

The Cré News

FREE

ROSCREA COMMUNITY NEWSLETTER

Welcome to the Second Edition of The Cré Newsletter!

This free publication is brought to you by Roscrea Community Action Partnership to publicise events, services and organisations available in the town. If you would like to send in an article publicising your service, promoting your event or giving us feedback on the newsletter please contact us at editor.roscrea.news@gmail.com or 087 7180382 we would love to hear from you! The next edition will be available March 2022 deadline for submission is February 28th 2022.

Age Friendly ROSCREA

As 2021 draws to a close, we are delighted with this opportunity to send good wishes and sincerely thank everyone who has been part of the Age Friendly Roscrea story over the past year. A year where the changing COVID profile meant plans often had to be adapted, curtailed or cancelled.

Our choir, the Rosie Greys. Courthouse activities and classes continued when possible. In October Ukulele classes with Fionan Stapleton started, and hopefully a seedling Ukulele group. Classes planned for the New Year are, crafts, art, computers, yarn spinning and scribbling and chair yoga.

Christmas Dinner: This year Age Friendly Roscrea will deliver dinners on Christmas Day, this is part of a North Tipperary Initiative. There is no charge and early booking is advised. 0505 22550 for information and booking.

The regular Dinner Delivery service, started during COVID continues to run successfully and meals are delivered Monday, Wednesday and Friday- with a meal charge of €5

The Acorn Project continues. Acorns are known as age friendly digital devices! They can have mobile data which means an internet connection isn't necessary. There is no charge for use of the device, but there is a weekly charge of €5 to cover the cost of the mobile data and Acorn support. Classes and one to one support will recommence after Christmas. There is a limited number of devices available.

Our Befriending service continues with limitations and Senior Alert Scheme is available

Roscrea Digest Volume 2 will be published in time for Xmas. Again this will be a miscellany of stories, social history,





poetry, reflections and memories. A Corona Legacy. We are privileged to include in this issue a catalogue of the prolific writings of George Cunningham. George's contribution to our Roscrea Community is immeasurable and invaluable. He himself is a living archive, but his published legacy will endure and inform generations. As Tom and Lucy Stapleton make plans for their next life chapter, we also wish to honour and acknowledge their unique contribution over many years. The list of 'gigs' they organised is phenomenal and reading through it will evoke memories of many magical music events we were so lucky to have on our own doorsteps.

Dementia Project. Dementia has and will touch, to some degree, all our lives. Being dementia aware and informed is the first step in ensuring that the supports, treatments and the environment are what the person with dementia and their family needs and wants. Making this happen is a key focus for Age Friendly Roscrea.

Some of AFR dementia initiatives:

Roscrea Dementia Café meets 4th Friday each month in the Courthouse. An informal and relaxed get-together for people with dementia, their carers and friends. They are joined by a number of service providers including the newly appointed Dementia Advisor for North Tipperary for chat and a cuppa. There is a guest speaker at each event.

Creating a more dementia friendly environment and public Realm

Tipperary LCDC are the lead partner on a Healthy Ireland funded action to promote Dementia Awareness in Tipperary, as part of this action Roscrea, as the named Age Friendly town for Tipperary, a walkability audit undertaken by DDS Architects. This survey took place on 1st and 2nd September with the final

report to be available to view and comment on December 1st however the planned information event had to be postponed with the changing COVID profile and is now planned for very early in the New Year. The report is enlightening, practical and makes very interesting reading and will underpin and support many future projects. Local Businesses will be invited to be part of the project and expand on the initiatives they undertook in the previous age friendly business programme

Colaiste Phobal Transition Year Students

Tentative plans are in place to roll out Alzheimer Society of Ireland awareness training with the students in the New Year

Dean Maxwell Community Nursing Unit

For close on 50 years the 'Deano' has been part of our community, not merely part of it but in fact the beating heart and personality of the community. We feel safe when we know 'the Deano' is there. Of course we would prefer to stay at home until the Almighty calls us but should we need care then we want the reassurance of knowing our golden days can be lived in the heart of our community. We are very fortunate in Roscrea to have 3 other excellent residential care centres but best practice dictates that that there should be a private /public funded residential care mix. When this is lost situations such as is happening in Britain develop, and private commercial monopolies dominate.

How a person makes the decision and how they transfer to residential care affects their well being for the rest of their days. For the members of the 'Deano' who start with a day in the day unit and build their care relationship up graciously with respite, and maybe eventually full time care, it is a seamless controlled experience. Mutual Community Relationships and contacts are maintained throughout.

The Maxwell

The Heart of Roscrea



Roscrea Cares



Keep it Beating!



The decision to transplant 25 of Roscrea 'beds' to Nenagh is folly in the extreme at a time when we should be building capacity and supports, the opposite is happening. I am reminded of a parable from a different culture

The mother of a large family dies in childbirth. The husband is distraught, who will take care of his children, his animals and clean his house. The solution is to get a new wife, an ugly one will do fine, easier to get. He gets the new wife, she even has a few more children for him. After a while money is tight and the husband is looking for new ways to earn some. He sees an advertisement in the paper. Sell a kidney and earn €1000. Brilliant, of course he doesn't sell his own kidney he sells the wife's. She recovers quickly and is back to work straight away. After a while, the money is gone, well it was a good solution the last time, so he sells her other kidney!!

Roscrea Cares CLG trading as Age Friendly Roscrea have submitted a proposal to the Department of Health. This proposal built on the previous proposal by RCDC and Tipperary LA. There are now plans to further progress this proposal. However, the silence from the Department and the Health Service Executive is deafening. Roscrea must have action.

