



## Tipperary Together Newsletter | 2023 | Issue No. 9

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:**

- **Age Friendly AGM/Positive Ageing Week**
  - **Living Well Updates**
  - **'Putting Your House in Order' Talks**
  - **Infonomics Youth Information Conference**
  - **Tipperary Sports Partnership Updates**
  - **Various launches around the County**
  - **Community News**
- **Tipperary PPN News**
  - **Recovery College News**
  - **Tipperary ETB Courses**
  - **TCC Draft Climate Action Plan**
  - **Comhairle na n-Óg Update**
  - **ILMI 'VOICE' Project**

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

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

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



## **The AGM of the Tipperary Older Peoples Council (OPC) took place at the Anner Hotel in Thurles on Tuesday, 12<sup>th</sup> September last**

Interim Chairperson, Mary McMahon, welcomed the large crowds to the event, including members of the Tipperary OPC Executive, Bridget O'Dea, Alice Teehan and Leo D'Arcy, who explained the structure of the Tipperary OPC and the Executive and their personal involvement, and all about and the advantages of being a member and the many age friendly activities that take place throughout the year for all involved. Tipperary Age Friendly Business Ambassador, John Lonergan, also addressed the meeting, outlining the importance of keeping the mind and body active in order to live a longer and healthier life.



***Members of Tipperary OPC Executive Bridget O'Dea, Leo D'Arcy, Angela Sheehan (TCC) Mary MacMahon, Age Friendly Business Ambassador John Lonergan, Frances Lehane, Bernard Prendergast, Cliona Tobin (TCC) Alice Teehan***



***Attendees from various groups around the County***

The Older Peoples Council provides the voice of the older people to support the Age Friendly Alliance at strategic level and co-design solutions in response to barriers and challenges. On 17<sup>th</sup> October the next public meeting for Tipperary Older Peoples Council (OPC) will take place in the Enterprise Centre in Thurles 11.30 to 1pm focusing on **2023-2025 Action Plan for Tipperary Age Friendly**. For further information on the Tipperary OPC, please contact Fiona Crotty or Cliona Tobin at Tipperary County Council at 0818 065 000 or email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie).

## Tipperary Climate Action Workshop

On Monday 25<sup>th</sup> September Tipperary Age Friendly hosted a Regional Age Friendly and Climate Action Workshop. This was facilitated by **Gavin Harte** who delivered the training and was held in beautiful surroundings of Cabragh Wetlands near Thurles. Items such as climate science, carbon footprints, energy saving, home energy upgrades were discussed. **Clare Lee**, Tipperary Climate Action Coordinator also provided update on the Tipperary Climate Action Plan. Following the seminar a walk around the grounds of Cabragh Wetlands was undertaken to showcase this wonderful amenity in the heart of County Tipperary.





## 'Changing Places' Launch

Minister Anne Rabbitte launched two of Tipperary's very first Changing Places Facilities. On Monday 18th September. Minister Anne Rabbitte proudly inaugurated two of Tipperary's very first Changing Places facilities. These two facilities were officially launched at FBD Semple Stadium Thurles. These facilities represent a significant step forward in enhancing accessibility and inclusivity for all members of our community.

Tipperary County Council secured funding from the Department of Children, Equality, Disability, Integration, and Youth through the Disability Participation Awareness Fund. This funding was secured to install two Changing Places in the County of Tipperary and to identify two suitable partners and locations to award the funding to. The two locations and partners that the funding was awarded too were FBD Semple Stadium Thurles, and Boher Community Hall Ballina. Changing Places facilities are specially designed, fully accessible spaces that cater to the needs of individuals with disabilities who require additional support when using public toilets. These facilities provide essential amenities such as height adjustable changing benches, hoists, and adequate space for both users and caregivers. Minister Anne Rabbitte expressed her enthusiasm about this initiative stating, "I am proud to be part of this significant milestone in Tipperary's journey towards a more inclusive and accessible community. These Changing Places facilities represent our commitment to ensuring that everyone, regardless of their abilities, can fully participate in our vibrant community life."

