



## Tipperary Together Newsletter | 2023 | Issue No. 7

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:**

- **Tipperary EXPO 2023**
- **Tipperary ETB Courses**
- **Tony Leahy Bursary**
- **Secure your vote**
- **Tipperary Sports Partnership**
- **PPN Latest News**
- **Stroke Conference Experience Martin Quinn**
- **Jigsaw Tipperary**
- **Adult Learning ETB**
- **Community Services**

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 15th August 2023**

### **Contact Us:**

**Phone:** 0818 06 5000

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

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

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

There are lots of **SUPPORTS** available

**Family Carers**

What supports are available?

- Carers Allowance: €236 a week for a full-time carer
- Additional Benefits: like Maternity Leave
- Carers Leave & Carers Benefit
- Carers Support Grant: Annual grant
- Supplementary Carers Allowance
- Carers Tax Credits

**Tipperary Volunteer Centre**

Get back into Volunteering!

You are Needed

Make the First Move!

Lots of the over 55s left Volunteering

**etb literacy supports**

1 in 6 people struggle with reading & writing

1 in 2 people struggle with smartphones and computers

Get connected - stay connected - Literacy is Power!

## Age Friendly Tipperary

expo June 2023

**Stands**

- Tunstall Emergency Response
- Tipperary IFA Branch
- Thurles Mens Shed
- Task Community Care
- SAGE Advocacy
- North Tipperary Hospice
- North Tipperary Development Company

**Useful Tool**

Overcoming Fear of Technology

You're Not Alone!

Staying Connected with Family & Friends

ACCESSING SERVICES

Banking Apps

**etb community education**

Informal Learning in your area!

Gardening ...and more!

Ceramics

Creative Writing

Public participation Network

A network of organisations

Newsletter

Team Spirit!

Training for Groups

Central Location (Thurles)

**Working on Meeting the Needs of People**

Tipperary County Council

**Fair Deal National Programme**

Financial Support for people who need to go into Long Term Care

Nursing Home Loan

Care Needs Assessment

Financial Assessment

**Stands**

- Millennium Family Resource Centre
- Memory Technology Resource Rooms
- Meals on Wheels
- LGBT+ Ireland
- Intreo Public Employment Service
- Inclusion & Accessibility Labs
- HSE Self-Management Support for Long Term Health
- HSE CHO3 Living Well
- HSE CHO3 Health Promotion
- HSE CHO3 Safeguarding Team
- HSE CHO3 Living Well
- HSE CHO3 Health Promotion
- HSE CHO3 Integrated Care Program for Older Persons Tipperary
- Home Instead
- Health Matters
- HALO care
- GOSHH
- Golden Years Day Care & Cameo Care

**Stands**

- Age Friendly Healthy Homes
- Age Friendly Ireland
- Age Friendly Roscrea & Roscrea Bereavement Support
- ALONE
- An Garda Síochána
- Bereavement Supports & Civil Ceremonies
- Citizens Information Service
- Dementia Friendly Thurles
- Deasán Lough Derg
- Electric Ireland Superhomes
- Energy Communities Tipperary Cooperative
- Family Carers Ireland
- Silver Arch Family Resource Centre Nenagh
- Staincross Healthy Communities Clonmel
- South Tipperary Development Company
- Tipperary Age Friendly
- The Alzheimer Society of Ireland
- Tipperary Children and Young Peoples Services Committee
- Tipperary County Council Environment Section
- Technological University of the Shannon
- Tipperary County Council Housing Section
- Tipperary County Council Library Services & Local Studies
- Tipperary Education and Training Board (ETB)
- Tipperary Fire Service
- Tipperary Local Enterprise Office
- Tipperary Local Link
- Tipperary Museum of Hidden History
- Tipperary Public Participation Network (PPN)
- Tipperary Sports Partnership
- Tipperary Tourism
- Tipperary Volunteer Centre
- Acorn Cliffrun Media
- Fethard Horse Museum



On Thursday 22<sup>nd</sup> June 2023, Tipperary County Council hosted the Tipperary Age Friendly EXPO in association with the Tipperary Older Peoples Council. The event took place at the TUS College Campus in Thurles and it showcased services and supports available in County Tipperary to contribute to positive ageing with hundreds in attendance.

The Tipperary Age Friendly EXPO was free to attend and Tipperary Age Friendly provided a small grant to older adult community groups to support transport for the event. The EXPO provided an opportunity to connect and engage with other groups across the county, to hear about topics of interest, particularly around topics of lifelong learning, volunteering, safety and security, supporting you to live independently in your own home and a range of technologies to support you living in your own home.

