weeks | Thurles

Course Code: 372738 - Medical Administration
March | 52 weeks | Thurles

Course Code: 373061 - Retrofit Insulation Skills
March | 4 weeks | Tipperary Town

Course Code: 383788 - Bus Driving (Blended)
March | 10 weeks | Thurles

Course Code: 373067 - Forklift Operator
March | 4 weeks | Carrick-on-Suir

Course Code: 398020 - Emergency Medical Technician (EMT)
April | 10 weeks | Newport

Course Code: 384113 - Plastering (Basic Skills)
April | 14 weeks | Tipperary Town

Course Code: 384216 - Medical Terminology & Administration
April | 9 weeks | Online

Course Code: 384193 - Pre-Apprenticeship Construction Skills
April | 31 weeks | Carrick-On-Suir



Tipperary ETB Evening Training Courses in March & April

Course Code: 381229 - Floor & Wall Tiling/Painting & Decorating
May | 11 weeks | Carrick-on-Suir | 2 evenings per week



Có-mhaoinithe ag an Aontas Eorpach
Co-funded by the European Union



Rialtas na hÉireann
Government of Ireland



For queries relating to courses, please phone: 052 6134333
or email: courses@tipperaryetb.ie

*For application & further course information on any of our full-time or evening training courses, please use the course codes above on www.fetchcourses.ie



Tipperary ETB Evening Training Courses in March & April

Course Code: 381228 - Floor & Wall Tiling/Painting & Decorating
March | 11 weeks | Thurles | 2 evenings per week

Course Code: 385019 - Medical Terminology
March | 11 weeks | Online | 2 evenings per week

Course Code: 397772 - Payroll Manual & Computerized
March | 10 weeks | Cashel | 2 evenings per week

Course Code: 381234 - TIG Welding (Beginners)
March | 9 weeks | Thurles | 2 evenings per week

Course Code: SCA Barista Foundation Certificate
April | 6 weeks | Carrick-on-Suir | 2 evenings per week

Course Code: 381249 - Training Delivery & Evaluation
April | 9 weeks | Online | 2 evenings per week

Course Code: 381244 - Training Delivery & Evaluation
April | 9 weeks | Clonmel | 2 evenings per week



Tipperary ETB Full-time Day Courses in March & April

Course Code: 398793 - Soil Science & Growing Media
April | 4 weeks | Thurles

Course Code: 398854 - Manual Metal Arc Welding (Beginners)
April | 2 weeks | Thurles

Course Code: 384317 - Ambulance Driver (C-License)
April | 5 weeks | Thurles

Course Code: 384427 - Dry Lining (with NZEB Awareness)
April | 24 weeks | Tipperary Town

For queries relating to courses, please phone: 052 6134333
or email: courses@tipperaryetb.ie

*For application & further course information on any of our full-time or evening training courses, please use the course codes above on www.fetchcourses.ie

LTI Pathways to Employment Programme at Knockanrawley Resource Centre (KRC)

This Programme has been running at KRC for over 16 years now. It is an LTI Back to Education programme funded by Tipperary ETB.

It carries a QQI Major Level 4 Award offered on a full-time basis 40 weeks September to June.

Learners get 60 hours work placement; extra Social Welfare allowances may be payable and learners must be open to new skills.

The Programme offers a great supportive learning environment with access to Childcare and other supports. The learners will participate in employable skills like Food Hygiene (HACCP) and Barista Coffee Training.

They will be educated on practical skills like IT, Cookery and Organic gardening and they will also be supported to sit the Driver Theory Test.

As this Course is a Pathways to Employment Programme, progression of learners to permanent and part-time employment has been a real success in the past 2 years. Some learners have opted to advance to further education, e.g. Level 5 which is admirable.

Last year of the 10 Certified – 4 have full or part-time employment, 3 are doing a L5 Course and 1 has secured an apprenticeship. There were 6 Major Awards and 4 component Certificates for this academic year.

The 21/22 **Graduation Ceremony** was held at KRC last week and 10 were certified with their L4 QQI Awards plus other Certificates for Barista Coffee Training, First Aid and the Leave No Trace Project.

Matthew Ryan, Training Manager Tipperary ETB and John Murphy, Development Officer, Tipperary ETB attended the Ceremony and agreed the KITE Programme has been a great success and they gladly fund this Project every year. Well done to all the learners.