***Below: Tipperary Chief Executive & Cathaoirleach, Joe MacGrath & Ger D'Arcy, pictured with Minister Anne Rabbitte and members of the community at the 'Changing Places' launch***



# 'MAKE WAY DAY'

**Make Way day 2023** took place on Friday September 22<sup>nd</sup>. "**Make way Day**" is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share.

It is led by the disability Federation of Ireland and is a unique collaboration across Ireland and the voluntary and local government sectors. But most of all it is about people with disabilities.

The top 3 obstacles that stop people with disabilities is: cars parked on footpaths, bicycles illegally parked, bins left on footpaths. In the week leading up to the campaign access officer with Tipperary County Council Aine Roche did a "walk about" some towns in the County and asked local disability groups to do a "walk about within their own location and report back on what blocked their way during their walk about. The Irish Wheel chair association Tipperary Town branch were one group that sent back some of their findings which were posted up on all healthy Tipperary Social media Channels on Make Way Day. Below is feedback that the service users sent in:

there was bins on the footpath so I had to reverse my wheelchair to get off the footpath.

there was a big sign for a menu in the restaurant that was placed on the middle of the footpath so I wasn't able to pass it and had to turn around.

'Audrey'

Loads of people park on footpaths, it makes it very hard to get around.

- Jude

People parking in disabled parking spaces without permit or badge

- Kevin.

Uneven footpaths in every town

- Tony.

Footpaths are too narrow

- Patrick.

Wheelie bins on paths, blocking the way.

- Dermot, Ranny

Signs, menus + flowerpots outside shops.

- Kathleen.



## A great turnout for the Tipperary County Council Migrant Integration Strategy



In Brú Ború, Cashel, a beautifully located venue, on the UN International Day of Peace, a launch of 'Diverse Tipperary', the Tipperary Migrant Integration Strategy took place.

It was a celebration, not just of the UN International Day of Peace, but also, of nationalities and communities coming together, in peace, to work together to leave no one behind in Ireland.

This year's theme was Actions for Peace: Our Ambition for the #GlobalGoals. It is a call to action that recognises our individual and collective responsibility to foster peace. Fostering peace contributes to the realisation of the Sustainable Development Goals (SDGs) and achieving the Sustainable Development Goals will create a culture of peace for all. Tipperary PPN unveiled their new SDG banners for the day that was in it!

The attendees were entertained by Ukraine performers, who sang and played music, as they enjoyed refreshments, after the launch. The talent also included some moving spoken word by a Zimbabwe poet and a captivating display of Hindu traditional dance, celebrating Lord Ganesha's birthday.

The launch was part of a collaborative project between the Tipperary PPN, who had their new PPN information brochure in seven different languages, on display, and the Tipperary County Council Community and Enterprise section.

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

## Tipperary Migrant Integration Strategy Launch

'Diverse Tipperary', the first Migrant Integration Strategy for County Tipperary was launched on September 19th at Brú Ború by Minister of State Mr. Joe O'Brien.

The three-year strategy is a partnership between the Local Community Development Committee (LCDC) and Tipperary County Council. It sets out a plan to ensure the integration of all those who live in County Tipperary, ensuring that Tipperary is a county where everyone who lives, works and visits are valued, respected and supported to fully participate and contribute to their communities. Speaking at the launch Minister O'Brien noted that *'Tipperary is in a good place to build on the strengths and opportunities that diversity and multi-culturalism can offer'*. He said *'focus and energy must be maintained so that this strategy can deliver for our new communities'*.

The Leas-Cathaoirleach Cllr. Seamus Hannafin congratulated all those involved, saying that *'the values and principles articulated in this strategy are consistent with our organisation's core values and ways of working, and the process through which it was derived has harnessed much good will, expertise and commitment'*.

Eoin Wolahan Chairperson of the LCDC said that *'those who have come to live here from around the world have enriched our society in terms of culture, language, new business ideas, social activities and friendships, and it is imperative that they continue to feel welcome and at home in Tipperary. This strategy and action plan reinforce Tipperary LCDCs commitment to creating a sustainable response to the challenges and opportunities posed by the changing population which it serves'*.

Other speakers at the event included Ruth Smith of Tipperary Public Participation Network (PPN) and Kuldeep Joshi of the Tipperary Migrant Forum.