Speakers on the day included Lorraine Madden, who informed us on Nursing Home Support and Fair Deal, Tracey Thompson Age Friendly Healthy Homes Coordinator on supporting people to live in their own homes, Jimmy Duggan on Reminiscing and storytelling, Derek Fanning on Volunteering, Ruth Smith on Community involvement and participation, Richie Molloy on Family Carers and we had 65 stands with diverse range of information from Library and Museum, health and wellbeing, tourism and educational supports.





**The event was opened by the interim Chair of Tipperary Older Peoples Council Mary MacMahon “This EXPO is an opportunity to make connections, to social engage and to support us to positively age in county Tipperary. The 2023 EXPO built on the success of the award winning 2022 EXPO with new activities and stands and we were delighted to welcome new attendees from across the county”.**

**Cathaoirleach Councillor Roger Kennedy speaking at the event “The Tipperary Age Friendly EXPO showcased the many social, cultural, community, sporting creative, befriending, tourism, health and wellbeing opportunities and activities that are available in the County and the mix of stands and speakers, organised by the Community Staff of Tipperary County Council contributed to a memorable day”**

**Fiona Crotty, Age Friendly Programme Manager Tipperary County Council said “This EXPO was a success due the participation of the Tipperary Age Friendly Alliance Members in having stands providing information and content, from the support of the Tipperary Older Peoples Council in content for inclusion, and to the staff of the TUS College Campus who have been our hosts for the last 2 years for this event. Hosting this event is a key action of Tipperary Age Friendly to build awareness and to promote Tipperary as a County where people can age well, thrive and engage positively with our services, facilities and amenities and to ensure that older people are connected and engaged with their local community”.**



## Do You Know?

Here are some PPN summer questions & answers for your entertainment!

### **What is the PPN and what does it do?**

Public Participation Networks (PPN) were set up in 2014 as a result of local government reform. There is a PPN in every Local Authority, 31 in total. The PPNs were set up to give a voice to groups involved in their local communities into decision-making on policies that affect them.

### **Who are the PPN Members?**

All of our member groups (over 1600) are based in, or have a base in, the Tipperary County Council administrative area. This comprises the 5 Municipal Districts (MD) of Nenagh, Thurles, Clonmel, Carrick-on-Suir and Tipperary/Cahir/Cashel.

### **What are the aims of Tipperary PPN?**

Tipperary PPN has 3 main aims:

- REPRESENTATION: to co-ordinate how the community in Tipperary is represented and make sure the voice of the community is heard
- EDUCATION: make our members stronger; and provide training and capacity building
- INFORMATION: keep our members informed about local developments and opportunities and share information with the network

### **How is Tipperary PPN funded?**

Tipperary PPN is primarily funded by the Department for Rural and Community Development and receives co-funding from Tipperary County Council. We are independent from Tipperary County Council but work closely with them.

### **My group is a Tipperary PPN member but we have never attended a meeting; is it too late to get involved?**

No. It is never too late to get involved. Come along to any of our MD meetings, Plenaries or training workshops.

# Tipperary ETB September Courses



FETCH CODE	COURSE TITLE	DURATION (WEEKS)	LOCATION	START DATE
402900	Project Management	12	Thurles	04/09/2023
396905	Manual Metal Arc Welding	15	Thurles	05/09/2023
402901	Social Media for Digital Marketing (Digital Skills for Business)	10	Online	05/09/2023
403155	Leadership & Management - Leading Effective Meeting/Giving Briefings & Making Presentations	5	Online	06/09/2023
402915	Retrofit Insulation Skills	9	Tipperary Town	11/09/2023
405442	National Tour Guiding (National Tour Management)	8	Thurles	11/09/2023
403284	Warehousing	10	Online	18/09/2023
403188	Dry Lining/Plastering	16	Tipperary Town	20/09/2023

Skills to Advance is a National Initiative that offers upskilling and reskilling opportunities to employees and supports small and medium-sized enterprises who need some assistance to invest in and develop their workforce.

