



Tipperary Together Newsletter | 2024 | Issue No. 3

Welcome to the latest edition of our 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 PPN Update**
 - **Community Conversations**
 - **EU Just Transition Fund Information Evenings**
 - **'DRIVE' Programme**
 - **Family Peer Support**
 - **Community Services**
 - **Tipperary Sports News**
- **Carrick-on-Suir Dementia Café**
 - **'Changing Gears' Age & Opportunity**
 - **Save the Date Expo 2024**
 - **Citizen's Information Service—Flexi Working**
 - **Knockanrawley KITE Graduation**
 - **EXPO 2024—Save the Date**

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

Deadline for next issue content 22nd April 2024

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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



Come and Celebrate with Us!

On the evening of **Thursday 11th April** in **Cashel Rugby Club** at **7pm – 9pm**, we are having our Spring Plenary meeting. It is where all our PPN registered groups are invited to come and vote on some PPN business and then, this meeting, celebrate Tipperary PPN's tenth anniversary of being the Community & Voluntary umbrella network in the county.

We wanted to have a meeting full of stories of success to give the meeting that celebratory feeling. So, we have John Leahy, formerly on the Tipperary hurling team, now HSE Drugs Education Officer, telling his story.

Continuing in the storytelling vein, some visionaries, who were involved in the original story of creating our PPN are joining us to revisit how we got to where we are today - 1700 groups, 64 PPN seats on 19 county boards.

There will also be eight community stands full of a variety of information, lots of refreshments, including a birthday cake with a toast and a raffle. As always, lots of time to network with other community groups, like yourselves.

By the way, April 11th is also National Pet Day so we could be visited by some calm, loving canines too!

You can register on the link below. See you there!

<https://www.surveymonkey.com/r/SpringPlenary2024>

P.S. Tipperary PPN are also encouraging everyone to vote in the upcoming local elections and the European elections, which will be Friday 7th June. Make sure you are registered for a standard vote for the upcoming elections. Let's be active and use our EU and national citizenship!

It is very easy to register to vote or to check that your details are accurate and up to date, please visit www.checktheregister.ie. Please do it very soon!

A Dementia Cafe

Do you have a friend or family member who is living with dementia? Maybe you would like to come to one of our cafes with them. If you can't attend in person then you can join one of virtual cafes from the comfort of your own home.

- There are dementia cafes all over Ireland.
- They are welcoming places and open to anyone living with dementia along with their friends and family members.
- They offer a safe space where people can meet up with others with similar experiences.
- They are always free to attend and run for 2 hours once a month.
- Informative - most meetings will have a speaker talking about a subject of interest.
- Enjoyable - there is usually music or some fun event.



The Irish Dementia Cafe Network is a community of cafes around Ireland that is run by volunteers in their local communities. The network brings the dementia cafes together and supports the start up of new cafes.

Visit our website: www.dementiacafe.ie or email michelle@engagingdementia.ie for more information.



Carrick-On-Suir Memory Cafe Launch

A welcoming, monthly meeting for anyone connected with dementia

Pop in for a cuppa & chat

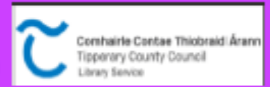


**When: Monday, 8th of April, 2024
11-1230pm**

**Hosted by: Carrick on Suir Library, Fairgreen,
Carrick on Suir, Co Tipperary, E32 X860**



**For more information
Contact: 051 600719**



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Changing Gears

Building Resilience and Managing Transitions in Mid to Later Life

Age & Opportunity is delighted to offer Changing Gears in person this April and May in Thurles, Co. Tipperary. Designed to boost wellbeing and resilience for those aged 50+ years, it is a five-session course which focuses on managing transitions in mid to later life.

Do you want to discover more about yourself and your capacity to meet different challenges? Take stock of your skills and experiences and plan your next steps in life?

What is Changing Gears?

Changing Gears supports people in dealing with transitions or significant life-challenges in mid to later life. It focuses on how we can build resilience, take stock, make changes, and bounce forward in life.

How does it work?

Changing Gears offers participants time to:

- Develop skills and techniques to build resilience and confidence in managing life-changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

The course invites participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way, strategies for building resilience and managing change draw on personal experience to lay the foundations for a more positive and fulfilling future.

Age & Opportunity is funded by



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"I found Changing Gears very useful. It was very useful to look back at what has served me well and to make a plan, as far as is possible, for the next part of my life."

