



Tipperary Together Newsletter | 2023 | Issue No. 1

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:

- 59th BT Young Scientist & Technology Exhibition
- Libraries Age Friendly Survey
- Tipperary Sports Partnership Update
- Changes to Consumer Law
- New Statutory Sick Pay Scheme
- INTREO Partner Employment Services
- *Hello How Are You* Mental Health Campaign
- Tipperary Arts Information
- TFI Local Link Services
- Nenagh & Ballina-Killaloe Virtual Dementia Cafe
- ACCORD/TUSLA Webinar for Ukranian Hosts

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Two Tipperary students have been announced as the winners of the 59th BT Young Scientist & Technology Exhibition (BTYSTE).

Shane O'Connor and Liam Carew, both aged 19 and in sixth year in the Abbey School, Co Tipperary, won with their project assessing the impact of second-level education on key aspects of adolescents' life and development.

The coveted prize was presented to the winners this evening in the RDS in Dublin by Education Minister Norma Foley and Managing Director of BT Ireland, Shay Walsh.

The Chair of the Social and Behavioural Sciences group judging panel said the students project was a "very impressive" survey.

Professor Joe Barry said: "Conducted in three waves over 24 months with more than 2,000 responses examining how secondary school students perceived school to impact on their social, physical and mental wellbeing.

"One of the key findings coming out of the research was that whilst inequality is prevalent in DEIS schools, exponential improvements in areas of pastoral care and physical health are quickly closing this gap.

"To quote directly from the students' research 'secondary school is a vital social outlet for students, and this can be seen across our interviews, focus groups and in particular in our survey.'"

The 2023 BT Young Scientist & Technology winners received the BTYSTE perpetual trophy and the top prize of €7,500.

The winners will also represent Ireland at the European Union Contest for Young Scientists, which takes place in Brussels, Belgium in September 2023.

They'll get to attend the 64th Annual London International Youth Science Forum this summer.

"We feel wonderful," says Shane. "We won two awards, so it's been a very productive evening for us."

Speaking at the awards ceremony this evening, Ms Foley extended her "sincere congratulations" to Shane and Liam on winning this "truly prestigious trophy and award".

Libraries Age Friendly Survey

Take Part in the Age Friendly Libraries Survey

An Age Friendly Library is a library that understands and responds to the needs of people of all ages and makes a special effort to identify and to attend to the specific needs of older adults.

At Tipperary County Council Library Service, we aim to be an Age Friendly Library Service and we have an Age Friendly Champion in each of our libraries to achieve this. We are committed to working with Age Friendly Ireland and Age Friendly Tipperary towards making and keeping our library buildings, services and events age friendly.

As part of the process, we would love to hear from you.

You can fill in the survey at <https://www.surveymonkey.com/r/66T62YQ> or use the attached hard copy version. Or you can call into your nearest library too.

For further information contact Ann Marie Brophy, Age Friendly Services, Library Service on annmarie.brophy@tipperarycoco.ie or 052 616 6100.



Cathairleach, Tipperary County Council, Cllr Roger Kennedy launching the Acorn Tablet lending service with Suzanne Brosnan, Manager, Cashel Library

TIPPERARY SPORTS PARTNERSHIP (TSP)

An amazing start to the 8 week Walking programme in Rosegreen/Cashel which is being delivered by Siul Eile for TSP. Each week a different route will be taken on the walk.



The Canon Hayes Recreation Centre are delighted to announce an introduction to Weightlifting for women only. This takes place every Monday and Thursday from 7.15am to 8am. Booking is through 062 52022. Cost is €6 for members and €8 for non-members.

Participants really enjoyed our recent workshop how to train as a midlife Woman. This workshop was delivered by menopause coach Irene Clark. It gave a fantastic insight into nutrition, exercise and the menopause. A review from one of the attendants on the course "I attended this workshop on Saturday and I would like to commend you for organising it to educate women on their needs and limitations in training. It was of great benefit to all the participants and everyone was really engaged. It captivated the group for the full 4 hours and the presenter Irene is to be commended".

