



## Tipperary Together Newsletter | 2023 | Issue No. 5

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:**

- **Official launch of Fethard Town Park**
- **Tony Leahy Bursary**
- **Stroke Conferen**
- **Knockanrawley Ability Project**
- **Community Services**
- **PPN News**
- **Men's Health Week**
- **Tipperary Sports Partnership**
- **Library 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)

### **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>

# OFFICIAL LAUNCH OF FETHARD TOWN PARK



**Fethard Town Park is delighted to welcome Minister Heather Humphreys T.D. to officially open Fethard Town Park on Sunday 18th June 2023.**

**A Game of Two Halves will follow the official launch. This will be a friendly 20mins aside rugby/football with teams managed by Tipperary Hurling Manager Liam Cahill & Irish horse racing trainer, Joseph O'Brien. Teams will be made up of National, County & local stars announced in the lead up.**

**A fun celebration is guaranteed with entertainment & BBQ. All are welcome.**

**Sunday, June 18th 2023**

12:00 Entertainment  
12.30 Official Launch by Minister Heather Humphreys T.D.  
1pm Game of Two Halves - Rugby/Football game with National, County & Local stars



Fethard Town Park

Fethard Town Park, Rocklow Rd., Fethard, Co. Tipperary  
[www.fethardtowntownpark.ie](http://www.fethardtowntownpark.ie)  
ALL WELCOME



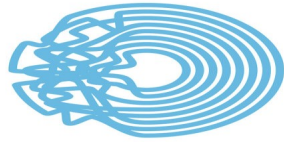
## International Yoga Day at Rockwell College!

**One of the 1500 groups registered in County Tipperary with us, the Tipperary PPN, is the Federation of Indian Communities of Ireland (FICI for short) and they are hosting a UN International Yoga Day event in our county. It has, up until now, been held in Dublin but this is the second year to be here in Tipperary, this time at the great venue of Rockwell College. Colourful, friendly and with great food on offer, the event is a wonderful cultural experience, bringing health and happiness to our lives, what's not to like? Go and see for yourself!**



**Please contact Ruth on 087 4567111 or email her on [coordinator@ppntipperary.ie](mailto:coordinator@ppntipperary.ie) to find out more about the PPN voice and how to be part of the PPN community**

# TONY LEAHY BURSARY



## 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



Oileán  
Teicneolaíochta  
an Ailseáigh  
Atlantic  
Technological  
University

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)**

Here is a link providing some information on the Tony Leahy Bursary which is now open for applications for 2023. Closing date is 25<sup>th</sup> August. You might know someone who would be interested in having support to progress their career path through some of the options provided through the bursary.

Further information and application portal [here](#):

# STROKE CONFERENCE



## 2nd Regional Stroke Conference & Awareness Event

brought to you by:  
**South Tipperary Stroke Communication Group**  
in association with



on **Monday 26th of June 2023**

TALBOT Clonmel Park Hotel, Clonmel, Co. Tipperary

9.30a.m. - 1.30p.m.

**FREE EVENT** (Incl. Tea / Coffee)

### **Come along to find out about:**

- ◆ Recovery after Stroke
- ◆ Music Therapy
- ◆ Communication after Stroke
- ◆ Living Well Programme
- ◆ Patient & Carer Stories
- ◆ Information Stands
- ◆ Local Support Services

### **Guest Speakers Include:**

- ◆ Irish Heart Foundation
- ◆ National Clinical Lead for Stroke
- ◆ Stroke Survivors
- ◆ Stroke Support Groups
- ◆ Health & Wellbeing  
Co-Ordinator