I am calling for the period 2nd February 2022 to 22nd February to be Dean Maxwell Time when a concerted campaign is put in place by all Roscrea Citizens and relevant stakeholders. A united front with no other agenda except the insistence on a comprehensive, integrated quality service

that is needed and deserved by older Roscrea citizens. I look forward to your participation and contribution

Age Friendly Roscrea receives wonderful support and encouragement from many individuals, organisations and government agencies, of course we will always be on the lookout for more. For this organisation to be sustainable into the future, it is essential that there is guaranteed core funding to support the appointment of a project co-ordinator with administrative support. This is a critical time for us. The organisation has demonstrated that Roscrea needs and benefits from the services we provide. It would be such a loss to our community if Age Friendly isn't facilitated to continue and expand.

'Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has' so said Anthropologist Margaret Mead

If you would like to join our small group, Age Friendly Roscrea, as we focus on our aim of 'working together to make Roscrea an even greater place to live and grow old' please contact us.

Contact details for all services

Phone 0505 22550

The Courthouse,

Gaol Road

Roscrea E53 TD51

Ascend NTDC Project

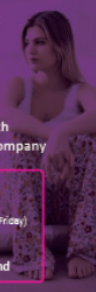


Ascend Domestic Abuse Service for Women in North Tipperary

Ascend is a service of North Tipperary Development Company

Helpline 0505-23999 & 087-950-1299
(Available 9 am to 3 pm, Monday to Friday)

E: ascend@ntdc.ie
W:ntdc.ie/programmes/ascend



Are you afraid of, or threatened by, someone close to you?

Are you aware that constantly being yelled at, called names, undermined, humiliated, and being put down are forms of domestic abuse and coercive control?

Is somebody trying to forcefully control your actions and thoughts?

Ascend can offer you:

- One-to-One Support & Information
- Court Accompaniment & Support
- Group Education & Awareness

Appointments available across North Tipperary
Confidential & Free | Translators available



Ascend Domestic Abuse Service for Women, North Tipperary offers confidential support services to women who have or are experiencing Domestic Abuse in their intimate relationships. This also includes abuse within family relationships.

Our services include:

- One to One Support
- Helpline
- Court Accompaniment
- Information and Outreach Support
- Personal Development group
- Delivery of Healthy Relationships Programme in schools to Transition Year students.
- Provision of a Safe House.



Pictured from Left to Right is Breda Bell, Cuan Saor Service Manager, Verona Nugent, Co-ordinator of One Million Stars Project, Kathleen Maher, Co-ordinator of Ascend Domestic Abuse Project.

Ascend comprises a small staff team working under the management and support of North Tipperary Development Company.

Latest News From Ascend NTDC:

Ascend Domestic Abuse Service for Women & Cuan Saor Women's Refuge & Support Services Clg (South Tipperary) come together to raise awareness of Domestic Violence Supports across the County.

Cuan Saor and Ascend Domestic Abuse Service are marking the 16 days of Activism of Violence Against Women by launching a joint all-county awareness raising initiative 'One Million Stars Project'

The 16 days of Activism of Violence Against Women is a Global Campaign opposing violence against women and runs from 25th November (which is UN Day opposing Violence Against Women) to the 10th December (which is Human rights Day). In Ireland domestic violence services across the Country actively support the campaign.

One Million Stars: The Story

The One Million Stars to End Violence Project was established by Maryann Talia Pau, a Samoan-Australian artist, in response to the rape and murder of an Irish Woman in Melbourne Australia. In Samoan culture, the star is a symbol of light, hope and solidarity. The project used star weaving to rebuild trust within the community. In 2020 Siobhan McQuillan working with Amber Women's Refuge, brought the project to Kilkenny. Since then, it has been extended to many counties and in 2021

both Ascend and Cuan Saor felt it was a project that would raise awareness of both services in Co. Tipperary ensuring that women who are experiencing domestic violence are fully aware that there is help within their community. Kathleen Maher in Ascend and Verona Nugent in Cuan Saor have been busy over the past few months distributing packs to groups and schools in preparation for the launch of the project to coincide with the 16 days of activism campaign on 25th November. Geraldine Mullane Project Leader of Cuan Saor said that "Secondary Schools across the county have embraced the project with great energy and are coming up with creative ideas on how to display the stars on the 8th March 2022 (International Women's Day)" Kathleen Maher in Ascend said "Both organisations have enlisted support from a number of different agencies across the county such as Healthy Ireland and SICAP (Social Inclusion Community Activation Programme, which is part of the North Tipperary Development Company, NTDC.)" Verona Nugent said, "The Project has connected the Community through Art while raising Domestic Abuse awareness and using the power of weaving and art to build community resilience and hope for a safer future for all".

You can contact Ascend on the following numbers
Kathleen Maher Co Ordinator 087 9501299
Ellen O'Brien – Project Worker Roscrea & Safe
House Support Worker – 086 8283399/087 9284097

Tipperary Council

Visit to Roscrea of Frank Feighan, T.D., Minister of State with responsibility for Public Health, Well Being and National Drugs Strategy

Tipperary County Council and Tipperary Children and Young Person's Committee (CYPSC) welcomed Frank Feighan, T.D., Minister of State with responsibility for Public Health, Well Being and National Drugs Strategy to Roscrea on Monday September 27 where he viewed examples of Healthy Ireland funded activity ongoing in the county.

Minister Feighan firstly visited Willison Pre School, Monastery Road, Roscrea, where the Wiggly Wobbly Bike programme is currently being actioned. This programme aims to train early years providers in the use of balance bikes and thus facilitate toddlers to cycle. Each early year's service will receive training and will have use the balance bikes over a six-week period.

Minister Feighan then met with Roscrea Age Friendly who are taking part in the Dementia Understand Together in Communities action. The aim of this action is to create access environments so that people with dementia can remain connected and engaged in community if they so wish.