We had a full house for our recent Disability Inclusion Training online workshop. Thanks to Cara Sport Inclusion Ireland for providing this training. This workshop provided participants with knowledge, skills and ideas on how to adapt and modify sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities.



Changes to Consumer Law

The [Consumer Rights Act 2022](#) became law on 29 November 2022. It simplifies and updates consumer protection laws. The [Act also introduces new protections for consumers](#), including:

- New rights for [digital content and services contracts](#)
- New rights for [services contracts](#) A right to agree a price reduction on faulty products or services
- A 'black list' of [contract terms](#) that are always unfair
- A ban on certain [aggressive commercial practices](#), including fake reviews
- New enforcement powers for the Competition and Consumer Protection Commission (CCPC) to ensure [your consumer rights are upheld](#)

Stronger redress rights

You now have a [short-term right to cancel](#) if an issue occurs within 30 days.

You also have more redress options. As well as the right to repair, replacement or refund, you now have the right to request a price reduction or to withhold payment for faulty goods, services or digital content and services.

New rights for digital content and digital services

You have [new rights and remedies](#) when you buy digital content (for example digital games) or digital services (for example streaming services like Netflix). Your digital content or service must meet certain conditions of quality, performance and durability. Any issues must be resolved for free, within the shortest possible time and without significant inconvenience to you.

Stronger rights for services

You now have the same rights when you [buy a service](#) as when you buy goods in a shop or online.

The law covers service contracts like building works, legal services, pet care services, storage facilities and other personal services (for example wedding photography).

You have the right to remedies if a service does not meet the conditions or standards agreed in the contract. A remedy could be a [repair, replacement, refund, price reduction or withholding payment](#).

I bought on or before 28 November 2022. What rights do I have?

The Consumer Rights Act 2022 only applies to goods, services and digital content or services bought on or after 29 November 2022. You have different rights if you bought [on or before 28 November 2022](#).

You can find out more about your consumer rights on <https://bit.ly/ConsumerRights>, or call us on 0818 07 6510 (Monday to Friday, 10am – 4pm).



New Statutory Sick Pay scheme

What is the Statutory Sick Pay scheme (SSP)?

The SSP scheme, which began 1 January 2023, gives you a legal right to 3 days' sick pay per year. It is proposed to increase the number of days to:

- 5 days for 2024
- 7 days for 2025
- 10 days for 2026

Am I entitled to claim sick pay?

You are entitled to statutory sick pay if you:

- Are an employee.
- Have worked for your employer for at least 13 continuous weeks before you were off work sick.
- Are certified by a GP as unable to work. Please note you should be certified from day 1 of your sick leave.

How much sick pay am I entitled to?

Your employer pays sick pay at 70% of your normal pay up to a maximum of €110 a day. Your employer can have a more generous sick pay scheme, but they can't give you less than the statutory amount.

What if I am off for more than 3 days?

If you are off work sick for more than 3 days, and you have enough PRSI contributions, you can apply to the Department of Social Protection (DSP) for a payment called [Illness Benefit](#).

If you do not have enough PRSI contributions, you should contact the [DSP's representative](#) at your local health centre. They will assess your situation.

You can find out more about the Statutory Sick Pay scheme on <https://bit.ly/SickLeaveAndPay>, or call us on 0818 07 6510. Your local Citizens Information Centre's in Tipperary are located in: Clonmel, Nenagh, Roscrea, Thurles & Tipperary Town.



Waterford, South Tipperary
Local Area Employment Services

South Tipperary Development Company are delighted to be involved in the new Intreo Partner Employment Services, the Local Employment Area Service, along with our partners Waterford Leader Partnership CLG and Waterford Area Partnership.

The WST LAES is responsible for the provision of employment assistance and advice services to jobseekers in the Waterford and South Tipperary area, to help clients to enter or return to employment.