### **Exhibition and Information Stands**

Enquires to: Martin: 087 6101628 / AnnMarie: 087 7541548

**All Welcome**

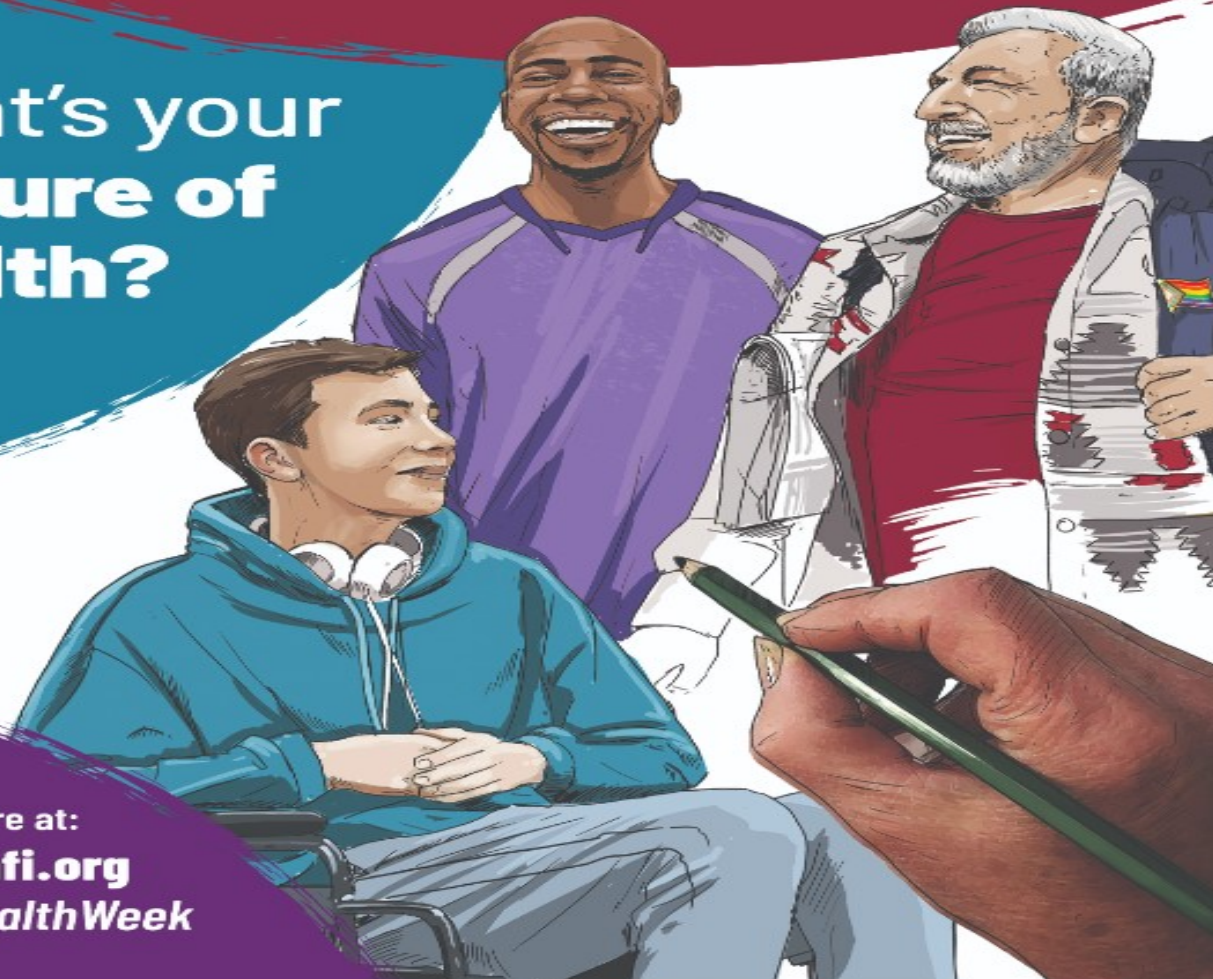
Kindly Supported by



# MEN'S HEALTH WEEK

Monday 12th - Sunday 18th June 2023

What's your  
picture of  
health?



Find out more at:  
[www.mhfi.org](http://www.mhfi.org)  
[#MensHealthWeek](https://twitter.com/MensHealthWeek)



## TIPPERARY SPORTS PARTNERSHIP

Well done to all the participants who recently completed the 12 week Swim for a Mile Training Programme in Carrick on Suir, Clonmel, Nenagh and Roscrea. The final night concluded with all participants completing the Swim for A Mile challenge. What a great achievement!



TSP are recruiting a **Sports Development Officer** (based in Ballingarrane House, Clonmel) for a 12-month contract. Closing date is 4pm on Thursday, 8th June, 2023. For further details check out <https://bit.ly/3q5ySVT>

Tipperary Sports Partnership are delighted to be hosting a Free Activator Taster Session - **A Walk in the Park** at Fethard Town Park. This session takes place on Wednesday May 31st from 11am to 1pm. This promotes: Strength, mobility, balance and aerobic fitness. It is also an excellent tool for pre/post hip or knee surgery. Booking is through <https://bit.ly/3osc2HB>

TSP are pleased to facilitate a First Aid Course for Sports Clubs (REC 1) on Saturday 17th of June in the TUS Campus, Thurles from 9am to 5pm. Further details and booking <https://bit.ly/3oJ2h81>

A great day was had by all at our Go For Life Older Adult Festival in The Anner Hotel, Thurles. Well done to all the participants who thoroughly enjoyed Boccia, Yoga, Dance, Active Ageing Exercises and Activator Walking. Thanks to our tutors and civil defence for their assistance on the day. The day ended on a high note with The Monks providing beautiful music.

Bike Week 2023 was a great success with 44 events happening around Tipperary we look forward to Bike Week 2024.

