



## Tipperary Together Newsletter | November 2022 | 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:**

- **Minister Humphreys visits Carrick-on-Suir**
- **Minister Feighan launches Sláintecare Programme**
- **Living With a Disability**
- **Sports Partnership Update**
- **Local Library Events**
- **Community Talks & Seminars**
- **Community Services**

If you would like to provide content to the next issue of this newsletter or add your organisation as a group that receives this on a mailing list please email: [tipperarytogether@tipperarycoco.ie](mailto:tipperarytogether@tipperarycoco.ie)

**Deadline for next issue content 12th December 2022**

### **Contact Us:**

**Phone:** 0818 06 5000

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

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

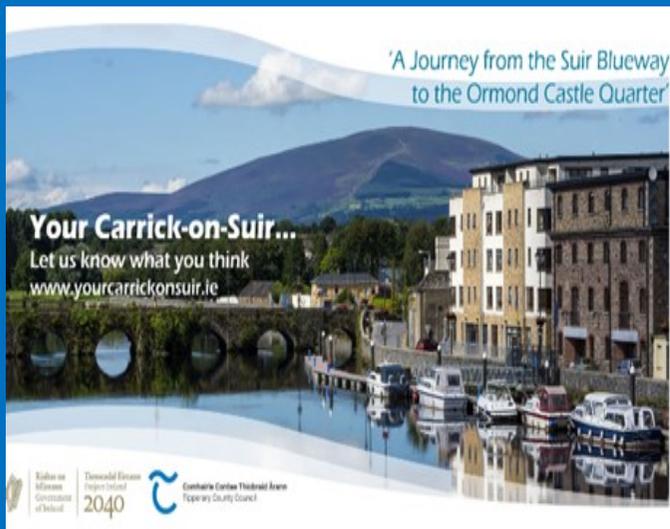
**Twitter:** <https://twitter.com/tipperarycoco>

## Great excitement in Carrick on Suir as Cathaoirleach warmly welcomes Minister Humphreys

The 10<sup>th</sup> November 2022 will go down in the annals as a truly momentous day for Carrick on Suir with the announcement by Minister Heather Humphreys of a grant of €14.39 million under her department's Rural Regeneration and Development Fund [RRDF] to deliver "***The Carrick on Suir Regeneration Plan – 'A Journey from the Suir Blueway to the Ormond Castle Quarter – Delivering Our Community's Ambition'***". With the balance of the funding coming from Tipperary County Council's own resources the delivery of this ambitious €17.8 million project over the next few years will see enormous change in the beautiful riverside town.

Expressing his sincere thanks and congratulations to all associated with the project, the Cathaoirleach David Dunne described the level of investment as a 'game-changer' for his native town. He spoke of the huge award as an unprecedented opportunity to enable Carrick on Suir to become a commercial centre and destination in its own right, building synergies with the Suir Blueway and the historic Ormond Castle Quarter and enhancing its strategic location in the south-east region as a vibrant town in which to live and work.

Of the 23 towns receiving funding from Minister Humphrey's Department the award of €14.39 million was the largest award in the country, coming exactly 12 months since her visit to the town in November 2021 when she officially opened the upgraded River Suir Blueway and viewed the transformative plans first hand. Having expressed her support for the ambitious project on the day, she made good on her word. The Regeneration Plan was prepared by a multi-disciplinary consultant team in close collaboration with the local community and the council under phase 1, also funded through her department. We are very grateful for the vote of confidence and with planning consents in place, we are looking forward to commencing the project and delivering for Carrick on Suir.





Hi, my name is Jane Slattery and I am here to talk to you about disability.

I would like people to have an open mind in what I have to say on living with a disability.

To be honest, it has got advantages and disadvantages.

Yes, there are families out there who struggle with the fact of their loved one having a disability but help is available. Everyone needs a helping hand at times.

I myself have a disability.

Sometimes it can get me down but then I pick myself back up. Positive attitude is the key. It's all about doing fun things!

Participate in meaningful social activities, have hobbies and interests that make you feel fulfilled.

Keep a journal. I do and it's helping with my creative writing too!

I know what I want in life and I like to put my point of view across. It is enabling me to maximize my potential.

Always remember you have the best support systems out there to encourage and help you to realize yours too.

But first you need to grieve over the fact that your loved one is going through this and needs all the help you can give them.

If it means going to meetings and to have an outlook and empowerment to people.

The best thing is you don't ignore it because it can be a roller coaster at times honestly.

You don't need to put on a happy face to deal with it all . The next best thing is that you can learn to accept your disability and show your best self out.

There is always room to make the adjustments.