Names are already being taken for Sept 2023 and you can contact Tony or Nora at (062)52688 or e-mail knockkite@gmail.com for further information.



Pictured at the Graduation Ceremony were KITE learners who received their awards – Owen Keaty, Lisa Carroll, Kieran Lovell, Gary Downey, Marianna Fletcher, Marian McGrath, Savannah Greene, Mary T.Ryan (Missing from photo Toni Ryan & Scott Cunningham).

Also included – Matthew Ryan (Training Manager, Tipperary ETB), Emer Leahy (Manager KRC), Tony Sweeney (KITE Co.Ordinator) and Nora Hoare (Ass. Co-Ordinator).



KNOCKANRAWLEY ABILITY PROJECT



Knockanrawley Ability Project has started 2023 with a lot of positive developments. With continued collaboration with Tipperary ETB we have finalised an in-depth evaluation report. The aim of this collaboration was to devise a transition programme for Scoil Chormaic participants to support them to realise the many opportunities that await them on leaving school. One of the highlights of the programme was the participation in a career guidance module which facilitated the students to think about the pathway they wish to take and explore the opportunities available. This evaluation report outlines the benefits and challenges for individuals with additional needs on reaching 18 and exploring the next step. The Evaluation of the Transition Programme has been shared with the ETB senior management . We also had the opportunity to present the report to Minister Anne Rabbitte (Minister of State at the Department of Health and Department of Children, Equality, Disability, Integration and Youth).



Since the start of 2023, we have had continued successes with more of our participants progressing to work experience and paid employment. Many thanks to McDonalds Clonmel and Hotel Minella for supporting our participants. We also had James pass his driver theory test. Well done everyone!

The Tús Programme in South Tipperary

The Tús Programme is operated and overseen nationally by the Department of Employment, Activation and Social Protection (DEASP), while it is managed at a local level by Local Development Companies throughout Ireland. Here in South Tipperary, it is managed by South Tipperary Development CLG (STDC) who have seven Team Leaders strategically placed throughout the operational area to manage Tús at the very local community level.

The Tús Programme was introduced in 2011 by the Fianna Fail government at that time, to try and tackle unemployment which was heading towards 18%. The primary aim was to 'activate' those who were long-term unemployed and to get them back into the habit of working again, or indeed working for the first time. The terms and conditions, both for community groups and participants alike, were very similar to Community Employment (CE) with groups who have participants placed with them having to be from the community and voluntary sector, while the participants have to work 19.5 hours a week with a small financial incentive on top of what they would receive in their weekly social welfare payment. Where the schemes differed was that, firstly, the Tús Programme was for a defined period of 12 months which could not be extended for any participant, and secondly, the Tús Programme, was, and continues to be very much 'participant centred'. While CE had to find a participant to fill a particular role with a particular group, Tús was able to work with an individual to find a position with a community or voluntary organisation that a person was happy to work in and which could match their interests or hobbies.

When the Programme was first introduced, the only way a person could get a position on Tús was when the DEASP would select an individual who would then be interviewed by a Team Leader on the Programme. In the relatively recent past, the DEASP has introduced an option whereby an individual, who was fully unemployed and who had been in receipt of a jobseekers payment (JA) for 12 months, could now apply to go on the Tús Programme by filling in a 'Self-referral' form. These forms are available from either a local social welfare office or from a Tús Team Leader in their area.

Once a person is placed on Tús with a community and voluntary sector organisation, the type of roles available would/could be as Tidy Towns operatives; there are retail opportunities with Charity shops; General community services helping with things like newsletters or admin with a local group; local heritage projects such as clearing overgrown graveyards or recording headstones; maintenance of sports grounds and facilities or looking after community tracks and walking trails. There are great choices on the Tús Programme for an individual who wants to contribute something to themselves and to their local area. A discussion with a Tús Team Leader from their area would be a great place to start.

Once a community group has an participant placed with them, then the group is in a position to be further supported by way of a small project fund that can help a group with some painting, or help with materials that the Tús participant can use to make flower planters or benches, or trees and flowers could be purchased and the Tús participant could plant these and further enhance their local area. The best way to see what might be available would be for the group to have a chat with the local area Tús Team Leader. Some examples of the types of local projects that have been supported are shown below.