Kathleen Jordan, Dublin. Changing Gears participant, online, February 2023

"The course content from beginning to end was very relevant. The different aspects of the course were so gently put. We came away totally satisfied at having participated and we gained so much information on what's out there for us both nationally and locally."

Kay Murphy, Ennis, Co. Clare. Changing Gears participant, in-person, March 2023

How can I get involved?

This course is delivered in 2 ½ hour sessions once a week over 5 weeks.

Venue: Hayes Hotel, Liberty Square, Thurles, Co. Tipperary E41 C9C8

Dates: Thursdays 11, 18, 25 April and 2, 9 May 2024

Times: 11.00 am – 1.30 pm (which includes a comfort break with tea and coffee)

To book a place on this course, please e-mail Fiona at: engage@ageandopportunity.ie or call on +353 1 9133922

Please note that this course has been funded by the HSE and is free of charge.

Participation requires attendance at each of the five sessions (please do not book a place if you cannot attend on these dates).

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Our aim is to enable the best possible quality of life for us all as we age, where we are more active, more visible, more creative, more connected and more confident.

Age & Opportunity is funded by



PARENTS & SCHOOLS COME TO OUR COMMUNITY CONVERSATION



LET'S TALK ABOUT SUBSTANCE USE.

Tuesday 16th April @ 7.30pm
Hotel Minella, Clonmel - E91 FY97

Reserve your seat
<https://bit.ly/clonmelparents>



JOIN OUR ONLINE FAMILY/SUPPORTERS PEER SUPPORT GROUP

Starting 8TH April 2024



Every Monday Evening
Excluding Bank Holidays



7pm -8pm



This is a peer led group offering support and information to families and supporters of loved ones accessing Mental Health Services in the South East

Family Peer Support can provide you with:

- Navigating the mental health services
- Provide emotional support in a safe space
- Signposting and sharing Resources
- Coping to help improve stress and reduce feelings of being overwhelmed
- Self -Care Strategies

Please contact Belinda Coyle
to receive a online link for meeting

Ph: 087 2340527 Email: belinda.coyle@hse.ie

EU JUST TRANSITION FUND REGENERATIVE TOURISM AND PLACEMAKING SCHEME INFORMATION EVENINGS



The upcoming sessions will concentrate on **The Investment Grant-Aid Scheme for Private & Community SMEs** offering information on how to access **funding** within various categories outlined below;

Development or Enhancement of Sustainable Visitor Experiences
Development of Sustainable/Low Carbon Tourist Accommodation
Capital Project Planning & Design
Accessibility enhancements to ensure a more inclusive visitor experience

The sessions will be held at the following locations and times:

Roscrea Library, Roscrea, Wednesday, April 10th from 6:00 pm to 7:30 pm
The Carraig Hotel, Carrick-On-Suir, April 15th from 6:30 pm to 8:30 pm
Anner Hotel, Thurles, Tuesday, April 23rd from 6:30 pm to 8:30 pm

If you are a micro, private small to medium business, or community enterprise come along by confirming your attendance on your preferred date by emailing mairead.winters@tipperarycoco.



This initiative is co-funded by the Government of Ireland and the European Union



SAVE THE DATE EXPO 2024



- Tipperary Age Friendly will host it's Annual EXPO in the TUS College Campus Thurles, on Thursday 20th June, 2024 from 12 noon to 3pm
- Are you interested in showcasing your service and have an information stand?
- Are you interested in giving a presentation on your service and supports in County Tipperary ?
- RSVP to agefriendly@tipperarycoco.ie or for more information contact Fiona Crotty 087 1252938, Cliona Tobin 087 0625408 or Angela Sheehan 087 706 7903





Drug Related Intimidation Reporting Programme Briefing

Responding to the needs of individuals and families that experience Drug Related Intimidation.

Please see below registration link to the **Drug Related Intimidation Reporting Programme Briefing** session being held on the 18th of April. This briefing session will provide workers with information about the structured intervention for individuals and families that are experiencing drug related intimidation. This information may help build confidence and enhance capacity of workers responding to this issue.

Please **feel free to disseminate** this email and link, to your networks, funded projects, local services, or anyone that may be interested in having this information.

To register click on the Eventbrite link below. After you register the zoom link will be emailed to you just before the event.

Thursday 18th April 2024—11 a.m. to 12 noon

<https://www.eventbrite.ie/e/drug-related-intimidation-reporting-programme-briefing-tickets-866608789217>

Please do not hesitate to contact me if you have questions or queries.

