



Tipperary Together Newsletter | 2023 | Issue No. 11

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 Awards 2023**
 - **Library Services**
 - **Tipperary PPN**
 - **RSA Safety Campaign**
 - **Kevin Plunkett Award**
 - **Arts News**
 - **Stop Smoking Clinics**
- **Knockanrawley News**
 - **Museum News**
 - **Tipperary Sports Partnership**
 - **Tipperary ETB**
 - **Recovery Collect South-East**
 - **Local Link**

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

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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



Parent and Family Update: Knockanrawley Resource Centre Tipperary Town

Some of the parenting supports offered through The Parent & Family Support Programme (PFSP) in KRC are 1:1, couple and group parenting support, informed by evidence based parenting programmes, such as, Parents Plus and Triple P. These programmes are designed for parents of, young children, adolescents and children with additional needs.

Baby, Parent & Toddler Group – Thursdays @ 10-11.30am with lots of free play, laughter, nursery rhymes, games, dancing and little art pieces. Both the parents and their babies and toddlers get a chance to play and have fun together and chat with their peers.

PSFP Parents Club Hub – Wednesdays @ 10am – 11.30am – Currently working on Parental Self Care and Stress Management

Coming up soon!

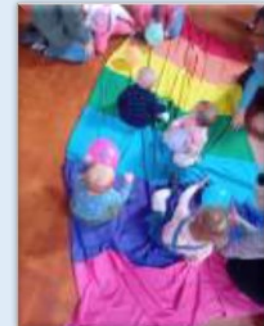
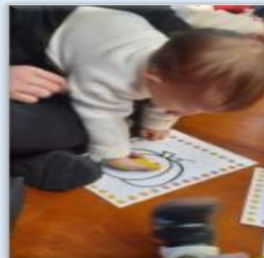
The PFSP is hosting an information session delivered by the South East Family Support Network on **Monday November 27th from 2pm -4pm**. This will help inform family members who are affected by problem substance use of a loved one, of the supports available to them.

Monday December 11th from 10.30-12pm

“Practical Strategies & Tools for Supporting your Child's Speech and Language Development” This is an interactive workshop which explores creative ways to support your childrens’ learning, speech and language through playtime, crafts, creativity and games.

Presented by Emma O’Leary, Senior Speech and Language Therapist

Please contact Helen Buckley, Parent and Family Support Programme on 062 52688 or 083 4238915 for further details of these or to learn about other parenting supports available.



Knockanrawley Ability Project attended the National Adult Literacy awards ceremony in Dublin and six participants received their awards. A great day out was had by everyone.



Mark commenced his work placement in Francis Clohessey farm. Mark hopes to pursue his journey to Gurteen Agricultural College when he finishes school.



NENAGH DEMONSTRATES PRIDE OF PLACE

On Friday 10TH November Armagh, Banbridge, and Craigavon Borough Council hosted the Pride of Place awards event at the Armagh City Hotel. There were celebrations for Tipperary as Nenagh proudly accepted the award for centres with a population of over 4,000.

Organised by peacebuilding charity Co-operation Ireland and sponsored by IPB Insurance, the Pride of Place awards showcase and celebrate exceptional community development efforts.

This year marks the 21st anniversary of the awards, and the event was hosted by the UTV's Pamela Ballentine.

These awards honour the remarkable contributions of individuals and groups dedicated to improving their local neighbourhoods, creating better places to live, work, and socialise.

Tipperary County Council nominated Nenagh for this prestigious competition. The Nenagh entry was a collaboration between Silver Arch Family Resource Centre, Clúid Housing and Nenagh Municipal District under the banner "We ♥ Nenagh". The judges praised the efforts of all and referred in particular to the work done by the Ballygraigue Residents Association and their commitment to sustainability and biodiversity. They also noted the support from the elected members and the staff of Nenagh Municipal District.

Judging took place in August 2023. Nenagh was represented at the awards ceremony by Tom Darcy, Silver Arch Family Resource Centre; Cllr. Ger Darcy, Cathaoirleach, Tipperary County Council; Marcus O' Connor, Director of Services and Rosemary Joyce, District Administrator, Nenagh Municipal District. Angela Sheehan from the Economic, Community & Rural Development Section, Pride of Place Co-Ordinator for Tipperary County Council also attended.