If you, as a representative of an community or voluntary group, would like to learn more about the Tús Programme, and who might like to apply for a Tús Participant, or if you are an individual who thinks that they might like an opportunity to work on the Tús Programme, either contact STDC directly (0527442652) or contact the relevant Tús Team Leader for your area.

The Tús Programme in South Tipperary

Tús Team Leaders

Richard Brannigan 086 027 6216 Clonmel, Cahir, Fethard, Marlfield, Grange, Knocklofty, Poulmucka

Eddie Tuohy 086 027 6218 Tipperary Town, Aherlow, Kilfeacle, Lisvernane, Rossadrehid, Thomastown

Valerie Carty 086 786 0732 Clonmel, Clerihan, Lisronagh, Kilcash, Ballypatrick, Kilsheelan Carrick, Grangemockler, Mullinahone, Faugheen, Ballyneill

Brian McGrath 087 773 0164 Clonmel, Kilsheelan, Carrick, Monroe

Pat Quinn 086 0276 217 Tipperary Town, Donohill, Cappawhite, Anacarty, Lattin, Cullen, Emly, Kilross, Bansha, Toem, Hollyford, Boherlahan, Clonoulty, Rossmore, Dundrum, Knockavilla, Donaskeigh

Richard Wood 086 027 6214 Cashel, Fethard, Killusty, Cloneen, Drangan, Moyglass, Ballingarry, Killenaule Dualla, Ballinure, Ballynonty, Glengoole, The Commons

Mark Rylands (Operations Coordinator) 086 839 6267 Cahir, Ballyporeen, Newcastle, Ardfinnan, Skeheenarinka, Burncourt, Duhill, Goatenbridge, Ballybacon.



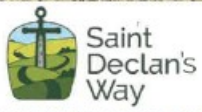
**KNOCKMEALDOWN
ACTIVE**
OUTDOOR COMMUNITY EVENTS



St. Declan's Way ROCK TO SHORE

Walk 115km with us over 5 days March & April 2023

Register now at www.stdeclansway.ie



ST DECLAN'S WAY



KNOCKMEALDOWN ACTIVE

Knockmealdown Active is a voluntary group that was initially set up to promote trade and tourism in the communities at the foothills of the Knockmealdown Mountains, Co. Tipperary. While this multi community-based initiative had been predominantly active in the communities of Ardfinnan, Newcastle, Goatenbridge, Clogheen and Ballyporeen, in the past two years, the group has also attracted members from south of the Knockmealdowns and has been involved in many events there, particularly in Mount Melleray, where there is a wonderful, active local community. On April 2nd, 2022, Knockmealdown Active organised a walking event in Mount Melleray that raised almost €20k for Pieta and the Irish Motor Neurone Disease Association via the Climb with Charlie appeal. Further information at www.climbwithcharlie.ie.

It has helped initiate many projects in the region including annually walking the path of St. Declan's Way. The group was to the forefront in the full waymarking, and official opening of, the St. Declan's Way path as a fully recognised national trail in 2021. Gráinne Moynihan, a Knockmealdown Active member, is now Chairperson of the St. Declan's Way Steering Committee. You'll find more information on the path, and this year's event, starting on March 18th, at www.StDeclansWay.ie. There is a limit of 250 walkers for each stage of the event, so book early to avoid missing out on this wonderful 'Irish Camino'.

It also runs the nationally acclaimed, annual, Knock ME Down Adventure Race. This is a multi-disciplinary challenge event that takes place from Newcastle to Bay Lough, outside Clogheen and on to Melleray in Co. Waterford. It facilitates athletes of all ages and fitness levels and showcases all that this beautiful area has to offer to a national and international audience. Full information at www.KnockMeDown.ie.

Knockmealdown Active also regularly partners in various initiatives around the region. In 2022, along with South Tipperary Development Company, it raised and invested €20k into upgrading the access route to Bay Lough lake, close to the Vee. Another €20k is earmarked for works on the Knockmealdown Trail, a popular 32 Kilometre hiking and cycling mountain trail running along the foothills of the Knockmealdown Mountains, from Ballyporeen to Newcastle. The group also maintain another 8 looped walks in the area.