We offer a range of free, friendly, and confidential services to jobseekers in Waterford City, County and South Tipperary. Our range of jobseeker services act as a bridge between jobseekers and employers. Our service is committed to working with jobseekers, in a client led approach to provide advice and support to help them move forward into work, training and work experience opportunities.

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**Need help looking for a job, training or work experience opportunities?
Email info@wst.ie or call either of the following caseworkers:
Katriona Burke +353 87 1990345 or Tony Scully +353 87 1990344**

Hello How Are You Mental Health Campaign

Save the date!



Say Hello on March 30th 2023

Say Hello and ask: How are you?



H	E	L	L	O
HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask how we you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options

Save the date for the 2023 'Hello, How are you?' campaign. Put it in your diary now and start planning your event. More details to come.



© Mental Health Ireland

www.hellohowareyou.info
e: info@hellohowareyou.info



Mental Health Ireland will be running their **Hello How Are You** campaign again on 30th March 2023. The **Hello How Are You** campaign aims to open up conversations about mental health and encourage us all to check in with each other and see how we are.

The first National **Hello How Are You** campaign in 2022 was very successful with over 217 events on the day with events in 26 counties.

This campaign is open to everyone to take part, and we would like to invite you to join the almost 200 community groups and host an event this year in your community, to connect and check in with each other. We will be launching the 2023 Hello page in mid February where groups can add their own events and search for local events in their county. Find out more here [HelloHowAreYou - Mental Health Ireland](https://www.mentalhealthireland.ie/hellohowareyou) or contact the Development Officer for the South East, **Gina Delaney** gina@mentalhealthireland.ie



Say Hello and ask: How are you?

H	E	L	L	O
HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options

Mental Health Ireland

- H** How are you? Ask open ended questions. Choose an appropriate space to talk.
- E** Engage with the person. Be friendly. Make eye contact.
- L** Listen. Be non-judgemental. Don't try to solve the problem for them. Just listen.
- L** Learn about them. Help the person to seek a solution for themselves, go to the GP, attend local support services, helplines etc.
- O** Ongoing support. Check in with them to see how they are progressing.

Community Services & Events

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

Rathcabin 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!





Nenagh & Ballina-Killaloe Virtual Dementia Cafe

Tuesday 14th February at 11am

Key Speaker:
Orla Regan from ALONE

Orla will be talking about the supports and services ALONE provide, such as:

- Befriending Services & Telephone Support
- Assistive Technology
- Support in helping with issues in finance, housing, access to health services & hospital discharges
- The referral pathway



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



TRAUMA-MANAGEMENT & SELF-CARE SUPPORT FOR THOSE HOSTING AND SUPPORTING UKRAINIAN

REFUGEES: AN ACCORD WEBINAR

This webinar is designed to address the current challenges facing host families, and those supporting them, who are working to provide the best possible environment for their Ukrainian visitors while attending to the wellbeing of their own family relationships.

Offering to host or support a refugee family or individual is one of the most generous and practical things we can do to provide those fleeing Ukraine with an opportunity to find employment, education and to begin to rebuild their lives.

The refugees have been traumatised by what they witnessed in their home region, by their experiences on the difficult journey to Ireland, and by the unimaginable anxiety and stress of leaving family members behind in an ever-worsening situation.

Accord specialises in supporting couples and individuals to work through challenges in their relationships; to strengthen connections and to negotiate complex communication challenges, while taking account of the impact of trauma in its various forms.

Tuesday January 31st 2023
the Webinar session will open at 7:15pm
This should allow time for any technical issues to be resolved
The Webinar begins at 7.30pm and ends at 9:00pm

Facilitated by Dr Mary Goss
To register please use the following link:

<https://us06web.zoom.us/meeting/register/tZckfuiopzsuHt0zbNrMC42kTGsDKxq2mGN6>

Booking **deadline: Monday 30th January 2023**

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 what events are happening.

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.



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
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



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



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