Another Tipperary man on stage for the awards was former councillor, John Hogan, IPB Chair. He said "Volunteerism is a cornerstone of community resilience and exemplifies the very spirit of mutual support and care that these Awards have championed throughout our longstanding partnership. By supporting these awards, we not only celebrate the remarkable individuals and groups who go above and beyond for their communities but also aim to inspire others to join in this noble pursuit of creating better, more liveable places for all."

Cathaoirleach Ger Darcy also paid tribute to the spirit of volunteerism and said "We are very proud to see the work that is being done in Nenagh being recognised in this All-Island Competition. There is a great sense of teamwork between volunteers, businesses, state agencies, clubs and organisations and the Council. This is what makes Nenagh such a special place in which to live, work or visit".

PRIDE OF PLACE AWARDS NIGHT 2023



Pictured left with representative from Co-operation Ireland are:

John Hogan, IPBMI, Rosemary Joyce, Ger Darcy (Cathaoirleach), Angela Sheehan and Marcus O'Connor, TCC and Tom Darcy, Silver Arch Resource Centre, representing Nenagh who were the overall winners in the category 'Population over 4,000'.



Pictured right among representatives from Co-operation Ireland are:

Marcus O'Connor, Anthony Fitzgerald, Angela Sheehan, Ger Darcy (Cathaoirleach), TCC and Maurice & Anne Moloney, Fethard Town Park, who were runners-up in the 'Community Wellbeing Initiative' category

Congratulations also to Tipperary PPN who were nominated for an award under the 'Climate Action and Biodiversity' category.

Tipperary County Council is proud to be associated with all our nominated community groups and would like to acknowledge the hard work and commitment of everyone involved in Pride of Place

Fethard Town Park came runner up in the Community Wellbeing Initiative Category at the IPB Pride of Place Community Awards in Armagh on Friday night 10th November 2023.

The awards have grown into the largest competition recognising community development achievements on the island of Ireland.

Speaking at the event, Maurice Moloney, Director, Fethard Town Park & Coolmore Ireland congratulated all the worthy winners on the night and stated *"Fethard Town Park is a collaboration effort of many stakeholders who have shown enthusiasm, generosity and commitment to achieve the Regional Centre of Excellence in Sport, Health & Recreation we have today."*

Director Anthony Fitzgerald, Tipperary County Council, also in attendance at the event stated, *"The Pride of Place awards celebrate the very best of communities from around the country. I am delighted that Fethard Town Park has been rightfully recognised for their efforts. At Tipperary County Council we continue to work closely with communities to help them embrace a spirit of pride and to support them in creating transformative impact."*

Accolades also went to Nenagh who took the honours in the towns with a population of over 4,000 people category. Their project, entitled 'We ♥ Nenagh' was a collaboration of Nenagh community representatives, co-ordinated by Nenagh Municipal District, the Silver Arch Family Resource Centre and Clúid Housing.

The awards, hosted by UTV's Pamela Ballentine, took place in front of 400 community volunteers from across the island. The awards were delivered in partnership with Armagh, Banbridge, and Craigavon Borough Council. Sponsored by IPB Insurance, the Pride of Place competition was initiated 21 years ago through a Co-operation Ireland programme to acknowledge the invaluable work undertaken by volunteers and those involved in local community development.

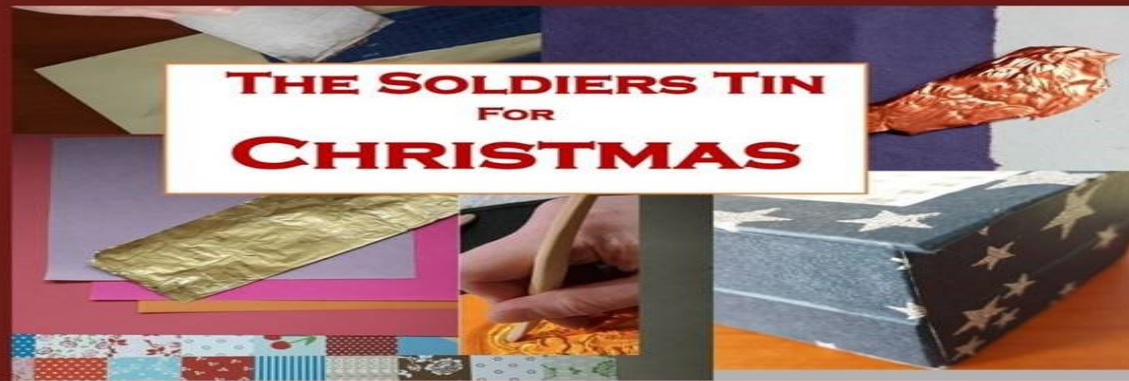
President Michael D. Higgins, Joint Patron of Co-operation Ireland, said the awards played an important role. *"The Pride of Place awards are a most important initiative, reminding us that creating societies that are ethical and inclusive is a task for all of our citizens, of all ages and circumstances."*