Tipperary County Council is a proud partner of Healthy Ireland framework which is a government led initiative aimed at improving the health and wellbeing of everyone living in Ireland. There are four national goals within the framework:

- Increase the proportion of people who are healthy at all stages of life
- Reduce health inequalities
- Protect the public from threats to health and wellbeing
- Create an environment where every sector of society can play their part

The Tipperary Local Community Development



Committee have developed 'A Strategy for a Healthy Tipperary 2018 – 2020' the aim being to develop interagency actions based on local, county and national priority programmes. This is overseen by the Healthy Tipperary Steering Group which consists of partner organisations across the county and chaired by the HSE.

Activities currently supported by Healthy Tipperary across the county are Traveller Mental Health; Dementia Understand Together; Tipperary Active Bodies; 'Make the Moove: Farmers Matter'; Active Tots in Tipp; Healthy Relationships; Healthy Weaning Workshops; Mind Body and Soul Youth Promotion Programme; Non Violent Resistance and TLC Kidz programme; Social Farming and Tipperary LGBTi Youth Strategic Support Programme. We have a further regional activity with other counties regarding Tobacco Free; Positive Aging and Healthy Food Made Easy. There are several activities ongoing for Community Mental Health in the county.

This complements Tipperary Libraries 'Healthy Ireland at Your Library' programme which includes a special books collection, online health resources and talks, discussions and workshops with a focus on physical health, mental health and health literacy. Information can be found at <https://www.tipperaryllibraries.ie/healthy-ireland/>

The Healthy Tipperary Coordinator is Dan Downey and he can be contacted for further information at 0761 06 5000 or email healthytipperary@tipperarycoco.ie. Also please see www.gov.ie/together for specific and appropriate wellbeing advice during this time, www.tipperarycoco.ie for information in County Tipperary and follow our Healthy Tipperary page on twitter <https://twitter.com/tippishealthy>



AUTISM AWARENESS ROSCREA

Autism Awareness Roscrea is a committee of dedicated and like-minded volunteers formed in May 2018. Our main focus is on increasing awareness of the daily challenges facing individuals on the Autism Spectrum and their families in all areas of our community. Our income is generated by hosting a variety of fund raising events and projects and generous donations received from local businesses. We want to promote Awareness, Acceptance, and Inclusion for individuals on the Autism Spectrum. Our core objective is to create positive change for all.

Our long term goal is to provide a Central Community Hub for individuals on the spectrum. A place to meet peers for social interaction and recreation. We also strive to offer support, information and outreach services for parents and families and thus to encourage our community to become autism aware.

This past year we have been able to keep going with our projects through online meetings and when restrictions allowed in class education and activities.

The activities and events we have provided are

- Sewing Projects
- Arts and Crafts projects
- Volcano Building
- Slime building Activity
- Sensory Swim hours with our local Leisure Centre
- Soccer mornings
- Parent's Coffee mornings
- Listening Service
- Zoom meetings with Therapists
- Information morning in conjunction with Family Carers Ireland
- Autism Awareness training with local clubs and businesses
- Our hub was used for a space for SNA's and Parents to come and use for July provisions.
- Our hub was used for Adult learning Services
- Our hub was used for Adults and Parents for educational training
- We delivered Halloween treat bags to the families involved with our Hub.
- We delivered Christmas goodie bags to the families involved with our Hub.
- We had a decorating cookies challenge for the families involved with our Hub for Valentine's Day.
- We held an Easter Buddies delivery for the families involved with our Hub.

With the New Year we hope to continue our events and activities for all those involved with Autism Awareness Roscrea.





Sacred Heart Primary School

Children at the Sacred Heart Primary school in Roscrea are busy preparing for Santa Claus. In a year where they have shown true resilience they are sure to be on the nice list. Having been through their second lockdown and adjusted to online learning like troopers nobody has earned presents from the North Pole as much.

This year has seen adjustments to all aspects of school life and life in general. The children at Sacred Heart began returning to school on February 11th following lockdown. They were delighted to see each other, to return to in-person teaching and learning - as were their teachers and all staff at the school. Everyone embraced the new safety measures and happily continued about their work.

In preparation for Christmas the children have practiced wrapping presents in their own Santa's workshop, they have

designed decorations, they have even discussed house design and the importance of a good, clean chimney. All the while they have done great work in school and followed this up by doing fantastic homework. Their teachers could not be happier with them.

The pupils and staff at Sacred Heart Primary School wish everyone in our community a happy, healthy Christmas and every good wish for the new year. Athbhliain faoi mhaise daoibh go léir.





Taste of Christmas

A very successful Taste of Christmas splendidly displayed in the Black Mills comes to a close. Inside this Historic Monument the colour, décor, aroma and lighting attracted both exhibitors and public in large numbers. Outside December sunshine lit up the scene for the 2 days while Santa, whose freedom was curtailed by Covid 19 still managed to put a smile on so many children's faces. Cakes, pastries, homemade brown bread as well as all kinds of arts and crafts and Christmas presents flew off the stalls. The visitors opened their purses as items sold.

The public's response to Mason's Journey appeal was magnificent. Cllr. Michael O'Meara local trader and Chairman of Nenagh District Council while selling his last batch of organic honey described the scene "Two great days, we even had a cure for arthritis. It was truly amazing to see so many musicians both young and old give so much enjoyment over the full festive period" he concluded.

"For my part as Chairman of the Festival Committee it has been an absolute pleasure to be involved in this successful venture. Thanks to the Office of Public Works, Tipperary County Council and a host of volunteers and friend for all their hard work. There were many favourable comments from the visitors who are very happy with the arrangements for strict adherence to the rules in this Covid 19 era. The general feeling was that the Black Mills Taste of Christmas gave the people a lift in these difficult times" Cllr. Smith said.

Commenting on the Taste of Christmas, Mr. Seamus Browne President of the Roscrea Chamber of Commerce said that "the big turnout for the Taste of Christmas in the Black mills not only brought good business for the exhibitors but was also important to the shops in general. Well done to everyone who made this such a huge success for the town".



KENNEDY PARK

Happy Christmas and a peaceful and safe New Year to all our Family and friends everywhere.