Siobhán Maher

DRIVE Coordinator (Drug Related Intimidation & Violence Engagement)

[***drive@ndublinrdtf.ie***](mailto:drive@ndublinrdtf.ie)

Tel: (01) 2233493

Mob: 086 1281782

[***www.driveproject.ie***](http://www.driveproject.ie)

Right to request flexible working

What is flexible working?

Flexible working is an arrangement where your normal working hours or pattern is adjusted, including through remote working, flexible schedules or reduced hours.

Who has the right to request flexible working?

Since 7 March 2024, you have the right to request a flexible working arrangement if you are either:

- A parent or acting as a parent ('in loco parentis') of a child under 12, or under 16 if they have a disability or long-term illness

A carer providing personal care or support to a *specified person* living in the same household, needing significant care for a serious medical condition

A specified person is your child (including an adopted child); spouse or civil partner; cohabitant; parent or godparent; brother or sister; or housemate.

How long do I need to be working for my employer before I can request flexible working?

You have the right to request flexible working from your first day in a new job, but you must have 6 months of continuous employment with your employer before the arrangement can start. If you left your job and came back to the same employer within 26 weeks, this gap does not count towards the 6-month requirement.

How do I request flexible working?

You must provide a written request or use an online application form at least 8 weeks before the proposed start date of the arrangement. The Workplace Relations Commission has a template application in [Section 3 of the WRC code of practice \(pdf\)](#). Your employer can ask for any extra information they need to consider your request, such as a child's birth certificate, or details for the person needing care and a signed medical certificate.

Your employer must give you their decision within 4 weeks of getting your flexible working request. They can ask for more time to decide your request and they must tell you how much longer they need, but this cannot be more than 8 weeks. Your employer should consider your request based on their own business needs; your needs and the reason for the request; and the WRC code of practice.

My request was refused, is there anything I can do?

If your request is refused, your employer must tell you in writing and give you the reasons why. If you think your request has not been properly considered, you should try [resolving this directly with your employer first](#).

If you think they breached the WRC code of conduct, you can [make a formal complaint to the WRC](#).

Read more about the right to request flexible working on <https://bit.ly/RequestFlexibleWorking>, or call us on 0818 07 4000 (Monday to Friday, 9am to 8pm).

Darren Ryan | Development Manager – Tipperary CIS | North Munster Citizens Information Service CLG

Thurles CIC, 2nd Floor, Mall House, Slievenamon Road, Thurles, Co. Tipperary, E41 R6C9.

Kite Graduation 2022/23 at Knockanrawley Resource Centre on the 7th March 2024

The Graduation of this group from 2022/23 took place on the 7th March 2024.

It was organised by the Co-Ordinators Tony Sweeney & Nora Hoare.

Well done to all on receiving QQI L4 Awards. 11 learners started the Programme; 9 received Certification with 3 receiving Major Awards.

Progression has been great from the Programme; most learners progressed into either a further L5 programme or into Employment. This was a great achievement for the learners as this is an ETB funded Pathways to Employment Programme.

Matthew Ryan Training Services Manager Tipperary ETB attended representing the ETB funders. He congratulated all the learners on their achievements. Matthew, Tony (Co-Ordinator) and Emer Duggan (Centre Manager) presented the various Certificates to the learners.

An enjoyable evening was had by all.

It was great to see families attending to acknowledge the achievements of the learners.





What is Dementia?

Dementia is caused by different diseases of the brain. These diseases affect the parts of the brain which are normally used for learning, memory and language.

The most common causes of dementia are Alzheimer's Disease, Vascular Dementia, Mixed Dementia and Lewy Body Dementia.

Common symptoms may include difficulties with thinking and language, problem solving and carrying out everyday tasks, memory loss and changes in mood and behaviour.

For people with dementia, being involved in activities, social contact and enjoying the environment are vital for physical and mental health and wellbeing.

The Story behind the 'Memories are made of this - Dementia: Understand Together' Garden

Featured at the Bloom Festival in 2019, the garden won the People's Choice Award. The space was created for people living with dementia to reminisce in a welcoming and supportive way. It was a celebration of all things 1950s - where people in their 60s, 70s and 80s could remember, celebrate and share stories about an era when they were younger. For many people with dementia, recalling memories from years gone by is often easier than remembering more recent events.

We also know that reminiscing has a positive effect on the quality of life of people with dementia. By stimulating the senses, whether it's seeing a High Nelly bike, smelling a rose, touching a daisy, or listening to a GAA match on the radio, the aim is to whisk the person back to days of joy and contentment. Gardens and gardening can help to highlight the importance and value of what is remembered and not what is forgotten.