# 2023 Spring Schedule Via Zoom



## Safeguarding 1

- 23rd January 2023
- 30th January 2023
- 13th February 2023
- 20th February 2023
- 6th March 2023
- 13th March 2023

## Safeguarding 2

- 27th March 2023

## Safeguarding 3

- 3rd April 2023



**6.00pm-9.00pm**

## Register on

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

**Fee €15 plus booking fee**



**Sport Ireland's Winter Initiative for the months of November, December and January**

This initiative is to get as many people as active as possible and increase their exercise levels. If you haven't signed up to the challenge yet It is never too late to start. Participants can track their daily activity through a downloadable exercise calendar which is available once you register for the winter initiative on

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

***"Every journey begins with a single step".***

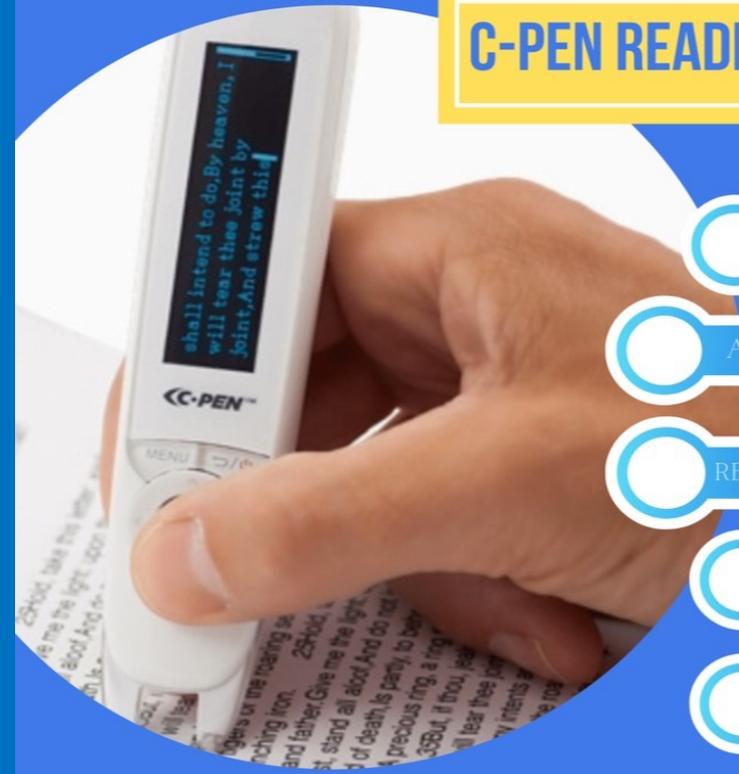
# LOCAL LIBRARY EVENTS

## CLONMEL LIBRARY STORYTIME



**EVERY MONDAY FROM 4 TO 4:45PM**

## C-PEN READER SUPPORT



- USER-FRIENDLY
- ASSISTED LEARNING
- READS TEXT OUT LOUD
- VOICE RECORDER
- DICTIONARY

**IMPROVE LITERACY WITH THE HELP OF READERPEN**

**AVAILABLE FOR LOAN IN ALL TIPPERARY LIBRARIES  
ASK A MEMBER OF STAFF FOR DETAILS**



## LOCAL LIBRARY EVENTS

# Clonmel Library Junior Chess Club

Age 8+  
No booking necessary  
Every Saturday at 2:00pm



052 616 6130 [clonmellibrary@tipperarycoco.ie](mailto:clonmellibrary@tipperarycoco.ie)



**ART EXHIBITION**

**ADDRESS**

**ART EXHIBITION**

**CLONMEL LIBRARY**  
**MONDAY**  
November 21<sup>st</sup> to  
**SATURDAY**  
December 3<sup>rd</sup>.



Local Ballymacarby Artist Frank O'Rourke will exhibit his paintings completed during and since Covid in the Clonmel Library for two weeks commencing 21<sup>st</sup> November. About 25 pieces will be on display in varied sizes and a wide variety of subjects

Transform a room or give a great gift with Christmas approaching with a unique original painting.

# Community Services

AUTISM RESEARCH

## 'The role of footwear in the experiences of autistic children\* and their parents'.



**Who is eligible?**

- Parents/guardians of autistic children 4-18 years
- Young autistic people 13-18 (parent consent required)

**What is it about?**

By taking part in this study you will help us understand what type of footwear is most suitable for autistic children and sensory sensitive children

**Interested?**

**Contact**  
**aneta.kuczynska@itcarlow.ie**  
 Or take part via QR Code or link below



↓

[https://leedsbeckettmhr.eu.qualtrics.com/jfe/form/SV\\_eu0cS7RTN1qWXfE](https://leedsbeckettmhr.eu.qualtrics.com/jfe/form/SV_eu0cS7RTN1qWXfE)

\*An identity-first language is used as a preferred terminology by most autistic individuals (Monk et al., 2022)




Clonmel Community Resource Centre  
 Kickham Lodge  
 Kickham Street  
 Clonmel  
 Phone: 0526129143  
 Email: [healthycommunities@clonmelcrc.ie](mailto:healthycommunities@clonmelcrc.ie)





This is a free Programme open to anybody. In the Programme you will be able to cook and taste and also take home a sample. You will learn about food and its nutritional value while being taught about the good and the bad fats, fibre providers etc. At the end of it you should be able to shop smart on a budget while providing healthy nutritional meals for yourself and your family.