Sir Julian King, Chairman of Co-operation Ireland said, *"Co-operation Ireland has no other programme that embodies the charity's ethos better than Pride of Place. We work to build relationships across the island and Pride of Place plays a critical role in that work. The impact the awards have had in towns and villages across the island since they started two decades ago cannot be underestimated, and the continuing success of the awards is down to the dedicated volunteers and their love of where they live."*

John Hogan, Chairman, IPB Insurance said. *"Volunteerism is a cornerstone of community resilience and exemplifies the very spirit of mutual support and care that these Awards have championed throughout our longstanding partnership. By supporting these awards, we not only celebrate the remarkable individuals and groups who go above and beyond for their communities but also aim to inspire others to join in this noble pursuit of creating better, more liveable places for all."*



Christmas Box Art/Craft Workshop



Saturday 16th December

10am -12noon

Age 6 - 12 years

Adm: 5 Euros

Bookings: museum@tipperarycoco.ie

or 052 6165252



You may have seen recently in *The Nationalist*, where a young boy call Dylan Goldbach generously donated a pair of goggles worn by Tipperary's finest jockey Rachael Blackmore. In addition to this superb gift, Rachael donated a pair of her riding breeches when she won at Cheltenham this year.

Huge congratulations to Ruth Maher TCC, IS Project Leader, who is Dylan's Mum 😊😊😊

Dylan was featured two weeks ago on RTE's The Today Show when the Museums Collection was featured, he also was treated to a behind the scenes visit to the Cork RTE Studios.

Bravo Dylan and Ruth 😊



**CLOMEL LIBRARY
MUSIC & SING SONG**

WITH
LIAM O SHEA & OLLIE HARTE

**2PM SATURDAY
9TH DECEMBER**

**CLOMEL LIBRARY
CARD SWAP**

**TRADE YOUR SPARE MATCH ATTAX
POKEMON OR ANY OTHER CARDS**

16TH DECEMBER 11:30

**NO NEED TO
PRE-BOOK**

Clonmel Library
**CHRISTMAS
STORYTIME
& SING-A-LONG**

December 18th 4 - 5pm

**TAKE YOUR PHOTO WITH OUR
CHRISTMAS SNOWMAN**

PRIZE FOR BEST COSTUME

**BOOKING ONLY THROUGH
EVENTBOOKINGS.COM**

**FOLLOW LINK ON
FACEBOOK OR SCAN**

Tipperary PPN all County Group Autumn Get-Together We Grew a Healthy Community For Sure!

Our Autumn Plenary 2023 meeting was at Holycross Community Centre on a rainy cold evening, but the crowds still came. It was a well-located venue with a great community feel to it.

We called the Plenary 'Together Let's Grow a Healthy Community!'.

To entertain us, whilst attendees visited the interesting and varied community groups and support organisations, networked with each other and enjoyed the finger food offered, we had Pauline O'Shea, Ciara Maxwell and Frances Grace, playing their wonderful Irish traditional music.

Guest speakers on the night were:

Comhairle Na nÓg members, Omar and Jack, informed us that their county theme for 2024 is about drugs and vaping.

SCEAL - Nelius O'Meara and James Heenan, from Lorrha, spoke on their community development work over the last 20 years.

Mona Zirngibl, from Energy Communities Tipperary Cooperative, was looking for Energy Saving Champions in each of our communities.

Ester Mackey, the Regional Adult Literacy Coordinator with the Education and Training Board, spoke about literacy, the types, including digital, and how to do plain English in all our communications.

The County Council Community and Enterprise section staff, Fiona Crotty and Marie Cox gave funding application advice with lots of pointers to help.

There was a raffle with some of the new PPN logo merchandise and Irish chocolates to round off the evening.

If you would like to receive the presentations, please contact Ruth on 087 4567111 or email her on coordinator@ppntipperary.ie or to find out more about the PPN voice and how to be part of the PPN community.



Pictured left: Pauline, Frances and Ciara and their skilful trad music

TIPPERARY SPORTS PARTNERSHIP

Volunteer in Sport Awards 2023!!