We offer Prayers for all our loved ones lost this year.

We want to say a big thank you to everyone who has helped out during this difficult year.

We would like to welcome all the new babies and congratulate the parents

Charlene Wright and Stephen Ryan Baby Phoebe

Leah Wright and Joey D baby Kodie

Andrea Stone and David Devereux baby Jack

Regina Simmons and Martin Byrne Baby Ilya

Gaby Feehan and Arbri Bame baby Finley

Katie O Riordan baby Ellie

Jessica Monahan and Stephen Smith Baby Loah

William and Colleen Delaney Baby Muireann

Louise O Brien and Peter Quielly Baby Rua

Chloe Conlon and Declan Kealy Baby Ava

Dan Walsh and Aisling Cooley Bay daughter

Craig and Siobhan Phelan and their baby Girl



Congratulations to those who were married this year:

Nicole Ryan and Shane Cooke

Simone Simmons and Eoghan Ryan

Alian Fox and Ellen

Margaret O Rourke and Connor Fahy

Patrick Delaney and Leanne Reid

Special congratulations to Tom and Margaret Nash on Retiring from our estate shop we wish you the best of luck on your retirement

Many Congrats to Eddie Simmons on taking over the shop and keeping it going in our estate

May all your wishes and dreams come through x

From The Residents of Kennedy Park Brophy Terrace and Cois Carrig

Ashbury Residents' Association

We would like to wish all our neighbours and friends a very happy, safe and peaceful Christmas and a better new year.



Again this year has been a strange one for us all but wonderful things have happened in Ashbury, we would dearly like to welcome the newest members of our little society

Baby Oscar
Baby Alfie
Baby Lincoln
Baby Conor
Baby Gearóid
Baby Adam
Baby Thomas
Baby James

We would also like to extend warm wishes to our families who lost loved ones during the year, they will be forever in our hearts.

From the Ashbury Residents' Association

The Roscrea Community Action Partnership



Roscrea CAP is a networking group with organisations such as Tipperary County Council, North Tipperary Development Company, Tipperary ETB, HSE, An Garda Síochána, Roscrea Chamber of Commerce, Tusla, Age Friendly Roscrea, Mid West Regional Drugs and Alcohol Forum and the community in Roscrea amongst others represented. The first meeting was held in April 2016 after the group was set up as an action under the Roscrea Community Action Plan 2015-2019, with the group overseeing implementation of the plan. Achievements over the years since have been developing a Youth Counselling Service; funding

towards 'A Taste of Roscrea' and the 'Roscrea Halloween Festival'; supporting the 'Roscrea Work it Out' Programme and currently helping to progress family support services and the provision of CCTV in the town.

The Partnership would particularly be interested in further participation from community groups so if you are in a residents association in Roscrea that is not represented we would be interested in hearing from you. You can contact Dan Downey, Tipperary County Council at 0761 06 5000 or email dan.downey@tipperarycoco.ie

PARENTAL SELF-CARE

Mary Grace

NTDC Family Support Worker
Tel: 087 952-9041

E-Mail: mgrace@ntdc.ie

PHONE A FRIEND FOR A QUICK CHAT

GET OUT FOR A WALK

GIVE YOURSELF PERMISSION TO STOP MULTI-TASKING

TAKE A 5-MINUTE COFFEE OR HOT CHOCOLATE BREAK

LISTEN TO SOME UPLIFTING MUSIC

LIMIT YOUR "TO DO LIST" TO A 5-TASK MAXIMUM EACH DAY

LIGHT A SCENTED CANDLE

HAVE A DIGITAL DETOX EVENING

FOCUS ON YOUR BREATH FOR FIVE MINUTES

WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR EVERY DAY

ASK A FRIEND OR FAMILY MEMBER TO BABYSIT

DOWNLOAD A SELF-CARE APP – INSIGHT
TIMER/HEADSPACE/CALM

SCHEDULE SOME CATCH UP TIME WITH A FRIEND

TAKE A SHOWER OR BATH WITH RELAXING MUSIC
PLAYING

GO TO BED A HALF HOUR EARLIER TONIGHT

ONE SMALL ACT OF SELF-CARE WILL HELP TO REPLENISH YOUR
ENERGY AND YOUR PATIENCE

A Different Meaning for Pandemic

Mary Grace

NTDC Family Support Worker
Tel: 087 952-9041

E-Mail: mgrace@ntdc.ie

P Be Present

A All Our Feelings Are Okay
even the uncomfortable ones

N Nurture Your Needs

The most important relationship in your
life is the one you have with yourself

D Discover and Notice the Good

There are moments of joy in everyday

E Engage in what you Enjoy

Try a new activity

M Mind each other

I Is This True? Our thoughts are not facts

C Connect and Communicate

A problem shared is a problem is a halved

An Garda Síochána Roscrea

The Chatting Bench

We have two initiatives that we ran during the year that were very successful.

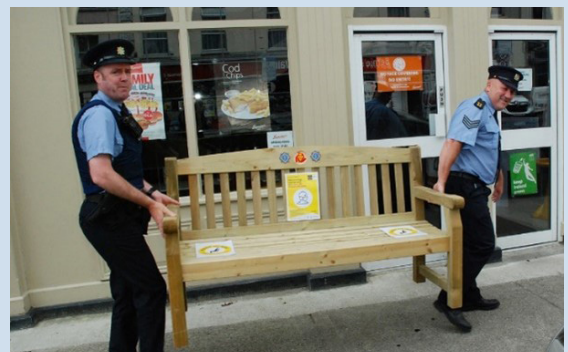
The first one came about following a Government direction in March of this year on a staggered return to school, Roscrea Gardaí implemented an initiative, which targeted those children awaiting their return. The aim was to prevent congregations of children meeting, in an attempt to emphasize the importance of social distancing, whilst promoting mental health and physical wellbeing.