Names are being taken now for a Programme to commence shortly. Contact details are: [healthycommunities@clonmelcrc.ie](mailto:healthycommunities@clonmelcrc.ie) or tel no: 052 6129143 (Catherine Murphy)

Tipperary County Council and the HSE welcomed all community partners, agencies, services and community participants to their Sláintecare Healthy Communities launch on Tuesday 29<sup>th</sup> November, held in Hillview Sports Club Clonmel.

Minister Frank Feighan officially launched the programme for Clonmel on the day. In attendance and guest speakers at the event were Cathaoirleach of Tipperary County Council Roger Kennedy, Chief Executive of Tipperary County Council Joe MacGrath, Manager of Clonmel Community Resource Centre Naomi Burke and Manager of Barnardos Clonmel Joanne O’Gorman. The Head of Service, Health and Wellbeing, South East Community Healthcare area Derval Howley was the MC for the event.

The range of programmes available through Sláintecare Healthy Communities such as Triple P Positive Parenting, Social Prescribing, Healthy Food Made Easy, Making Every Contact Count, We Can Quit, Smoking Cessation, had stands on the day with information on the programmes and it offered an opportunity to meet programme facilitators.

Local Tipperary Food producers My Tasty, Irish Hedgerow and Hickey’s Bakery provided delicious refreshments.

Following the launch event Chief Executive Joe MacGrath met with children and young people who took part in a consultation on quality of life and health and wellbeing, facilitated through South Tipperary Arts Centre, in Civic Offices Clonmel.

The Sláintecare Healthy Communities team would like to thank all those who attended the event and the children and young people who participated in the consultation process and their schools.

For further information on Sláintecare Healthy Communities contact details are:

Stephanie O’Callaghan, Local Development Officer for Sláintecare Healthy Communities, 087 9723482, [stephanie.ocallaghan@tipperarycoco.ie](mailto:stephanie.ocallaghan@tipperarycoco.ie)

Paula Lowney, Healthy Communities Coordinator SECH, Senior Health Promotion and Improvement Officer, [Paula.Lowney@hse.ie](mailto:Paula.Lowney@hse.ie)



Viewing Enhancement Project plans for Suir Island Gardens in Clonmel: Derval Howley Head of Service Health and Wellbeing, South East Community Healthcare area, Frank Feighan Minister of State with responsibility for Public Health, Wellbeing and National Drugs Strategy, Cathaoirleach Cllr. Roger Kennedy, Tipperary County Council, Sinead Carr Director of Services Housing and Clonmel Borough District, Joe MacGrath Chief Executive Tipperary County Council

Minister Frank Feighan was presented with a hamper of local delicious **Tipperary Food Producer’s Network** products



# 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!**



# Community Services



## TIPPERARY EDUCATION AND TRAINING BOARD

### Part-Time Courses January - June 2023

Carrick on Suir – Clonmel – Cashel – Tipperary Town

[bwhelan@tipperaryetb.ie](mailto:bwhelan@tipperaryetb.ie) 052 6176755

#### CARRICK ON SUIR

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
369592	Culinary Operations	3	Tuesday	9.30 am - 12.30 pm	14	10/01/2023	02/05/2023
369599	Infection Prevention & Control –Healthcare (Evening)	5	Monday & Wednesday	6.30 pm– 9.30 pm	10	30/01/2023	12/04/2023
338609	Safety & Health at Work –Healthcare (Daytime)	5	Thursday & Friday	10.00 am –1.00 pm	9	02/02/2023	07/04/2023
338707	Children with Additional Needs (Evening)	5	Monday & Wednesday	6.30 pm– 9.30 pm	10	18/01/2023	29/03/2023