# KNOCKANRAWLEY ABILITY PROJECT

**Knockanrawley Ability Project** held a graduation ceremony for ten Scoil Chormaic school leavers. We had a great turn-out and a very enjoyable day. Matthew Ryan (Training Services Manager), Deborah Ryan (Active Inclusion officer) and Kevin Landers (Special Needs Education Resource Worker) represented the Tipperary Education Board .The project acknowledged the support and input from the ETB since its commencement and looks forward to further collaboration and opportunities .

The accomplishments of the ten students were recognised on the day alongside the day to day activities and various placements and employments.

Special recognition was made to centre manager Emer who has played an integral role in the Ability Project since its commencement. We wish Emer the best of luck in her new role and Lorraine (Principal Scoil Chormaic) presented her with a bouquet of flowers as did the Ability Project.

It was a very proud day for the Ability Project and we wish all our leavers the very best of luck on the next step of their journey. It was our privilege to work with the students and be a part of their progression.





# Library Services

## FREE EVENTS Saturday 10th June 2023 Cashel Library Events

- 10am - 10.45am  **Make a Kite for Cruinniú with Anyone4Science**  
Ages 9+
- 11am -11.30am **Fairy-tale Story-time U6's**
- 11.30am -12.30pm **Art & Crafts Workshop with CrazyArt By Mags**  
Ages7+
- 11.45am- 12.45pm **Go on a play & musical adventure with Ready2play movement & music session**  
Ages 0-6years
- 12.30pm-2pm **Coding Workshop - An Introduction to Coding Corrib Kids Computer and Coding**  
Ages 10+ 
- 2pm-3pm **Science Show with the "Mad Professor"**  
Ages 7+
- 3.30pm-4.30pm **Music Making Workshop with Music Generation**  
Ages 7-10years
- 4.15pm-5pm **High energy dance worksoop with Yulia from Fit.Dance.Mix**  
Ages 7+

\* Please Note All Events are Bookable on 062-63856

\* All Children u7 must be accompanied for events

## FREE EVENTS Saturday 10th June 2023 Thurles Library Events

- 10am - 11am  **Art & Crafts Workshop with CrazyArt By Mags**  
Ages 7+
- 10.15am 11.15am **Go on a play & musical adventure with Ready2Play Movement and Music Session**  
0-6years
- 11.45am- 12.30pm **Make a Kite for Cruinniú with Anyone4Science**  
Ages 9+
- 11.30am - 12.30pm **Dance Workshop with Dwan Dance Academy**  
Ages 4-6years
- 12.30pm-1.30pm **Music Making Workshop with Music Generation**  
Ages 7-10years
- 1.45pm-2.45pm **Dance Workshop with Dwan Dance Academy**   
Ages 7-10years
- 2.30pm- 4pm **Coding Workshop with Tech Steps**  
An Introduction to Coding  
Ages 10+
- 2.50pm-3.20pm **Story-time for U6's**
- 3.30pm-4.30pm **Science Show with the "Mad Professor"**  
Ages 7+

\* Please Note All Events are Bookable on 052-616-6131

\* All Children u7 must be accompanied for events



## SOCIAL STORIES

Cllr Peggy Ryan, Cathaoirleach of Thurles Municipal District, recently launched the first in a series of social stories, in Roscrea Library. A social story provides a social learning tool for people of all ages with additional needs, learning difficulties and those on the Autism Spectrum. They are short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why.

## CLOUGHJORDAN LIBRARY IS NOW OPEN



### Opening Hours

**Friday: 9.30 am – 1 pm & 2 pm - 5 pm**

**Saturdays: 10 am – 1 pm.**

Call in and discover what your local library can offer you.

 [cloughjordanlibrary@tipperarycoco.ie](mailto:cloughjordanlibrary@tipperarycoco.ie)



***(Standing, L-R): Marguerite Ryan, Autism Awareness Roscrea, Áine Beausang, Roscrea Library; Damien Dullaghan, County Librarian; Ann Marie Brophy, Senior Executive Librarian, Marissa Hayes, Autism Awareness Roscrea; (Seated, L-R): Rachel Hoban, Templemore Library; Cllr Peggy Ryan, Cathaoirleach Thurles MD; Valerie Madden, Roscrea Library.***

# 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!**



# Contact Numbers & Helplines

## Stop Smoking Services

### Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: 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

### 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



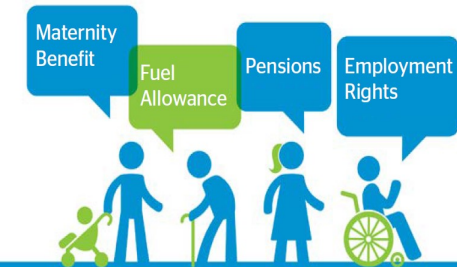
**ALONE** setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support. line 8am to 8pm.



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



Funded & Supported by the Citizens Information Board

You are not alone, help is at hand.



text about it

50808

