



Tipperary Together Newsletter

2022 June

Issue No. 6

Welcome to Edition no. 6 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:

- Tipp Town Dementia Café
- Knockanrawley Ability Project
- Understanding Trauma
- Knockanrawley 'KITE' Initiative
- Youth Advocate Volunteer
- PPN News
- Garda Síochána Vulnerable Risk Register
- Clonmel Arts Festival
- Tipperary Libraries Information
- Tipperary Sports Partnership News
- Silver Arch Family Resource Centre
- LÁMH Sign Language

TIPPERARY AGE FRIENDLY EXPO 2022

On Thursday 23rd June **Tipperary Age Friendly** hosted an **Age Friendly Tipperary EXPO** in the TUS College Campus in Thurles. It was a very successful and enjoyable afternoon, with 60 stands featuring agencies showcasing contributions and supports for positive ageing in Co. Tipperary. In addition to the stands there was a range of guest speakers who provided information on technologies to supporting older adults to live in their own homes, Health and Wellbeing, Planning Ahead, Fair Deal Scheme, Fire Safety and Age Friendly Ireland. This EXPO will help build awareness of and participation with **Tipperary Age Friendly** and increase diversity of membership.



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 July 2022



FUN AND GAMES AT AGE FRIENDLY TIPPERARY 2022 EXPO TUS COLLEGE CAMPUS, THURLES



TIPPERARY AGE FRIENDLY NEWS

Age Friendly Business Training

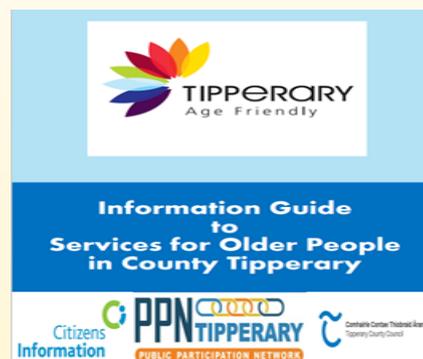
In April community staff called to business premises in the towns of Nenagh, Roscrea, Thurles and Cashel. This was to encourage business to engage with us for Age Friendly Business training and Dementia Awareness Training. An Age Friendly business is an approach to doing business that recognises and addresses the market opportunity afforded by a society where more people are living healthier and longer and demonstrates that you value their custom. The Age Friendly Business Recognition Programme is run nationally with the support of and in partnership with Chambers Ireland and Local Authorities.

Back in My Day Volume 2

Tipperary Age Friendly are seeking contributions towards its reminiscing project Back in My Day Volume 2 and will showcase its findings during Positive Ageing Week in September.

Age Friendly Directory of Services

Tipperary Age Friendly have reproduced and updated the Directory of Services providing information and contacts for all agencies and supports in County Tipperary. This will be available at customer service desks across the 5 Municipal Districts and on www.tipperarycoco.ie



Partnership Tipperary County Library Service and HSE Tipperary Memory Technology Rooms

Tipperary Age Friendly are delighted to partner with Tipperary County Library Services and HSE Tipperary Memory Technology Rooms providing digital devices on loan from referral post diagnosis from the Occupational Therapy team in Memory Technology rooms in Clonmel and Thurles.



Tipperary Covid 19 Response Volunteer Recognition Event

On behalf of Tipperary County Council and Tipperary Volunteer Centre Cathaoirleach Cllr Marie Murphy facilitated an invitation to acknowledge those extraordinary volunteers who responded to Community Call and response to Covid19 in County Tipperary.

This event was held in TUS college campus, coinciding with the Tipperary Age Friendly EXPO event. Eoin Wolohan, Chair of Tipperary LCDC, Derek Fanning, Tipperary Volunteer Centre and Cllr Marie Murphy formally acknowledged the role of volunteers and extraordinary community response in County Tipperary.



Volunteers who attended were presented with a beautiful token gift from Tipperary Food Producers to acknowledge their participation. The ceremony was also acknowledged with a tree planting ceremony in the TUS college campus grounds and role of honour showcased at the auditorium naming the volunteers. This event was supported by the Department of Community and Rural Development.