Margo Hayes thanked all those who contributed to the strategy development, including the PPN, the Migrant Forum, Tipperary ETB, An Garda Síochána, Youth Work Ireland Tipperary as well as the Local Development Companies. She thanked all the participants of the consultations who were so generous in providing their time so that the strategy reflects the real needs of the non-Irish Community in Tipperary and can therefore respond to this group of people in a collaborative manner.

She noted that we will achieve the objectives of the strategy through collaboration, inter-agency working and promoting values of equality, dignity and inclusion. We can all support integration and belonging in many other simple ways, by welcoming people from diverse backgrounds into your community, your organisation, your sports club, your school and your home.



# LAUNCH OF TIPPERARY MIGRATION INTEGRATION STRATEGY








# Positive Ageing Week 2023

## 1ST TO 7TH OCTOBER

### Positive Ageing Week 2023 Community Events

Monday 2 <sup>nd</sup> October	Kilgarvan Quay Ballinderry	Silver Arch Family Resource Centre will host Nenagh Kayaking: Older People enjoying our Outdoors from <b>10.30 to 12.30</b> Contact Noelle 083-0178006	
Wednesday 4 <sup>th</sup> October	Fethard Parish Church and Convent Chapel	Fethard & District Day Care and Fethard Men's Shed will host a Mass followed by refreshments and entertainment from <b>11am</b> Contact Mairead 085 7833323	
	Millennium Family Resource Centre	Millennium Family Resource Centre will host a social dancing event <b>1pm to 4pm</b> Contact Alice 083 1014313	
Thursday 5 <sup>th</sup> October	Bramleigh Nursing Home, Cahir	Cahir Men's Shed will host an afternoon of music & Song at Bramleigh Nursing Home <b>2pm to 4pm</b> Contact Ann Marie 086 35641782	
	Annacarty Hall	Annacarty & Donohill Active Retirement Group will host an afternoon of music and refreshments from <b>2pm to 5pm</b> Contact Bridget 086 8772062	

### Positive Ageing Week 2023 Tipperary Age Friendly Events

Age Friendly Tipperary, in collaboration with Irish Hospice Foundation and Lynch Solicitors Clonmel will offer a FREE seminar on arranging your personal, medical and legal affairs for the future. Learn about Wills, Enduring Power of Attorney, Advance Care Planning. Booking is essential for these FREE webinars.



Tuesday 3 <sup>rd</sup> October	Hotel Minella Clonmel E91 FY97	Refreshments and registration 1.30pm. <b>Start 2pm finish 4pm</b>
Wednesday 4 <sup>th</sup> October	Abbey Court Hotel Nenagh E45 KA99	Refreshments and registration 1.30 pm. <b>Start 2pm finish 4pm</b>
	Anner Hotel Thurles E41 X789	Refreshments and registration 6pm. <b>Start 6.30pm finish 8.30pm</b>

For more information or booking contact Fiona, Angela or Cliona Tipperary Age Friendly on 0818 06 5000 or email [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) or for more information see [www.tipperarycoco.ie](http://www.tipperarycoco.ie)

This event has been supported by Healthy Ireland, "The Healthy Ireland Fund supported by the Department of Health"



Tipperary Mental Health week 2023 will run from Mon. 9<sup>th</sup> October – Sat 14<sup>th</sup> October 2023. On Friday 22<sup>nd</sup> September, Tipperary Mental Health Week committee came together in TUS Thurles campus to officially launch Mental Health Week. This was an all-county event to launch and promote a range of actions that will take place during Mental Health Week.

The theme for the week is ***Make mental health & wellbeing for all a global priority***.

The committee is made up of community and statutory agencies, who recognise and value the importance of people minding their mental health. Cathaoirleach Ger Darcy officially launched the week and spoke of the value in highlighting their services and supports that are available in the county for mental health and wellbeing. Dr Sean O Connell head of student counselling in TUS Midwest gave a talk about the services available to the students on campus and also about the importance of everyone minding their own mental health and taking the time to invest in their own health and wellbeing. Neil Dennehy from Health Matters hosted a 20 minute session on mindfulness for people attending the launch which was very enjoyable. There may be local events and initiatives running during Mental Health Week organised by a variety of local community and voluntary organisations. For information on the week and to see what resources are available, please follow the following pages on social media: **Twitter: @Tipperarymhw; Instagram: Tipperarymentalhealthweek; Facebook: Tipperary Mental Healthweek**. If you would like to get involved in some small way during Mental Week, please consider acting on the Mental Health Ireland five ways to wellbeing – **Connect** (with family/friends), **Take Notice** (of your surroundings), **Be Active** (Walk/jog/swim), **Keep Learning** (try a new hobby), **Give** (of your time to others).