Following Bloom, the garden has continued to live on and be enjoyed after being relocated to St Ita's Community Hospital in Newcastle West, Limerick.

Top Tips to Stimulate Reminiscence in Your Garden

1. Find the Scent of a Rose

There is nothing like the scent and elegance of an old tea rose to transport you back in time. Why not consider planting one in your garden later this autumn?

2. Hit the right note

Why not incorporate features such as wind-chimes to gently usher you to a world of peace and tranquility? Or perhaps put in a gramophone in your back shed and throw a few shapes with Elvis Presley on the deck?

3. Be cool as a cucumber

Remember when you'd pop out to the back garden for a head of lettuce, a handful of onions or some rhubarb? Why not install an easy-to-manage vegetable patch? You can start with a small raised bed in your sunniest spot.

4. Seek the object of the exercise

Do pink flamingos take you back to a bygone world? Why not resurrect your mischievous gnomes and place them around the garden? They are sure to give you a warm feeling and become a real talking point for visitors.

5. Have the Midas touch

Remember the feeling of those daisies and how you plucked each petal as a child - "*she loves me, she loves me not*"? Other flowers and plants that are sure to conjure up golden memories include lupins, delphiniums, primulas and, garden favourite, geraniums.

Dementia: Understand Together

There are more than 64,000 people with dementia in Ireland. Led by the HSE, working with The Alzheimer Society of Ireland, Age Friendly Ireland, the Dementia Services Information and Development Centre, Age & Opportunity and Healthy Ireland - our vision is to help create a society that embraces and includes people living with dementia, and displays solidarity with them and their families.

The campaign is supported by over 40 national partner organisations ranging from retail, transport, banking, health, voluntary and community sectors who, together with the growing number of more than 1,000 community champions across Ireland, are leading the way in creating inclusive communities.

The Design

The Memories are Made of This' Bloom garden was designed by Robert Moore, a landscape designer and member of the Garden & Landscape Designers' Association. Robert has a passion for creating beautiful, measured and engaging spaces.

People living with dementia were central to the design of this garden sharing their memories of the gardens of their youth; from working gardens where growing your own vegetables was a natural and often necessary way of life; the manicured front lawns of suburban homes to the stone walls and hay bales remembered from country holidays.

Sensory gardens and horticultural activities can have great benefits for people with dementia. Whether through actively taking part in gardening, continuing or learning new skills or simply enjoying the surroundings - spending time in nature is known to improve wellbeing and mental health, reduce anxiety and increase relaxation.

Helpful Planting List

- Eunymous Alatus
- Cordyline Australis
- Mespilus Germanica
- Wisteria Sinensis
- Hydrangea Petiolaris
- Trachelospermum Jasminooides
- Thuja
- Frangula Alnus
- Prunus Spinosa
- Crataegus
- Quercus Petraea
- Ligustrum Vulgare
- Viburnum Opulus
- Ilex Aquifolium
- Pelargoniums
- Mixed Coreopsis
- Mixed Euphorbia 'Ascot Rainbow'
- Hydrangea
- Sisyrinchium Striatum
- Primula Vialii/ Red Hot Poker
- ScabiosaCol. 'Butterfly Blue
- Briza Maxima
- Polygonatum
- Crocosmia
- Leucanthemum Vulgare
- Echium Candicans
- Stipa Gigantea
- Stachys Big Ears
- Lavatera Bredon
- Alchemilla Moonshine
- Lilium Regale
- Thalictrum Angelica
- Nepeta Kit Kat
- Digitalis Purpurea
- Delphinium Gran. Aurora/Gran. Aurora Deep Purple/Aurora Pink Dawn
- Campanula
- Cammomile
- Sagina Subulata Aurea/Senior
- Rosmarinus/ Thymus/ Lavandula
- Mixed Vegetables & Fruit Trees

For more information visit

understandtogether.ie

or email understandtogether@hse.ie



Sensory and Reminiscence Gardening and Horticulture for people with Dementia

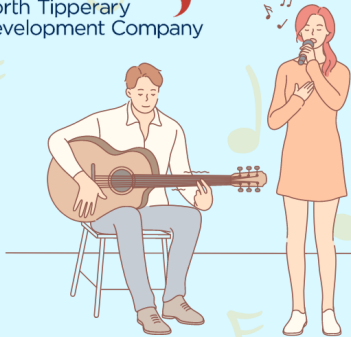


dementia
understand together

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!

In collaboration with Thurles ICA

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?