Now is time to nominate a great volunteer in your club!!
Let's get nominating Tipperary!!
Nominations close on the 18th of December, 2023
Nominate an everyday sports hero in Tipperary on www.volunteerinsport.ie



Participants enjoying our recent Introduction to Mountaineering on the beautiful Comeragh Mountains

Safeguarding Spring Schedule 2024

Tipperary Sports Partnership are hosting **Online Safeguarding Workshops** on the following dates in Autumn 2023 via Zoom from 6pm to 9pm. Cost is €15 per person plus online booking fee.

Safeguarding 1: January 15th; 22nd and 29th.

February 12th; 19th and 26th

Safeguarding 2: March 11th

Safeguarding 3: March 25th.

Register for the above courses on this link: <https://bit.ly/3QJdr6K>



Christmas Road Safety Campaign Launched

New 30km/h speed limit campaign focuses on urban areas

Thursday 30 November 2023: The Road Safety Authority (RSA), An Garda Síochána, and the Department of Transport and Department of Justice are together urging road users to act responsibly and safely when using the roads throughout the Christmas and New Year period. The call was made at the launch of a [new road safety campaign](#) highlighting the benefits of 30km/h speed limits in urban areas.

As the festive period approaches, the RSA, An Garda Síochána and the Department of Transport are calling on people to refrain from driving while under the influence of alcohol and illegal drugs, and they will be also targeting other road traffic offences such as mobile phone use, speeding and non-wearing of seatbelts.

This year's road safety campaign focuses on 30km/h speed limit in urban areas, a strategic initiative aimed at reducing road traffic fatalities. There is overwhelming evidence that lower speed limits make streets safer and more pleasant places for children and adults to live, socialise, work and play. When parents and children can walk and cycle in their neighbourhood, families benefit from healthier children, less stress and more money in their pockets.

In addition, data consistently indicates that higher speeds significantly escalate both the incidence and severity of road accidents:

- If hit at 60km/h 9 out of 10 pedestrians will be killed.
- If hit at 50km/h 5 out of 10 pedestrians will be killed.

If hit at 30km/h 9 out of 10 will survive.

According to research conducted by Behaviours & Attitudes:

- More than two-thirds (68%) of adults support the introduction of 30km/h speed limit on at least one of the listed road types.
- Almost three in four people (73%) agree that 30km/h is safer for pedestrians than 50 km/h speed limit roads.
- Almost seven in ten (69%) agree that 30km/h is safer for cyclists than 50 km/h speed limit roads.

Over half (59%) agree speed limit will make urban roads safer.

There has been an increase in fatalities on Irish roads in 2023, and with the period between Christmas and New Year a traditionally dangerous time on the roads, the new campaign, aims to encourage road users to reduce their speed and be extra cautious over the festive period.

As of 29 November 2023, there have been 172 people killed on Irish roads 31 more than the corresponding period in 2022.

Please see link to [new 30km/h speed limit campaign](#) that focuses on urban areas.



GRACE Nagle, a Commis Chef hailing from Clonmel, won the Hospitality Apprenticeship of the Year award at the 2023 National 'Apprentice Of The Year' awards.

Grace is one of 14 exceptional apprentices awarded a prestigious award from the National Apprenticeship Office, which a record number of 222 exceptional apprentices nominated for an award across the Island of Ireland. Each of the 14 winners was awarded for their exceptional leadership, creativity, teamwork, and problem-solving skills which are prime attributes of a modern-day apprentice.

Grace works as a chef with Tipperary University Hospital in Clonmel.

Commenting on her category win Grace said: "I am honoured to be nominated for this award, and so delighted to have won the award, I cannot believe it. I am thankful to my tutor, Fergal Phelan encouraging me to take on apprenticeship at this point in my career, I feel this courses has given me confidence in myself and in my pastry skills and allowed me to explore new avenues with the hospitality sector and build a rewarding career."



A spokesperson for the Tipperary ETB said "Amazing news for Tipperary ETB Commis Chef Apprenticeship Grace Nagle who was awarded the Hospitality Apprentice of the Year Award. What an absolutely fantastic achievement, all at Tipperary ETB are thrilled for Grace and her Instructor Fergal Phelan". Dr Mary Liz Trant, Director of the National Apprenticeship Office added: "Apprentices are transforming the landscape of Ireland's skilled workforce, bring exceptional creativity and innovation, adaptability, leadership fresh perspectives, and steadfast eagerness to learn that makes them valuable additions to any industry or workforce. The 'Apprentice of the Year' awards not only celebrate the apprenticeship nominated but also the power and impact of apprenticeship as a mode of learning and career development. The ongoing focus on continuous improvement within the apprenticeship system enables businesses to share their knowledge and expertise with upcoming talented apprentices."