#### CLONMEL

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
369617	Woodcraft	4	Thursday	9.30 am - 1.00 pm	17	03/01/2023	18/05/2023
276336	Horticulture – Teamworking, Plant Propagation, Plant Identification Care & Maintenance, Growing Fruit, Growing Vegetables	4	Thursday & Friday	9.30 am - 1.30 pm	25	05/01/2023	13/07/2023
333978	Bookkeeping Manual & Computerised (Evening)	5	Monday & Wednesday	6.30 pm - 9.30 pm	13	23/01/2023	24/05/2023
369638	Care Skills—Healthcare (Daytime) LIMITED NUMBER OF PLACES AVAILABLE	5	Monday & Wednesday	9.30 am - 1.00 pm	9	30/01/2023	03/04/2023
277141	Narrative Photography (participants must have a Digital SLR Camera)	5	Tuesday	9.30 am - 12.30 pm	15	17/01/2023	28/03/2023
369639	Care Skills—Healthcare (Evening) LIMITED NUMBER OF PLACES AVAILABLE	5	Monday & Wednesday	6.30 pm - 9.30 pm	10	27/02/2023	15/05/2023

#### CASHEL

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
369602	Spreadsheets	5	Thursday	9.30 am - 12.30 pm	14	19/01/2023	11/05/2023

#### TIPPERARY TOWN

PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
345436	Child Development & Play	4	Tuesday	9.30 am –1.00 pm	16	07/02/2023	30/05/2023
339376	Children with Additional Needs (Evening)	5	Monday & Wednesday	6.30 pm - 9.30 pm	10	08/02/2023	24/04/2023

#### Tipperary Education and Training Board

North Block  
Army Barracks Campus  
Dillon Street  
Clonmel  
Co. Tipperary

#### APPLY ONLINE:

- Go to: [www.fetchcourses.ie](http://www.fetchcourses.ie)
- Click on "Course Finder"; Location: "Tipperary"; Sub Location: Select required location (or leave blank if you wish to see courses in ALL sub locations)  
*Under "Enter Keyword" you can search for a specific course, enter PLSS Ref. Number or you can leave "Enter Keyword" blank to search for all courses available*
- Click on the Name of the course you are interested in for further information & to apply
- Click on "Apply Now" to make an online application – please ensure to include email & mobile number
- Once we receive your online application (which is an initial Expression of Interest) we will then send you an email/letter with instructions on how to complete the remainder of your application.



#### Further Information

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

Click on "Find a Course"

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

Click on "Course Finder"

Location: "Tipperary"

Sub Location: Select required location

\* Certain entry criteria may apply and in some instances fees may apply

#### Contact Us

Tipperary Education & Training Board  
North Block  
Army Barracks Campus  
Dillon Street  
Clonmel,  
Co. Tipperary

052 6176755 [bwhelan@tipperaryetb.ie](mailto:bwhelan@tipperaryetb.ie)



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SOLAS  
learning works



etb  
Education and Training Board



# Contact Numbers & Helplines

## Stop Smoking Services

### Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Contact directly for more information

### Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Contact directly for more information

### Cahir & Carrick-on-Suir:

Contact: Colm O'Connor

Phone: 087-7526429

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

Contact directly for more information

Please see

[www.tipperaryvolunteercentre.ie](http://www.tipperaryvolunteercentre.ie) or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



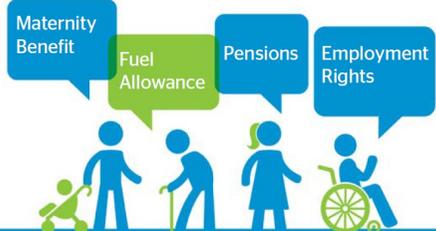
**ALONE** setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support. line 8am to 8pm.



Visit [www.events.whatsonintipp.ie](http://www.events.whatsonintipp.ie) to register your community event or to see 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-in's & phone calls - contact your local Centre for details

### Call Tipperary Citizens Information

Clonmel:	0818 07 6460
Nenagh:	0818 07 6470
Roscrea:	0818 07 6480
Thurles:	0818 07 6510
Tipperary Town:	0818 07 6540

National Phone Service: 0818 07 4000  
Or visit [citizensinformation.ie](http://citizensinformation.ie)

A SOURCE YOU CAN TRUST

[citizensinfo](#) [citizensinformation](#)

Funded & Supported by the Citizens Information Board



Citizens Information

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



SAMARITANS  
Call free day or night on  
**116 123**  
Email [jo@samaritans.ie](mailto:jo@samaritans.ie)



Pieta House  
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**



ISPCC  
Childline  
1800 66 66 66  
(24 HRS A DAY, EVERYDAY)  
Text: TALK to 5010  
Online chat - [www.childline.ie](http://www.childline.ie)



yourmentalhealth.ie  
Information | Support | Services  
1800 111 888



mabs  
Money Advice & Budgeting Service  
0761 07 2000  
9am to 8pm, Monday to Friday



text about it  
**50808**



DRUGS.ie  
drug and alcohol  
HELPLINE  
1800 459 459 (24HRS A DAY)  
[helpline@hse.ie](mailto:helpline@hse.ie)