***Pictured at the launch of Tipperary Mental Health Week 2023:***

***Áine Roche, TCC Healthy County Co-Ordinator***

***Ger Darcy, TCC Cathaoirleach***

***Claire Flynn, Mental Health Ireland.***

## What is covered each week?

- Week 1
  - Using your mind to manage symptoms
  - Fatigue and getting a good night's sleep
  - Introduction to action plans
- Week 2
  - Dealing with difficult emotions
  - Physical activity, exercise, preventing falls
- Week 3
  - Decision making
  - Pain management
  - Healthy eating
- Week 4
  - Better breathing
  - Reading food labels
  - Communication skills
- Week 5
  - Medication management
  - Positive thinking, dealing with low mood and feelings of depression
- Week 6
  - Making informed treatment decisions
  - Planning for the future

## What people have said about the programme

- "It made me aware of my habits and gave me the tools to make positive changes"
- "I have never done a course like this before. It was so truly enjoyable and I learned so much about myself and living with my illness"
- "I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally"

**For more information on the Living Well Programme, please contact:**  
 Living Well Team,  
 South East Community Healthcare

**Phone:** 056 7784 944 or 056 7784 945  
**Email:** LivingWellSE@hse.ie

Support is available for anyone who needs technical help for online programmes:

- One to one tech support for every programme
- Loan of devices (tablet, webcam, headset etc.)

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)  
 HSELive: Freephone 1800 700 700



# Living Well

## A Programme for Adults with Long-term Health Conditions



[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



Sláintecare.

Date of publication:  
August 2022



Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University







## Draft Local Authority Climate Action Plan Have Your Say!

The Tipperary County Council Climate Action Office would very much welcome your input in the Draft Local Authority Climate Action Plan (LACAP) 2024 – 2029 consultation process. We would encourage all community groups to get involved and have your say.

The draft LACAP sets out how the local authority can promote and incorporate a range of mitigation, adaptation and other climate action measures in the performance of their services, to help deliver the Governments' National Climate Objective to achieve, by no later than the end of 2050, a transition to a climate resilient, biodiversity rich, environmentally sustainable and climate neutral economy.

Full details on the process, to view the Draft LACAP and associated documents and how you can make a **submission** will be available on <https://consultations.tipperarycoco.ie> from 21<sup>st</sup> September, 2023 until 6<sup>th</sup> November, 2023.

**Any queries should be forwarded to the Climate Action Office at [climateaction@tipperarycoco.ie](mailto:climateaction@tipperarycoco.ie) or call the Climate Action Coordinator at 0818 06 5000**



# INFONOMICS

# FACTS MATTER

#factsmatter #infonomics

Quality practice and innovation in the delivery of youth information



October 4th-5th 2023  
Ballykisteen Hotel Limerick Junction, Ireland

# INFONOMICS

OCT 4TH - 5TH 2023

WEDNESDAY  
OCT 4TH

MORNING

- Introductory Session
- Youth Information in Ireland and Europe

AFTERNOON

- Youth Participation in Youth Information
- Working together to address Youth Information Challenges and opportunities in Europe
- Youth Information Innovation Showcase

EVENING

ERYICA QUALITY LABEL  
AWARDS CEREMONY

Gala Dinner

7:30pm Ballykisteen Ballroom with music and ERYICA Quality Label presentation

THURSDAY  
OCT 5TH

MORNING

- The changing Landscape in Youth Information in Europe
- Extremist Online Misinformation, Hate Speech and Fake News, challenges for youth information and youth service provider and Q&A
- New technologies and the need to innovate

AFTERNOON

- Quality and Impact in Youth Information
- Strategic Vision for the future of Youth Information in Ireland







**Sinethemba Mavuso,  
Spoken Word  
performer and  
Minister Joe O'Brien,  
Minister of State for  
Community  
Development,  
Integration and  
Charities**

**In Brú Ború, Cashel, a beautifully located venue, on the UN International Day of Peace, a launch of 'Diverse Tipperary', the Tipperary Migrant Integration Strategy took place.**



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



## Living Well

A programme for adults with long-term health conditions



Your toolkit for better health

Living Well is a **free** group programme for adults living with a long-term health condition. It takes place over six weekly workshops (2.5 hrs x 6) – either in-person or online. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management skills and confidence to live well with your health conditions.