**For Further Information:**  
Call: 0504 22723

[www.fetchcourses.ie](http://www.fetchcourses.ie)  
[employerservices@tipperaryetb.ie](mailto:employerservices@tipperaryetb.ie)



Rialtas na h ireann  
Government of Ireland



etb  
Bord Oideachais agus Oili na Thiobraid Arann  
Tipperary Education and Training Board



# September

## Tipperary ETB Full-Time Courses

Course Code	Course Title	Accreditation	Location	Duration (Weeks)	Start Date
370229	Hospitality Operations	QQI L5	Thurles	50	04/09/2023
388489	Emergency Medical Technician (EMT)	PHECC/QQI L5	Thurles	10	18/09/2023
399953	Welding for Beginners	Med Lab	Thurles	19	25/09/2023
389231	Pre-Apprenticeship Construction Skills	City & Guilds	Thurles	31	25/09/2023
406189	Fashion Design	QQI L5	Thurles	31	25/09/2023
388440	Emergency Medical Technician (EMT)	PHECC/QQI L5	Nenagh	10	11/09/2023
388456	Bookkeeping and Payroll	SAGE/AAT	Online	9	11/09/2023
370269	Interactive Web Design (Adobe Specialist)	ADOBE	Online	26	18/09/2023
370276	ICT Support Specialist Programme	CompTIA/ Certiport	Online	52	18/09/2023
389223	Pre-Apprenticeship Construction Skills	City & Guilds	Roscrea	31	18/09/2023
389335	Emergency Medical Technician (EMT)	PHECC/QQI L5	Carrick On Suir	10	25/09/2023

**For Further Information :**

Call: 052 613 4333

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

Email: [courses@tipperaryetb.ie](mailto:courses@tipperaryetb.ie)



**etb**

Bord Oideachais agus  
Oiliúna Thioibraid Árann  
Tipperary Education and  
Training Board



## Tipperary ETB Part-Time Courses

Course Code	Course Title	Accreditation	Location	Duration (Weeks)	Start Date
386269	TIG Welding	Med Lab	Thurles	10	04/09/2023
386276	Bread, Pastry and Desserts	QQI L3	Thurles	16	05/09/2023
402421	Computer Aided Draughting 2D with AutoCAD	QQI L5	Thurles	12	12/09/2023
405514	Microsoft Office Specialist (Excel)	Microsoft	Thurles	10	19/09/2023
386284	Training Needs Identification & Design	QQI L6	Online	10	11/09/2023
386280	Training Needs Identification & Design	QQI L6	Online	10	12/09/2023
399542	Enviornmental Sustainability Awareness	QQI L4	Online	10	14/09/2023
402480	Visual Design using Photoshop	ADOBE	Online	10	18/09/2023
381229	Floor & Wall Tiling/Painting & Decorating	QQI Level 3	Carrick On Suir	12	19/09/2023
406621	Training Delivery and Evaluation	QQI L6	Online/Thurles	10	25/09/2023
405531	Medical Terminology	QQI Level 5	Cashel	10	26/09/2023



I was delighted to have the opportunity to address the 2nd Regional Stroke Conference at the Talbot Hotel, Clonmel, on Monday June 26th. As a stroke survivor and one of the organisers of the Conference I spoke about my work as a stroke advocate and the reasons that I started to advocate. "My main reason for doing that was from my own experience of the poor standard of hospital care that I received as a stroke patient, of the lack of follow up and of the lack of access to basic rehabilitation services and community support. I found that I was not alone in this experience and I was determined to do whatever I could to highlight these issues and to bring them to the attention of those in power. Remember that the voice of the stroke survivor is the most important voice around the table and it should be front and centre of anything that is happening in stroke care. I must acknowledge that there have been vast improvements in stroke care since my stroke occurred. We now have dedicated stroke units and teams in most hospitals and we have access to the very best in procedures for thrombolysis and thrombectomy and we have the roll out of the National Stroke Programme. While all of what I have outlined is very welcome there are still major shortcomings in the provision of stroke care in this country. Stroke deaths have fallen by almost 30% in less than a decade and direct discharge to long-term care is also down significantly but at the same time the number of strokes in Ireland has increased by a quarter and the stroke rate is predicted to rise by 59% by 2035. It is vital therefore that the National Stroke Strategy is implemented in full to meet current needs and to begin future proofing services to meet what is predicted to be a tsunami of stroke cases coming in the years ahead. It is worth also reflecting on the psychological impact of stroke. A recent pan-European study found that one in eight people have suicidal thoughts after a stroke. And a 2018 survey by the Irish Heart Foundation found that 72% of survivors felt isolated, 75% depressed and 95% suffered anxiety following their stroke. However just one in five hospitals have access to clinical psychology as part of stroke unit care. This needs to be addressed both in the hospital system and in the community where stroke survivors continue to suffer tremendously. Falling death rates and the rising numbers affected by stroke means that more survivors than ever are returning home after their hospital treatment. But there has been no significant corresponding State investment in community services and supports that promote recovery and wellbeing among stroke survivors. Lives are being saved, but recoveries of many stroke survivors are being squandered."