Pictured at the Apprentice of the Year awards are Hospitality Category winner, Grace Nagle (University Hospital Tipperary) with her award and with the course Instructor Fergal Phelan (Tipperary ETB)

FOR INFORMATION ON THE COMMIS CHEF APPRENTICESHIP CONTACT US:

052 6191431

apprenticeship@tipperaryetb.ie

www.apprenticeship.ie

RSA Urges Adults Not to Gift E-Scooters, Scramblers or Quad Bikes for Christmas this year

The Road Safety Authority (RSA) is urging adults not to purchase e-scooters, scramblers or quad bikes for any children this Christmas.

Following the passing of legislation earlier this year permitting their use, people will be allowed to drive e-scooters on Irish roads next year. However, under the regulations, children will not be allowed to use them.

Under the legislation, which will come into force in 2024, you must be 16 years or older to use an e-scooter in Ireland.

The RSA is also reminding parents that quad bikes and scramblers pose a safety risk to children and are urging them not to gift them this Christmas.

Three e-scooter riders were killed and 48 seriously injured on Irish roads between January 1 2022 and September 24 2023. During the same period, one other road user was killed and 11 more seriously injured in collisions involving e-scooters.

Casualty figures show that between 2017 and 2021, 88 people were injured in collisions involving a quadbike or scrambler on a public road. In the same period, there were four fatalities involving quad bikes or scramblers on public roads.

Sam Waide, Chief Executive of the RSA, explained: "Parents should not consider purchasing an e-scooter for any child this Christmas. It is important that parents and members of the public are also aware of the risks associated with quadbikes and scramblers. They are intended to be driven by people in a supervised and controlled environment who understand the threat when driven on uneven ground."

VISION ZERO





Get the support you need to Quit for good.

We Can Quit is a free, friendly and supportive 7 week programme for people who smoke and who want support to quit.

The programme offers free stop smoking medication, a weekly stop smoking group, and 1-1 support.

We Can Quit is offered by the HSE in partnership with Clonmel CRC.

Dates: December 6 & 13 , January 10, 17, 24, 31, February 7.

Time: Wednesdays, 5.30 - 7pm

Registration for the programme is now open in Clonmel

Further Details

Contact: Geraldine on 087 1880 690
Geraldine.moloney@hse.ie



Greenshill
Kilkenny
056 7703666
086 1746330

recoverycollegesoutheast@gmail.com

Website: www.recoverycollegesoutheast.com

Recovery College South East

Recovery Education Programme September to December 2023

You are invited to join us in our new Recovery Education Programme for Autumn/Winter 2023.

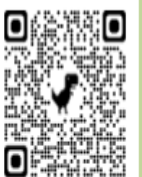
All our courses and workshops are co-produced and co-delivered with those who have lived experience in partnership with professional expertise, ***“the expert by experience working alongside the expert by profession”***.

Courses and workshops at the Recovery College South East are for everyone and are free.

This year, we are delighted to be able to offer integrated/hybrid workshops which means you have the option of attending some of the workshops in person or join online from home as specified on the timetable. It is important if you choose the online option, that you indicate your preference on the enrolment form so the link can be sent to your email.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com.) You can scan our QR code for quick access to our website

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or
2. Phone us on 086 1746330 to enrol



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-and-culture/arts-information-and-advice>

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 **Instagram:** @tipperaryartsoffice



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/heritage-and-conservation/heritage-information-and-advice>

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.



Bank Vole, Image Credit: Kevin Collins



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 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

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

Tipperary Town:

Contact: Aoife Dunphy

Phone: 087 1819538

Email: SouthEastStopSmokingSupport@hse.ie

Contact directly for more information



Tipperary Volunteer Centre is a registered charity that provides a free service for organisations that involve volunteers and individuals currently or wishing to volunteer. If you have a question about volunteering in Tipperary, we are here to assist you. We can advise you on all aspects of your volunteer programme, from volunteer recruitment/retention and training to governance-related issues and Garda Vetting.

Check out our website for all the details. www.tipperaryvolunteercentre.ie Alternatively you can call us on 06264775 or email info@volunteertipperary.ie

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.



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

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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