The initiative, which was heavily embraced by the school principals, involved students running one (1) kilometer a day for ten (10) days and furnishing their schools with the times that they completed the task. The schools acting as the intermediary assisted in all GDPR matters. The runs had to be completed on a solo basis and the top students received a prize for their endeavors. The prizes were all donated by local business. The school principals were extremely appreciative of the initiative as it also assisted them in ensuring physical education for the children at home in a time of uncertainty within the school year.

As a lovely addition to this program, Garda Gaynor in Roscrea visited the St Cronan's and St Anne's schools in Roscrea. Over fifty (50) students of the schools participated in the initiative with the assistance of their caregivers. Each participant received a locally donated Easter egg, a medal and a certificate of achievement, which were presented by Superintendent Golden on the 25th March at the respective schools. The children and the members involved enjoyed a special morning with each other.

The second one was The Chatting bench which was kindly donated by Colaiste Phobal, Roscrea. This initiative was launched to provide an opportunity for the various communities to meet with local Gardaí outside of the Garda Station. During the summer months Gardaí reached out to various housing estates in Roscrea throughout the summer playing soccer with the local kids and eating ice creams!!!!

Inspector Ailish Myles



Roscrea Boys Brigade

We are a group of young boys and girls , that meet up every 2 weeks for fun activities. We do a variety of activities some sports indoors & outdoors, arts and crafts , woodwork, cookery, carnival games, lego building & we try to do a charity activity/ fundraiser every year. In 2022 we are hoping to get the group to do a litter pick in their area and get their families involved as well.

We have just finished up for Christmas where we made

Christmas decorations, iced and decorated gingerbread biscuits. We also had 1 luck boy went home with the a gingerbread house .

We are looking forward to 2022 and would like to wish everyone a Happy Christmas and a Happy New Year.

Alison Hayes, Captain, Roscrea Boys Brigade.



Comhairle Contae Thiobraid Árann
Tipperary County Council

FREE PARKING INITIATIVE THURLES MUNICIPAL DISTRICT

Notice is hereby given that Free Parking is being made available to the public in the following towns as follows:

ROSCREA TOWN:

Free Parking in all public car parks every Saturday for the month of December 2021

This initiative is designed to promote local trade and to encourage support for our Town Traders during the festive season.

PLEASE SHOP LOCAL THIS CHRISTMAS



We wish all our customers the compliments of the season.

Signed: Sharon Scully District Administrator, Thurles
Municipal District, Castle Avenue, Thurles, Co. Tipperary.

26th. November, 2021
www.tipperarycoco.ie

ROSCREA CITIZENS INFORMATION CENTRE

**We are changing our number: the new number of the centre is 0818 07 6480.
Old number will be gone in January.**

**Our service hours at the moment:
Monday 10am-1pm
Thursday and Friday 10am-1pm and 2pm-4pm.**

Wishing all a very Happy Christmas from everyone in the Roscrea Citizens Information Centre

Tipperary ETB Community Education



etb

Bord Oideachais agus
Oiliúna Thiobraid Árann
Tipperary Education and
Training Board

TETBs Community Education groups returned to face-to-face learning in September 2021. Like many, these learners endured a difficult year. The news of their return to classroom-based learning was a relief all round. Two such groups delighted to return were Roscrea wood carving groups, Woodies and Peckers. For 10 weeks, learners worked with their incredibly talented tutor Para, sculpting bespoke pieces unique to each learner. The group spoke of their joy and relief at returning to 'normality' and their determination to keep the class running by adhering to the strict guidelines imposed on all groups. The product of their work can only be described as amazing. Well done to all involved. Community Education in partnership with NTDC successfully ran a craft course with the creative and talented tutor Lorraine during the summer in the garden of the Roscrea Youth Service. The course was aimed at those in our community who found it difficult to access online classes during the past 18 months, for them the first community social connection in a very long time, The group continued over the winter months in the Muintir Ne Tire Hall while adhering to guidelines and staying safe. The group has continued the class under the talented Kathleen and are currently learning the craft of glass painting.





ROSCREA LIBRARY

Roscrea Library is located on the Birr Road, Roscrea. We open 5 days a week, Monday to Friday from 10 am to 1pm and 2pm to 5pm.

At Roscrea Library, we pride ourselves on providing an inclusive service that is accessible by families, students, life long learners, older people and people with disabilities.

Membership of the Library is FREE and your library card can be used in any library across the country. We also have access to books from across the library network in Ireland, so even if that title you want is on the shelf in Donegal, we will do our best to get it to Roscrea Library for you.

While our main focus, naturally, is on books of all types, we do have lots of other facilities available! We have daily and local weekly newspapers available for reading in the library, so there's no excuse for not being up to date! We also have an extensive collection of Local History material.

We also have a public PC available for use, which is

free of charge, and members of the public can also scan, print and photocopy items, for which there is a small charge.

We have a community/exhibition space which has been used by various groups, such as our knitting group, our art group and school and other community groups. This space has also been used by local artists to exhibit their work. While this space is unavailable at present due to Covid restrictions, but we hope that it will be available again in early 2022, subject to Government Guidelines.

For those of you who can't make it to the library, we have an online catalogue which allows members to search, request and renew books and a range of e-services to download at your leisure.

For further information on the Library, please contact us at roscrealibrary@tipperarycoco.ie, visit our website at www.tipperarylibraries.ie, visit us on the Birr Road or call us on 0505 22032.