In the course of the year, Knockmealdown Active also undertakes events for its own members. The group have been on several walks and hikes during 2022 (and one in 2023). It has also undertaken a number of outings during the past year on 15 Kayaks which belong to the group. These are used to explore stretches of local rivers such as the Tar and Suir.

We're a pro-active group who are all oriented toward finding new activity ideas and putting them into practice. We are particularly interested in bringing people into this beautiful region to show what it is all about. Economic and environmental sustainability are key factors in the activities we pursue. We are always open to new ways of promoting the area, new activities that can help sustain the region and we love to speak with the people who have these ideas. To be informed about Knockmealdown Active events <http://www.facebook.com/knockmealdown>, or sign up for the newsletter at www.kmdactive.com

Regards, The Knockmealdown Active Team.



MINDFULNESS WITH DEMENTIA

Delivered by Neil Dennehy  **Health Matters**
Clinic - Walks - Talks - Workshops

A range of sessions for people living with dementia, family and carers to learn coping and stress-reducing skills through mindfulness

Sessions for Carers

Monday 6th March & Monday 13th March
2pm to 3pm
Tyone Community Centre
Total cost €5

Sessions for People Living with Dementia

Monday 20th March & Monday 27th March
2pm to 3pm
Tyone Community Centre
Total cost €5

Contact Us
067-31800
www.silverarchfrc.ie
info@silverarchfrc.ie
52 Silver St, Nenagh
Co. Tipperary, E45 P624



To book your place please
contact reception
on 067-31800

PPN TIPPERARY

PUBLIC PARTICIPATION NETWORK

PPN Secretariat Rep Call

Join Us at the PPN!

Here at the PPN, we are planning and looking at how to work with our members to make this a great year.

Post-Covid times at the PPN means more opportunities for meeting the community groups, supporting the networking with each other, in-person training, getting back to knowing each other.

The PPN Secretariat is an important part of the PPN. It is the administrative arm and takes its direction from the Plenary (This is the all Member Groups meetings, the last one was in Cabragh).

The Secretariat is made up of Member Group representatives from each of the three Colleges (Community and Voluntary, Social Inclusion and Environmental) in each of the five municipal districts (MDs) in County Tipperary. That is fifteen members in all.

The role of the Secretariat is to make sure that the decisions taken by the Plenary PPN are carried out.

So, if you or your community group are interested in any of the seats available, in the Clonmel, Nenagh or Thurles MDs, talk about it in your group and see if one of your members are interested in being nominated to the PPN team.

If you are a member of a PPN registered group, come and be part of the PPN community!

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
Follow us on Social Media at: Facebook: <https://www.facebook.com/tipperaryartsoffice/>
Twitter: @Tipperaryarts



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

Tipperary Heritage Office information

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

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

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



Goldfinch on Knapweed



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!



CITIZEN'S INFORMATION CENTRE

What are the new cost of living supports announced recently?

The government announced new [cost of living supports on 21 February 2023](#).

People getting social welfare payments

In April 2023, if you are getting the [Working Family Payment](#) or any weekly long-term social welfare payment that qualifies for the [Christmas Bonus](#), you will get a once-off payment of €200.

You will only get one €200 payment even if you get more than one qualifying social welfare payment.

In June 2023, you will get an [extra €100 for each child](#) with your monthly Child Benefit payment.

[Child Benefit](#) is paid to parents or guardians of children under 16 years. You may also get it, if your child is aged 16 or 17 years in full-time education or full-time training or has a disability and cannot support themselves

State exam fees

If you have a child taking the [Leaving Certificate](#) or [Junior Cycle](#) examination, there will be no exam fees in 2023.

School transport

If your child uses the School Transport Scheme, the fee for the school year 2023-2024 will be reduced to €50 for a [primary school child](#) and €75 for a [secondary school child](#). The maximum fee for a family will be €125.

The scheme provides transport for children who live over a certain distance from the appropriate school. Even if your child meets the criteria for school transport, a place is not guaranteed. You can [apply from 1 March 2023](#).

Help for business owners

If you are a business owner, you will have easier access to the [Temporary Business Energy Support Scheme \(TBESS\)](#) to help with businesses energy costs.

- Your business will qualify if it has had a 50% increase in electricity or gas costs (up from 30% increase). This can apply from 1 September 2022.
- The amount you get back will increase to 50% of the cost of eligible electricity and gas bills (up from 40%).