The Minister of State at the Department of Health, Mary Butler, T.D., opened the Conference.



***Minister for State at the Department of Health, Mary Butler, T.D., addressing the 2nd Regional Stroke Conference at the Talbot Hotel, Clonmel, on 26th June***

# STROKE CONFERENCE



The Minister began by thanking all the members of the South Tipperary Stroke Communications Group for running the event and for the supports offered to people after they suffer a stroke, particularly those suffering from aphasia. "We know that people suffering from aphasia can feel extremely vulnerable and disconnected from their friends and families and you offer vital support to help members build their confidence again and reintegrate into their communities. Many of you here have either survived a stroke, support family members to recover from stroke or indeed support stroke survivors through your work as healthcare professionals. You are all aware of the devastating impacts that stroke can have, and events like these are absolutely vital to raise further awareness and support stroke survivors who are struggling to readjust to life due to the effects of stroke. I am very aware of the impact of stroke on Irish people. Data available indicates that stroke is the second leading cause of death, and it is the leading cause of acquired neurological disability in the developed world and a major cause of dementia, depression, falls, loss of independent living and institutionalisation in later life. The Irish National Audit of Stroke shows there has been an incremental increase in the number of patients with a stroke admitted to hospital, from 4,727 in 2013 to 5,789 in 2021. Approximately 5,800 adults were admitted to hospitals in Ireland with a stroke in 2020 and this figure does not include the estimated 1,500-2,000 evaluated urgently for a suspected stroke and who had a threatened stroke or transient ischaemic attack (or TIA). This highlights the critical importance of events such as these to raise awareness of the supports available" said the Minister.

Speakers at the Conference included Professor Rónán Collins (Clinical Lead) and Sinéad Coleman (Programme Manager) who gave an overview of the National Clinical Programme for Stroke and the National Stroke Strategy, Yolane Fenton and Mary Fitzgerald of the Speech and Language Therapy Service South Tipperary Primary Care who presented on Communication and Swallowing After Stroke, Danny Dineen of Munster Music Therapy who gave a presentation on music therapy and aphasia, Julie Garvey, Stroke Services Manager with the Irish Heart Foundation gave an overview of the IHF's Stroke Services, Annie Costelloe, Head of Patient Community Engagement Croí, presented on Heart & Stroke Voice Ireland, Edel Burton BPharm MPharm MPSI gave a presentation on Medication management after stroke and photographer and stroke survivor Kieron O'Connor spoke about suffering a stroke and his struggles with aphasia and physical deficits. There was a large number of support stands on the day from different organisations and health related bodies and grateful thanks was extended to TASK Community Care and to Home Instead Ireland who sponsored the event and to the Tipperary Volunteer Centre for their support and assistance with the Conference.

Written by Martin Quinn



## Mental Health Ireland Tony Leahy Bursary

**Closing Date**  
**Friday**  
**25th August**  
**2023**

Mental Health Ireland's Tony Leahy Bursary supports a number of students each year on specific courses that support the promotion of mental health, recovery and peer support working.

The Bursary prioritises peers / people with lived experience of mental health challenges, family members and supporters.



**Tony Leahy**  
RIP

The bursary is named in honour of our colleague and friend Tony Leahy, who sadly passed away in 2018. He understood that change could not happen in mental health services until all voices, lived experience, providers and supporters, were at the table. He was a true champion of recovery.

Bursaries for successful applicants are up to 50% of course fees. Special category bursaries of up to 100% of course fees are available to successful applicants who are members of the Traveller community and those who identify as an international protection applicant, or a person granted international protection or a person who has been granted Discretionary Leave to Remain (DLR).  
**Terms & Conditions apply.**

Applications for the Tony Leahy Bursary are invited from prospective students of the below courses:

- Certificate in Peer Support Practice (Level 8), GMIT
- Certificate in Mental Health in the Community (Level 6), UCC
- Certificate in Peer Support Working in Mental Health (Level 8), DCU



Prospective students also have to apply directly to the course providers for a place on their chosen course.

**For more info, T&Cs and to apply go to:**  
[www.mentalhealthireland.ie/education](http://www.mentalhealthireland.ie/education)

Are you aged 16-25?  
Are you interested in volunteering?  
Are you passionate about youth mental health in Ireland?