OPENING HOURS

Monday:	10:00 am – 1:00 pm / 2:00 pm – 5:00 pm
Tuesday:	10:00 am – 1:00 pm / 2:00 pm – 5:00 pm
Wednesday:	10:00 am – 1:00 pm / 2:00 pm – 5:00 pm
Thursday:	10:00 am – 1:00 pm / 2:00 pm – 5:00pm
Friday:	10:00 am – 1:00 pm / 2:00 pm – 5:00 pm



Phone: 0505 22032 E-Mail: roscrealibrary@tipperarycoco.ie

Roscrea Back to Education Initiative



etb
Bord Oideachais agus
Oiliúna Thiobraid Árann
Tipperary Education and
Training Board

Tipperary ETB **Back to Education Initiative (BTEI)** provides part-time courses for people aged over 16 years old who are interested in a range of part time accredited learning opportunities leading to awards on the National Framework of Qualification (NFQ). It gives individuals the opportunity to combine a return to learning with family, work, and other responsibilities. **BTEI** offers you a chance to continue your education and training, to develop new skills, to gain certification at a range of levels and to improve your chance to find employment.

Courses under BTEI are free of charge to those:

- With less than upper second level standard of education i.e Leaving Cert, Full QQI Level 4 or 5 Award.
- In receipt of Social Welfare Payment
- Dependent on a Social Welfare recipient
- With a current Medical Card
- Signing for credits
- CE participants

What our BTEI learners have to say:

'Great support from my tutor and fellow learners'

'The course gives me an opportunity to learn new skills and return to work'

'As my course is part time, I can balance family life with my assignments'

BTEI accredited programmes on offer throughout the year

QQI Level 3:

Using Information and Communication Technologies in Everyday Life 3M0877: Subjects are Computer Literacy, Word Processing, Spreadsheets, Internet Communications, Graphic Design, and Maths

General Learning 3M0874 Subjects are Communications, Personal Effectiveness, Art and Design, Drawing, Word Processing, and Maths.

QQI Level 4:

Office Skills 4M2070, Retail Skills 4M1998, Information and Communication Technologies 4M0855, Horticulture 4M1994, Private Security: Guarding Skills 4N1118 & Door Security 4N1114, Rand ECDL

QQI Level 5:

Healthcare Support 5M4339, Special Needs Assisting, Children with Additional Needs ICDL (formerly ECDL), Business Administration, and Retail Floristry and Design 5N0784.



Roscrea Part-Time Courses January 2022

Roscrea Part-Time Courses January 2022							
PLSS Ref. Number	Course Title	QQI Level	Day(s) of Course	Time	Duration (weeks)	Start Date	End Date
293516	ICDL Workforce (formerly ECDL)		Tues & Fri	10:00am-1:00pm	23	11/01/2022	24/06/2022
307675	Information Technology Skills 4N1125	4	Tuesday	10:00am-1:00pm	14	11/01/2022	12/04/2022
327030	Bookkeeping Manual and Computerised 5N1354	5	Wednesday & Thursday	9:30am-1:00pm	9	12/01/2022	10/03/2022
310332	Payroll Manual and Computerised 5N1546	5	Monday & Thursday	9:30am-1:00pm	9	15/03/2022	19/05/2022
327025	Early Childhood Education & Play 5N1773	5	Wednesday	6:00pm-10:00pm	14	15/01/2022	06/04/2022
337781	Retail Floristry & Design Skills 5N0784 	5	Friday	9:30am-3:30pm	17	11/03/2022	08/07/2022
310100	Horticulture Tools and Equipment 4N0683	4	Tuesday	10:00am-1:00pm	14	15/02/2022	05/04/2022

For more information, please contact Marguerite Ryan 087 9363858 mryan_4@tipperaryetb.ie



"Nothing's working," said Rabbit.
 "Have you tried unplugging?" asked Bear.
 "I don't plug in anywhere," said Rabbit.
 "Yes you do," said Bear. "You're plugged into the world around you."
 "Oh," said Rabbit, giving this some thought.
 "How do I unplug then?"
 "Close your eyes, let your muscles relax and listen only to the sound of yourself breathing in and out," said Bear.
 "After a while, when you feel ready, plug back in, and try again."





Lions Club Roscrea

Roscrea Lions Club serves the community in a variety of ways through its fundraising campaigns. In 2016 our club decided to set up a project that would support families in our community that care for children with various challenging issues – we named this initiative our “Rosemary Project”.

The project was initially set up to support carers in our community. Carers and the difficulties they face daily are often forgotten about. Through talking to families it became apparent that one of the many difficulties they faced was to have a family day out together that didn't just involve going to hospitals or clinics etc. These families seldom if ever had a simple carefree fun day out.

The Rosemary project offers families a day out, a fun filled break with every possible support to ensure that everyone can cope and make happy memories.

Several families have benefited from the project. The family chooses the type of trip that best suits them – this may be a trip to the Zoo, Tayto Park or a concert. The Rosemary Project then confidentially organises and funds the entire cost of the trip.

We all look back at photographs taken on days out and simply recalling that day brings a smile. That is what we are trying to do through this project – give a reason to smile.

As you can appreciate your support for this worthwhile project will be invaluable, not only to our club, but to the families that benefit from the initiative and from knowing they are appreciated and respected in their community



We Serve

It's Cold . . . A poem from Mary McNamara

When the weather turns cold I find myself thinking of the homeless so I wrote this.

I shiver I'm cold and I've a roof over my head,
What about the poor unfortunates
Who don't have a bed.
The sting in the air is like a scorpions tail,
How is this kind life even fair.
I'm hungry I eat when I feel,
When is the next time they'll have a meal.
It's hard to imagine the life they live,
When we are cosy and they survive.
Alcohol and drugs is their daily intake,
To numb the lives nothing to motivate.
The homeless scream this is me,
I'm worth more then this reality,
Find me a place that I can call home,
Where I'm safe, secure and no more to roam.





After running our successful online groups at the start of the year we are glad to be back at the youth service holding face to face groups again. We had great success with our online community during the restrictions carrying out competitions online with 'March Madness' which involved the young people getting active in everything Irish, from making Soda bread with Anne, to holding workshops learning to speak Irish, we ran a popular Ukulele course in collaboration with Music Generation Tipperary for youths aged between 8-18 years. This programme ran for 10 weeks and taught the young people a new skill. For those whose love wasn't music we also ran a dance class for young people aged between 8-12 years all successfully held over Zoom at the start of the year.