### Upcoming Living Well Programmes

Venue	Day	Start date	Finish date	Time
St Dymphna's Hospital, Carlow	Wednesday	30th August 2023	4th October 2023	10.30am–1pm
Nano Nagle Centre, Carrick on Suir, Tipperary	Thursday	31st August 2023	5th October 2023	10.30am–1pm
Online	Monday	4th September 2023	16 October 2023	10.30am–1pm
Loughboy Parish Centre, Kilkenny	Tuesday	5th September 2023	10th October 2023	10.30am–1pm
Online	Monday	23rd October 2023	11th December 2023	2pm–4.30pm
Ferrybank Primary Care Centre, Waterford	Tuesday	7th November 2023	12th December 2023	10am–12.30pm
Waterford Primary Care Centre, John's Hill	Tuesday	7th November 2023	12th December 2023	2pm–4.30pm
Clonmel FRC, Tipperary	Wednesday	8th November 2023	13th December 2023	10.30am–1pm
Raheen FRC, Wexford	Thursday	9th November 2023	14th December 2023	10.30am –1pm

### To book your place contact

056 7784 944 / 056 7784 945 or email [LivingwellSE@hse.ie](mailto:LivingwellSE@hse.ie)

Support is available for anyone who needs technical help for online programmes, including loan of devices.

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



Your toolkit for better health

Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University

RECOVERY COLLEGE SOUTH EAST



Greenshill  
Kilkenny  
056 7703666  
086 1746330

[recoverycollegesoutheast@gmail.com](mailto:recoverycollegesoutheast@gmail.com)

Website: [www.recoverycollegesoutheast.com](http://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](http://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](mailto:enrolrecoverycollegesoutheast@gmail.com) or
2. Phone us on 086 1746330 to enrol





## Putting Your House in Order

Tipperary Age Friendly is hosting a free event to help you plan for what happens if you are unable to make decisions for yourself or make known your wishes to your family. This is essential so your family can plan according to your wishes and not their best guess for what you would have wanted.

When Tuesday 3<sup>rd</sup> October  
 Time 2-4pm (registration and refreshments @1.30 starts at 2pm sharp)  
 Where **Hotel Minella, Clonmel E91 FY97**  
 To Book <https://www.eventbrite.ie/e/721332303337?aff=oddtcreator>

When Wednesday 4<sup>th</sup> October  
 Time 2-4pm (registration and refreshments @1.30 starts at 2pm sharp)  
 Where **Abbey Court Hotel, Nenagh E45 KA99**  
 To Book <https://www.eventbrite.ie/e/721366666117?aff=oddtcreator>

When Wednesday 4<sup>th</sup> October  
 Time 6.30-8.30pm (registration and refreshments @ 6 pm starts at 6.30pm sharp)  
 Where **Anner Hotel, Thurles E41 X789**  
 To Book <https://www.eventbrite.ie/e/721383004987?aff=oddtcreator>

### Presentations: -

**Making a Will, Power of Attorney and other legal issues**  
 Speaker - Lynch Solicitors

**Practical Advice on thinking ahead**  
 Speaker -Valerie Smith, Irish Hospice Foundation

*\*Booking is essential and numbers are capped at 50 per session\**

## Putting Your House in Order

Age Friendly Tipperary, in collaboration with Irish Hospice Foundation and Lynch Solicitors Clonmel will offer a free seminar on arranging your personal, medical, and legal affairs for the future.

Learn about Wills, Enduring Power of Attorney, and Advance Care Planning over light refreshments.