## APPLY TO BE A YOUTH ADVOCATE TODAY

email [emily.obrien@jigsaw.ie](mailto:emily.obrien@jigsaw.ie) or  
call 085 8622874 for more info



SCAN ME



## JIGSAW TIPPERARY

 Young people's health in mind

[checktheregister.ie](http://checktheregister.ie)

## UPDATE NOW TO SECURE YOUR VOTE

Visit [www.checktheregister.ie](http://www.checktheregister.ie) to confirm your details by adding your:

- PPSN
- Date of Birth
- Eircode

If you cannot access this information online, please email [franchise@tipperarycoco.ie](mailto:franchise@tipperarycoco.ie), phone 0818 06 5000 or use the QR code.



## YOUR VOTE IS YOUR VOICE

Democracy and voting matter and your say is important

The registration process has changed. What's different?

- Updating the register will help to ensure that entries are accurate and up to date as well as enabling the identification of entries on the register that require follow up.
- Registering to vote for the first time is now possible online at [www.checktheregister.ie](http://www.checktheregister.ie)  
Use of PPSNs facilitates identity checking meaning that now, most people won't have to visit a Garda station to have forms witnessed.
- 16- and 17-year-olds will be able to pre-register to vote  
Introduction of a pending electors list enables those 16 and 17 to pre-register and be automatically registered when they turn 18.
- You must be living full time in the State to be eligible to vote  
We will ask you your nationality in your application as this may affect which elections you can vote in.

An Irish citizen	You are eligible to vote in all elections and referendums
An EU citizen	You are eligible to vote in European and local elections
A British citizen	You are eligible to vote in Dáil and local elections
All other	You are eligible to vote in local elections

Hard copy forms available in  
County Council offices around the County

Civic Offices, Emmet Street, Clonmel, Co. Tipperary

Civic Offices, Umerick Road, Nenagh, Co. Tipperary

Thurles Municipal District Office, Castle Avenue, Thurles, Co. Tipperary

Carrick-on-Suir Municipal District, Town Hall, New Street, Carrickbag, Carrick-on-Suir, Co. Tipperary

Tipperary Cathr Cashel Municipal District, Rozanna Road, Co. Tipperary

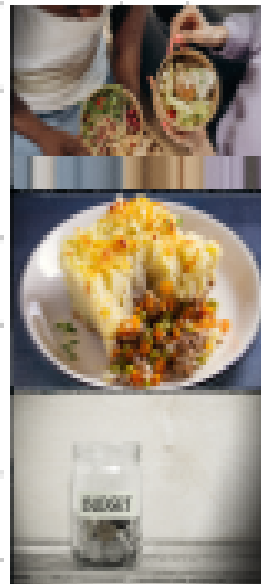
## Adult Learning Service



# Cooking on a budget and healthy living, Nenagh

Our course will help you:

- Learn to prepare a weekly budget and make your money go further
- Improve your planning skills
- Be sustainable and make healthy choices
- Gain the confidence needed to prepare health meals and snacks



STARTING SEPTEMBER TUESDAYS

**Progression option:**  
Food Choice and Health, QQI Level 2 - M2H16

PART-TIME  
14 WEEKS  
3HRS PER WEEK  
3-4PM

**Full course info:**  
[www.FetchCourses.ie](http://www.FetchCourses.ie)  
**Course code:** 388026

**Andrea Lupton**  
 086 1658257 or 067 31845  
 [alupton@tipperaryetb.ie](mailto:alupton@tipperaryetb.ie)



## Adult Learning Service



# Sign up for a free part-time course in September

We offer:

- **Back to Work with Confidence Thurles** - course code 345891
- **Excel Spreadsheets Level 3 Newport** - course code 387955
- **Excel Spreadsheets Level 3 Thurles** - course code 392354
- **Career Preparation and Personal Skills Borrisokane** - course code 388834
- **Personal Finances Level 3 Nenagh** - course code 388170
- **Office Procedures Level 3 Nenagh** - course code 387907



**Register today online at [fetchcourses.ie](http://fetchcourses.ie) using the 6-digit course codes above or contact Liz**

**Full course info:**  
[www.FetchCourses.ie](http://www.FetchCourses.ie)  
Enter Course Code in keyword box

**Liz Duggan**  
 086 1658001 or 067 31845  
 [eduggan@tipperaryetb.ie](mailto:eduggan@tipperaryetb.ie)



# TIPPERARY SPORTS PARTNERSHIP



Her Outdoors Week takes place from August 14<sup>th</sup> – 20<sup>th</sup> to celebrate and encourage females to get out and enjoy the benefits of being active in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity. Tipperary Sports Partnership have a number of activities taking place. Click <https://bit.ly/44G9tBF> for further details

Tipperary Sports Partnership linked with Tipperary Town Revitalisation Group, Tipperary Town Gardai, FAI South Tipperary, The Three Drives Family Resource Centre and Knockanrawley Resource Centre to deliver a 6-week activity programme of Soccer and Basketball in the MUGA (Multi Use Games Area) on St Michael's Avenue, Tipperary Town. The initiative was a great success with fantastic numbers each week.