The Scheme is extended to 31 May 2023.

VAT will remain at the [9% reduced rate](#) until 31 August 2023 for hospitality services, and until 31 October 2023 for gas and electricity.

Read more about help with the cost of living on <https://bit.ly/livingcostshelp> or call any of our centres in Tipperary:

Clonmel – 0818 07 6460 Nenagh – 0818 07 6470 Roscrea – 0818 07 6480 Thurles – 0818 07 6510

Tipperary Town – 0818 07 6540.

Women In Sport Week 2023 takes place from March 6th – 12th

In Preparation for Women In Sport Week 2023 Tipperary Sports Partnership are delighted to be facilitating a workshop on **How to Train as a Midlife Woman with menopause coach Irene Clark on March 4th in the Abbey Court Hotel, Nenagh from 9am to 1pm. This workshop costs €20 plus booking fee.**

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

Workshop Content

- Answering the big question 'why does exercise feel so hard'
- Making exercise choices – how different types of training benefit you or feel really hard – Why is this?
- Training for a race – the differences between a traditional training plan and one in Menopause
- Why have I slowed down so much & how do I get faster now?
- What strength training really is (and isn't)
- The importance of recovery
- Why am I always injured

Nutrition – How best to support ourselves

- Understanding body shape changes/weight gain
- Joining the dots between menopause, exercise, nutrition, recovery & cortisol – Why am I doing everything 'right' but gaining weight
- How do we nourish our bodies before, during, and after exercise?
- Why are we craving foods?
- How do I increase my protein intake?
- What are the practical solutions and the small steps we can make for long-term sustainable change?

Understanding menopause and midlife.... **It's not me it's my hormones!**

- Why it happens, recognising symptoms, what you can do and how to take control of menopause.
- What is perimenopause and menopause and how is it diagnosed?
- What are the main symptoms
- How to get the right help and support to help you take control of your menopause at work and home
- HRT Risks & Benefits

Social Soccer for Women: Tipperary Sports Partnership are delighted to announce a 6-week social soccer programme for Women in partnership with the FAI at the Community Sports Hub, Tipperary Town. It will take place in the Canon Hayes Recreation Centre and starts on the 7th of March from 7pm to 8pm. The cost of this programme is €12. TSP are also supporting a similar programme in partnership with the FAI with Killenaule Moyglass FC.

Tipperary Sports Partnership is facilitating **Safeguarding 3 – Designated Liaison Person (DLP)** workshop and will be delivered by Sport Ireland tutors via Zoom on the 3rd of April. This course takes place from 6.00 - 9.00pm. Cost is €15 plus booking fee.

TIPPERARY COMMUNITY GAMES



Tipperary Community Games are pleased to report there are a wide range of sporting and cultural events on offer on the 2023 Programme for young people from u8 to u16 years old. Competitors must be under the age specified on 31st of July, 2023 and live in an affiliated area. The following is a list of the County fixtures for 2023.

Date, Event & Venue

19th March County swimming finals Thurles swimming pool

25th March County Indoor soccer Canon Hayes, Tipp town

26th March County Badminton, Tabletennis, Chess CBS Secondary School, Thurles.

Other indoor team games tbc

26th March County Basketball Presentation Secondary School Thurles

Also Art, handwriting, model-making Individual events.

Early April County hurling, camogie and football competitions will begin.

County Finals of outdoor team games (hurling, camogie, gaelic football, soccer, rugby, skittles, rounders) will be **end of May/Start of June.**

End April County cross country, mid distance running

Mid - late June County athletics

Date of county quiz to be confirmed. All area competitions must take place well in advance of County finals

There is a full list of events on <https://www.communitygames.ie/events.html>. If an area is interested in a listed event and it is not mentioned above please contact county secretary at tipperary@communitygames.eu We look forward to another successful year. **We are so pleased to have the support of Tipperary Co Council.**

Munster fixtures 2023 Spring games Saturday April 15th in UL Summer finals Prelim games Saturday June 10th venues to be confirmed

Finals **Sunday** June 18th in UL **Aug 20th** Sun Munster athletics.

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

Contact directly for more information

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.



Visit www.events.whatsonintipp.ie to register your community event or to see

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.



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

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You are not alone, help is at hand.



text about it

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