Once the restrictions lifted, we were excited to get out and about spend some time together and have some fun. We carried out a number of summer activities in the Roscrea Youth Service. We got the young people involved in activities such as sports day in the local park, gardening, mindfulness day, easter bunny competition and kayaking. Whilst carrying out these fun activities we took the time to take some photographs which can be viewed below:



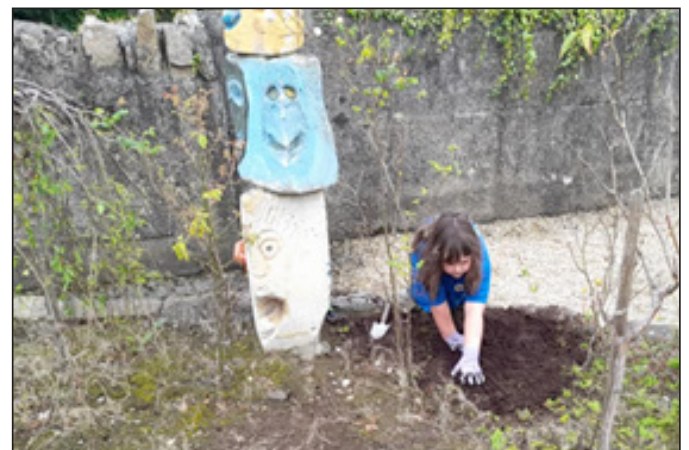
Zoom banter



Mindfulness Day



Fun times in the Youth Services Garden decorating and planting. Plenty of green fingers after.



'These activities are provided by Roscrea Youth Service, managed by North Tipperary Development Company through funding received from the UBU your place your space; IYJS RAY GYDP and Early intervention projects; and Roscrea Community based Family Support project.'

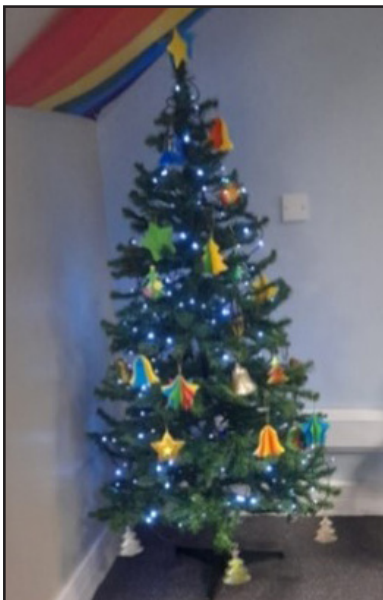


Sports Day in the Park.

Kayaking!



Our last big activity of the year took place in November. We took a group of young people pony trekking. This was a thoroughly enjoyable event the young people had a fantastic time.



To finish off the year the young people make some decoration for our christmas tree (right) in the Roscrea Youth Services as you can see from the pictures below we have some very talented artist around the town.

**TO ROUND OFF THE GOOD WORK THIS YEAR WE ALSO RECEIVED AN INVESTING IN CHILDREN AWARD FROM TUSLA.
Well done everybody...!!**

We can't wait to see what 2022 has in store for us with more outdoor activities planned and some arts and crafts to keep the young people entertained through out the year.

Suspended Coffee

has been a social enterprise in Roscrea for 5 years now. In that time many have paid for others to enjoy a coffee, a tea, or a bun, during that time we have seen much hardship, but, we have also witnessed the generosity of those who can afford to “pay it forward” even from those who themselves may be struggling.

Now we face a second Christmas with restrictions and hardships due to the ongoing Pandemic, this means many especially the elderly struggle with social contact, those who support Suspended Coffee have made a difference in the lives of others and now if possible, we can increase that support across the social spectrum.

We are asking if you can afford it to donate a coffee, a mince pie, a tea, even a light lunch or sandwich as a show of social solidarity at Christmas.

The Ugly Duckling Deli thanks to its owner Naz and her wonderful staff have been the mainstay of Suspended Coffee in Roscrea, along with The Gem and Tommy’s/The Gantly Way great support too.

Any business can take on the format of suspended coffee and adapt it to their particular needs, if anyone needs to talk about it or help initiating it they can phone Mike on 0879841033 or email roscreacommunityhub@gmail.com

Please make this Christmas one to remember in a social sense.

Happy Christmas.

THE SUSPENDED COFFEE TEAM.



Covid and the volunteers

We have all experienced the hardships brought to us by Covid-19, lockdowns, loss of social interaction, cancelled appointments, illness and for many the loss of friends and loved ones without access to the traditional comforts afforded by an Irish Funeral, but there is much to be positive about to.

Very quickly it became apparent that the State and its agencies and services could not cope with a Pandemic, The National Ambulance Service, staffed by some truly heroic people was overwhelmed with all it had to do, Emergencies, patient transports and covid testing, step forward the volunteers of the Red Cross, Order of Malta, and St. Johns ambulance services, here in North Tipperary they all played a vital role in the Community Call managed by Tipperary County Council and the Tipperary Volunteer Centre, no role too small or large, Patient transfers and transports for appointments, prescription deliveries and Covid testing and vaccination centres, food deliveries and welfare checks.

Age friendly Roscrea and Nationwide organised a phone support system to ensure any who needed a chat or supports were not forgotten, Residents groups and associations organising winter fuel and shopping for the essential's, walking dogs, and chatting at the windows of those whose vulnerability meant they had to self-isolate for months, and let us not forget the young people who called to the elderly to bring in the turf during the summer.



Covid-19 has decimated much of what was once normal and taken for granted but it has also awoken the community spirit in many, young and old, for many the past year has been very difficult and for some the difficulties continue, the numbers of those volunteering may have fallen, mostly due to people returning to work, but the need for volunteers has not fallen, we must encourage and facilitate the development of volunteering in our communities and towns, so much that is good in our Country is because giving selflessly benefits all, at a recent Tipperary PPN (Public Participation Network) a talk given on Positive Psychology by Sona (sona_real_life_positivity on Instagram) highlighted how such positive actions can benefit the individual doing the volunteering as much as the person or persons receiving it.