A new round of the Sports Capital and Equipment Programme (SCEP) opened on July 17th until 5pm on Friday 8th September 2023. The deadline for registration is 5pm on Friday 25th August 2023. For further details click here <https://bit.ly/3DtluPb>

Our Swimmin' Women Programme returns to 6 pools in Tipperary in September currently there is only availability in Roscrea Leisure Centre as all pools sold out.

Tipperary Sports Partnership are hosting a "Sports Ability Day" on Friday 18th August in the Presentation Sports Complex, Thurles from 11am-1pm. The "Sports Ability Day" will showcase a range of inclusive sporting opportunities for people with disabilities. Participants will have the chance to sample a range of activities including golf, soccer, boccia, dance, hockey and more. There will also be a number of organisations in attendance on the day to provide information on their services. There is no fee for attendance, but booking is essential <https://bit.ly/3DsvfNj>

# 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!**





We have recently started delivering Community Social Pop-Ups aimed at older people.

We ran our pilot scheme with huge success in Upperchurch in partnership with Active Retirement.

We would love to get out across Tipperary and reconnect communities.

We would love to connect with very rural areas and get into local halls to try and support those who may not come to bigger towns, however, we are happy to go to wherever is suitable.

Have a look at video and poster attached. Get your community involved and join the fun.

<https://www.youtube.com/watch?v=UxFGiEazc7I&t=23s>

**CONTACT JOANNE: 087 3697922**

**E-mail: [jmulqueen@ntdc.ie](mailto:jmulqueen@ntdc.ie)**



**Community Social Pop Up**

Hosted by:  
**NTDC**  
North Tipperary  
Development Company

Our SICAP Community Development Team invites you to join us to celebrate community with some friendly chat, music, refreshments and some fun as we go on tour across North Tipperary.

**Singers, musicians and storytellers are welcome!**

Help us reconnect communities, families and individuals by getting out and enjoying some laughter with your community.  
Open to all ages and abilities

Children must be supervised by a parent/guardian.

**Where?**  
**When?**

**Your Community**

**CONNECT PEOPLE**

For more information contact Joanne 087-3697922 / [jmulqueen@ntdc.ie](mailto:jmulqueen@ntdc.ie)

**NTDC**  
North Tipperary  
Development Company

Rialtas na hÉireann  
Government of Ireland

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

**pobal**  
government supporting communities

**SICAP**  
Social Inclusion &  
Community Activation  
Programme

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



# Contact Numbers & Helplines

## Stop Smoking Services

### Clonmel:

**Contact:** Angela Radley O'Donovan

**Phone:** 052 6177058

**Email:** [angela.radley@hse.ie](mailto:angela.radley@hse.ie)

### Clonmel Resource Centre:

**Contact:** Geraldine Moloney

**Phone:** 087 1880690

**E-mail:** [SouthEastStopSmokingSupport@hse.ie](mailto:SouthEastStopSmokingSupport@hse.ie)

### Nenagh & Thurles:

**Contact:** Stacey Cahill

**Phone:** 065 6865841

**Email:** [linda.nolan7@hse.ie](mailto:linda.nolan7@hse.ie)

### Cahir & Carrick-on-Suir:

**Contact:** Colm O'Connor

**Phone:** 087-7526429

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

### Tipperary Town:

**Contact:** Aoife Dunphy

**Phone:** 087 1819538

**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



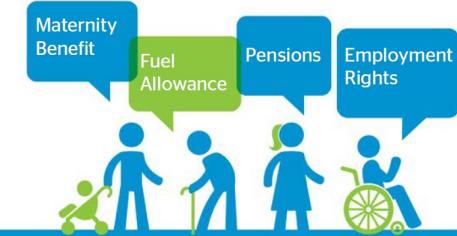
**ALONE** setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support. line 8am to 8pm.



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.



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](#)



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You are not alone, help is at hand.



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**



text about it

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