**Tues 3rd Oct, 1:30-4pm**

**Hotel Minella, Clonmel E91 FY97**

**Weds 4th Oct, 1:30-4pm**

**Abbey Court Hotel, Nenagh E45 KA99**

**Weds 4th Oct, 6-8:30pm**

**Anner Hotel, Thurles E41 X789**

Booking is essential as spaces are limited.

Call: 0818 065000

Email: [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie)



FACILITATED BY  
**Community  
 Foundation  
 Ireland**



## Tipperary ETB Full-Time Courses

FETCH Website Code	Course Title	Accreditation	Location	Duration (Weeks)	Start Date
389231	Pre-Apprenticeship Construction Skills	City & Guilds	Roscrea	31	02/10/23
389223	Pre-Apprenticeship Construction Skills	City & Guilds	Roscrea	31	02/10/23
389343	Project Management	QQI L6	Online	4	02/10/23
406182	Horticulture Bio-Diversity & the Natural Environment	QQI L5	Thurles	4	09/10/23
373064	Digital Marketing	QQI L5	Online	6	09/10/23
370231	National Tour Guiding	QQI L6	Thurles	29	16/10/23
389256	HGV Artic Driving Lessons in Waterford	RSA	Online	5	16/10/23
389267	Dry Lining (with NZEB Fundamental Awareness)	City & Guilds	Online	25	23/10/23
401463	Pre-Apprenticeship Construction Skills	City & Guilds	Carrick On Suir	31	23/10/23
389310	AutoCad	Autodesk	Online	8	06/11/23
389329	Retrofit Insulation Skills (with NZEB Fundamental Awareness)	QQI L5	Tipperary Town	4	06/11/23

**For Further Information :**



052 613 4333



courses@tipperaryetb.ie

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





## Tipperary ETB Part-Time Courses



FETCH Website Code	Course Title	Location	Duration (Weeks)	Start Date
405531	Medical Terminology	Online	10	26/09/23
402476	SCA Barista Foundation Certificate	Carrick On Suir	3	02/10/23
386531	Supervisory Management	Clonmel	9	02/10/23
397222	Special Needs Assisting	Clonmel	10	09/10/23
386539	Payroll Manual & Computerised Level 6	Thurles	8	09/10/23
407780	Special Needs Assisting	Nenagh	20	09/10/23
402738	Start Your Own Business	Online	12	07/11/23

### Skills to Advance

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.

FETCH Website Code	Course Title	Location	Duration (Weeks)	Start Date
407502	Social Media for Digital Marketing (Digital Skills for Business)	Online	9	26/09/23
404664	Barista Skills - Beginners	Thurles	3	02/10/23
403746	Environmental Sustainability Awareness in the Workplace	Online	7	10/10/23
403747	Domestic BER Assessor	Online	5	07/11/23

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



**For Further Information :**



051 640742



[eveningtraining@tipperaryetb.ie](mailto:eveningtraining@tipperaryetb.ie)



## What is ILMI's (Independent Living Movement Ireland) VOICE Project?

"That's just the way it is". As a disabled person, sometimes it is hard to be really heard. If you want to break this way of thinking in yourself, those around you and the wider community, then become Active and take Action. ILMI's VOICE can show You how.

Delivered online and includes training, guest speakers and opportunities to connect with peers and local services. Be part of a Collective to bring about change for Disabled People locally. **The next series of six workshops will start on the 19th October 12pm until 1pm.** Feedback from participants on the most recent programme was extremely positive.

If you would like to sign up for the online sessions or just want more information, and you live in Tipperary, send an email to [nicolameacle@ilmi.ie](mailto:nicolameacle@ilmi.ie) or call Nicola on 087 718 9237.

### Calling All Disabled People in Tipperary!

Are you ready to make your voice heard? ILMI's VOICE project is back with a series of empowering online events throughout September! Designed primarily for disabled people, these free events are open to anyone with an interest in fostering inclusivity and driving positive change in their communities.

VOICE is all about connecting, empowering, and amplifying our voices as disabled people. This September, in addition the six workshops starting on the 13th September, we are running five exciting online gatherings, each focused on important topics that matter to our community. From Housing, Unconscious bias to Collective Action - we have got you covered! The first session is on the **13th September at 7pm-8pm.** Email Nicola at [nicolameacle@ilmi.ie](mailto:nicolameacle@ilmi.ie) to register.