In Roscrea we have a variety of groups and services, all positive and open to new people, but most of all we have people who would benefit very much from all that volunteering and being active brings, you don't have to join a “Committee” or take on any role you don't want to but just being a part of something can be more rewarding than you imagine, just look at all that has been achieved during the past year.

Details for groups and their activities can be found on Facebook.

Mike Edwards roscreacommunityhub@gmail.com



Roscrea CE Update (Paddy Reidy)

A year to forget or a year to remember?

Our year didn't start until May 2021 due to the obvious. Tidy Towns took on a major project to place art works by a local artist, Gerry Cahir in strategic positions throughout the town. Our involvement was to help Tidy Town to deliver this. For us the biggest project was to develop a site on the mall to house a collection of stone carvings on wooden stands and modern metal art.

Other items were displayed at Convent Hill and Templemore Road roundabout, Green Street, Temperance Hall, The Valley, Carroll's Roe and on the bank of the river at Tesco's Litter control as usual was high on our agenda with approx. 100kgs been picked and transferred to our local Re-cycling facility weekly.

Grass and weed control in and around the town is also high on our agenda.

Our lads also contributed to the re-development of the local Community Hall in Rosemary Sq. by Roscrea Lions Club. Camlin church, Abbey Hall, Citeaux hall, Muintir hall and Youth Centre also received face lifts with the help of our willing workers.

The local sports facilities of the GAA, Rugby, Tennis and Golf Clubs also receive a helping hand through the year with pitches and facilities in Tipp top condition.

The local Church grounds and graveyard are maintained to a high standard come what may.

Local charitable organisations also benefit from help from the scheme.

The participants on the scheme also partake in accredited training to help develop their own skills, some of these trainings are delivered in groups and individually dependant on the need. It brilliant to hear that the Roscrea Tidy Towns group received a bronze medal in the National Tidy Towns competition in recognition of their hard work.

I would like to take this opportunity to wish all our sponsors, our management committee and especially our workers on the ground a happy and healthy Christmas.



Learning is an everyday affair!

Change and learning to adapt to change, has never been more obvious than during this period of the pandemic. Our service is here to support people to adapt to the ever changing demands that new skills have on us. We work with people taking the first steps after an absence from formal education, so if you do not know how to 'ZOOM' or use your smartphone or a computer, speak in public, or want to learn to budget effectively or more about sustainability ... we are there to support. You can even gain a QQI qualification if you wish. Our courses are usually once a week and are free.

We have an interesting new course for anybody wanting to gain confidence to return to the workplace starting in Roscrea in the Spring. If this is of interest to you, please see the contact details on our poster.

etb
Bord Oideachais agus
Oiliána Thíobraid Árann
Tipperary Education and
Training Board

Adult Learning Service ROSCREA

Take a look at our courses on offer:

- Back to Work with Confidence
- Learn to use your smart phone
- Practical Budgeting
- Personal Development
- Computer Skills for Beginners and Improvers
- Improve your reading, writing and spelling
- Creative Writing for beginners
- Sustainability for beginners
- Public Speaking for the Terrified

For more information or to enrol
CONTACT

Nicola
067 31845

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LOCAL CONTACT NUMBERS

Emergency Services	999
An Garda Siochana	0505 24230
Garda Confidential	1800 666111
HSE Helpline	1850 241850
Tipp County Council Helpline	076 106 5000
St Vincent de Paul	087 4441835
Lions Club	086 8578606
Roscrea Hurling Club	087 2755019
Age Friendly Roscrea	0505 22550
Roscrea Youth Service	0505 24462
Roscrea Youth Counselling Service	0505 24462
Priest on Duty	086 8246656
An Post	0505 20507
DEASP	0505 22840
Roscrea Health Centre	0505 21498
ShannonDoc	1850 212999
Credit Union	0505 23601
AIB Roscrea	0505 21855
Roscrea Food Cloud	087 7180382
Roscrea Red Cross	087 1931104
Roscrea/Birr Order of Malta	087 9957394
Living Links	087-9693021
Tipperary Volunteer Centre	086-0481743
CARMHA	087-7722671
Shine	1890 621631
Aware	1890 303302
Childline	1800 666666
Samaritians (freephone)	116123
Mid West Regional Drug & Alcohol Service	061 318633
ESB	1850 372999
Eircom	1890 260260
Roscrea Recycling Centre	076 1066243
Ascend Domestic Abuse Service	0505-23999

St Cronan's Rosemount

The children at St. Cronan's National School, Rosemount, have greatly enjoyed their first term back at school this year. So far, we have been lucky to enjoy a Halloween Dress-up Day, rugby coaching, virtual visits from a variety of speakers and French lessons as part of Department of Education "Languages Connect" Initiative. The children have also created a "recycled" outdoor Christmas display to share the Joy of Christmas with the community and invite you all to stop by and take a look. We are looking forward to another Fun Day to finish the term complete with Christmas jumpers, hot food and a virtual performance of the Helix's 2021 Pantomime "Red Riding Hood". From all at St. Cronan's NS, we wish you a safe and happy Christmas and good wishes for 2022.



If you would like any further information about our school, please follow us on Facebook <https://www.facebook.com/StCronansNs>, visit our website <http://stcronansnsrosemount.ie/> or email us at stcronansrosemount@gmail.com.



An Roinn Leanaí agus Gnóthaí Óige
Department of Children and Youth Affairs



EUROPEAN UNION
Investing in your future
European Social Fund



ciste na gcuntas díomhaoin
the dormant accounts fund



An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency



Comhairle Contae Thiobraid Árann
Tipperary County Council



Rialtas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.