**Order of Malta Hall,
Thurles, E41 HN28**

**Wednesday
March 27th at 11.30am**

For more information contact Joanne 087-3697922 / jmulqueen@ntdc.ie



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



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.

Social Inclusion & Community Activation Programme

Community Social Pop Up



Hosted by:
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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!

In collaboration with Templemore Active Retirement

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?

**McAuley
Community Centre,
Templemore**

**Wednesday
March 27th at 3pm**

For more information contact Joanne 087-3697922 / jmulqueen@ntdc.ie



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



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.

Social Inclusion & Community Activation Programme



Community Food and Nutrition Worker, Knockanrawley Resource Centre

The new Sláintecare Community Food and Nutrition Worker based in Knockanrawley Resource Centre, Gráinne Ní Eidhin, started in her role last month. Gráinne is a Human Nutrition and Public Health graduate and is interested in developing healthy behaviours when it comes to food, cooking, and nutrition. Community Food and Nutrition Workers aim to engage with the community to reduce food poverty and food insecurity. Gráinne's role involves nutrition talks and presentations for all demographics, cooking workshops/demonstrations, food waste workshops, food budgeting workshops, and more! Gráinne's role does not involve one-to-one personalised nutrition plans/advice, clinical nutrition plans/advice, or menu analysis. Keep an eye out for Grainne's upcoming healthy food programmes in Tipperary Town and surrounding areas.

If you would like to contact Gráinne for more information or about a visit to your organisation, please contact her on:

Phone: 062 62888

Email: grainnenieidhin@knockanrawley.ie





TSP would like to welcome Stephen Quinn who was recently appointed with us as Sports Inclusion Disability Officer. Stephen will play a key role in the delivery of tasks with reference to the National Sports Policy where he will work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities and marginalised groups throughout Tipperary.

Congratulations to Paddy Doyle of Moyne Athletic Club who was selected by The Federation of Irish Sport as the Tipperary recipient of the Volunteers In Sport Awards for 2023. Tipperary Sports Partnership were delighted to support this event with the National Network of Local Sport Partnerships.

Paddy Doyle with from left Athletics Ireland Director of Coaching and Development Pat Ryan, Athletics Ireland Director of Participation Rachel Ormrod, and Valerie Connolly, Tipperary Sports Partnership, during the Federation of Irish Sport Volunteers in Sport Awards at The Crowne Plaza Hotel in Blanchardstown, Dublin.





APRIL 19

Wayfinding in healthcare settings Seminar day

Location:

Trinity College Dublin
09:00 - 16:00

Reserve through Eventbrite:

<https://www.eventbrite.ie/e/wayfinding-in-healthcare-settings-tickets-813852583987>



DSiDC
Dementia Services Information
and Development Centre

dementia
understand together

www.dementia.ie
www.understandtogether.ie

FREE

Mental Health & Family Caring: Supporting the Supporters

A five week ~~in-person~~ programme for family carers and supporters of people with mental health challenges.

Explore:

Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Dates: 3rd, 10th, 17th, 24th
April and 1st May

Time: 10.30am - 1pm

BROOK HOUSE, Cork Road,
Waterford, X91VW6A

[Eventbrite Registration](#)
[Click Here!](#)

CONTACT DETAILS:

Gina Delaney,
Mental Health Ireland
0873101146

gina@mentalhealthireland.ie

Sharon Maher,
Family Peer Support Worker,
HSE, 0877502537
sharon.maher4@hse.ie



**Mental Health
Ireland**



**Family
Carers
Ireland**

No one should have to care alone



ciste na
gcuntas díomhaoin
the dormant
accounts fund

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

Rathcabin to Birr every Friday

Templetuohy to Thurles every Friday

Clonakenny to Templemore every Saturday

Kilcommon to Dolla every Friday

Cloughjordan to Birr every Friday

Terryglass to Nenagh every Thursday

Sue Ryder Nenagh to Nenagh every Tuesday & Thursday

Clonmore, Clonakenny to Roscrea every Friday

Roscrea town every Tuesday, Thursday & Friday

Newcastle to Cahir every Tuesday & 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.



Call free day or night on **116 123**
Email jo@samaritans.ie



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**



1800 66 66 66
(24 HRS A DAY, EVERYDAY)
Text TALK to 50101
Online chat - www.childline.ie



Information | Support | Services
1800 111 888



0761 07 2000
9am to 8pm, Monday to Friday

text about it

50808



drug and alcohol
HELPLINE
1800 459 459 (24HRS A DAY)
helpline@hse.ie