## Why Join VOICE for the 5 online events, starting in September?

13 September – The Medical Model.

20-September- The Social Model

27-September- Unconscious Bias & Intersectionality

04 October – Housing and the HDSG

18 October – What is a DPO? & Collective Activism

**Networking:** Connect with like-minded peers and share experiences that strengthen our collective voice.

**Guest Speakers:** Benefit from expert speakers covering a range of relevant and impactful topics.

**Inclusivity:** Experience an inclusive environment where everyone's perspective is valued.

**Community-driven:** Disabled People are active in VOICE at every level, for a more impactful dialogue.

It's time to embrace your role as a catalyst for positive change!



**Tipperary Sports Partnership (TSP)** is calling on the Tipperary public to get out and 'Be Active' for European Week of Sport 2023. The week is for everyone, regardless of age, background or fitness level.

Tipperary Sports Partnership and Sport Ireland are delighted to announce Tipperary Town as a location for an **ICOACHGIRLS Play Centre**

We are seeking expressions of interest for girls between the ages of 5-12 who are inactive and not involved in a sports club. Register on this link <https://bit.ly/486wxf2>

TSP are very busy at the moment with numerous programmes running at full capacity. Some of the highlights include the following:

Aqua Aerobics programme for older adults at the Sean Kelly Sports Centre, Carrick on Suir and at Nenagh Swimming Pool and Leisure Centre.

The first of our Autumn 8 week walking programmes has commenced in Cahir. Our second programme will take place in Nenagh and starts on Monday the 7<sup>th</sup> of October at 7.30pm. The walk will be led each week by a qualified walking tutor. The cost of the programme is €10 + online booking fee. <https://bit.ly/3rVONZJ>



*Participants enjoying Let's Get Cahir Walking.*

**Many thanks to Clonmel Dragon Paddlers for hosting the "Her Outdoors" Dragon Boating Taster at Clonmel Rowing Club recently. It was a glorious day to be on the River Suir in Clonmel.**



**Below:** Abigail Strappe (Cappawhite) attended recent induction day in Dublin after a selection process to take over the role of Tipp rep to National Youth Assembly of Ireland from outgoing Tipp rep Caleb Ryan (Borrisoleigh). Also in the photo Aisling Maloney former Tipp Comhairle member who is representation Youth Work Ireland National office now on the Assembly.

## Tipperary Comhairle na n-Óg News

**Above:** Comhairle Nenagh Subgroup of Comhairle hosted an event to launch their poster on '*Consent & Healthy Relationships*' as part of Comhairle's work this year on Youth Health. The event took place in the Arts Centre in Nenagh on Friday 8<sup>th</sup> September. Keynote speaker was Dr. Michelle Walsh who spoke of her research with young people into the area of sexual health and consent. There was also input from Garda Maureen Finnerty of Nenagh Garda Station on Coco's Law and how young people need to know the law in relation to online behaviours and image-sharing etc. Ben Kennedy, the Chair of the Nenagh group launched the poster which will be available to all schools and youth groups in Tipperary and will be distributed to all delegates at the upcoming Comhairle AGM in October .



# 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](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**



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](http://www.tipperaryvolunteercentre.ie) Alternatively you can call us on 06264775 or email [info@volunteertipperary.ie](mailto:info@volunteertipperary.ie)

Visit [www.events.whatsonintipp.ie](http://www.events.whatsonintipp.ie) to register your community event or to see what events are happening.

"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-ins & 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



Citizens Information

Funded & supported by the Citizens Information Board

## You are not alone, help is at hand.



Call for advice on 116 123

Email [jud@sarantans.ie](mailto:jud@sarantans.ie)



24 HRS A DAY, EVERYDAY!  
Text: TALK2U 50191  
Online chat - [www.childline.ie](http://www.childline.ie)



yourmentalhealth.ie  
Mental Health Support Service  
1800 111 888



0761 07 2000  
9am to 6pm, Monday to Friday



1800 459 459 (24HRS A DAY)  
[helpline@hse.ie](mailto:helpline@hse.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.



YOU'RE NOT ALONE