Sign of the Times – Irish Sign Language Promotion and awareness

On Thursday 19th May Tipperary County Council and the HSE Disability Gold Star Programme formally launched its guide for **Sign of the Times**. **Sign of the Times** is an awareness project around ensuring official recognition for, and the promotion of, Irish Sign Language and encouraging the broader community to “Give it a Go and Help it Grow” and learn a little sign language every day.



This guide includes links to recordings captured as part of the project where you can learn Irish Sign Language (ISL). The guide also captures and links “The Story Continues” with Tipperary County Library Service and Mary Kiely partner. Mary Kiely is deaf and uses ISL to communicate. This partnership, which aims to foster a love of stories and reading among all children, has created a series of ISL children’s stories available through the libraries’ website and social media channels.

This project is an ongoing project and partnership. The initial partners on the project included the HSE Disability Gold Star” (a programme established by the HSE/South East Community Healthcare’s South Tipperary Disability Services), Tipperary County Council, members of the Deaf community and Gold Star volunteers. Supporting partners include Chime, Tipperary ETB, Abbey Secondary School, St Anne’s Secondary School and St Ailbe’s Secondary School Tipperary Town.

This project has previously been recognised, winning an award in the annual Chambers Ireland Excellence in Local Government Awards. At the launch, which took place at Tankerstown National School, Cathaoirleach Cllr. Marie Murphy noted that “The Guide provides links to recordings which could be showcased on public display systems across the county. The interagency support and commitment has been a feature of the success of the project to date. The partnership will continue its efforts and aspirations for the project in mainstreaming ISL across all sectors of society, seeking to use **Sign of the Times** as a model of best practice”.

This Guide will be circulated to all GPs and primary schools in County Tipperary.

For more information visit www.tipperarycoco.ie or www.tipperarylibraries.ie/sign-of-the-times/

Vulnerable Risk Register

A Vulnerable register of people suffering with Dementia and/or Alzheimer's has been launched recently in the Tipperary Division.

Following an initial pilot in Nenagh District which received positive support from the community, An Garda Síochána – Tipperary have rolled it out at a Divisional level. The initiative is aimed at carers of those who suffer with these conditions, whereby they can register the sufferer's details with their local Gardaí so that in the event of an emergency these details can be accessed quickly to ensure the safe return of these people to their loved ones. Their details are captured through a prescribed form, which is then entered into a secure database where only designated Gardaí will have access to the information in an emergency. Our ethos is to assist people in our community who are living with and supporting those who have Dementia or Alzheimer's. These situations become especially trying when that person wanders off or goes missing.

A Sergeant appointed in each District will monitor this database. When a person living with Alzheimer's or Dementia are reported missing, this database could provide vital information that investigating Garda can access.

See link for Vulnerable Risk Register form: https://www.tipperarycoco.ie/sites/default/files/Forms/11_Appendix_09%20Vulnerable%20Risk%20Register.pdf



Tipp Town Dementia Cafe

*A welcoming, monthly meet-up for anyone
connected with dementia*

Pop in for a cuppa & chat



*Join us the last Friday of every month from
11am-1230pm*

*In Knockanrawley Resource Centre
E34 D832*

For more information contact:

Gemma O'Donnell
Cafe Co-Ordinator
(087) 3910840

Sponsored by Bennett's SuperValu Tipp Town



Social Inclusion &
Community Activation
Programme



**KNOCKANRAWLEY
Resource Centre CLG.**

"It is better to light one candle than curse the dark"



THE ALZHEIMER
SOCIETY OF IRELAND



Irish
Dementia
Cafe
Network
18 000 000

Clonmel Library is now partnering with the Junction Festival to run a number of events this July. Events are free and booking is now open, either online or through the festival ticket office.

CLOMEL
JUNCTION
ARTS
FESTIVAL

AT CLONMEL LIBRARY



Saturday 9th July at 8pm in the Junction Dome

Liz Nugent in conversation with Elaine Feeney

Liz Nugent, one of Ireland's favourite crime writers chats with Elaine Feeney, author of *As You Were* about their books and the richness of contemporary Irish writing. The conversation will be followed by a Q & A with the audience.



Sunday 10th July 4pm at Raheen House

Festival Bookclub with Donal Ryan
For the inaugural festival Book Club we will be joined by Donal Ryan, author of several award-winning books and a perennial favourite with book club members. Donal will discuss his book, *The Spinning Heart* with a group of readers and chat about his writing.

Copies of *The Spinning Heart* will be available from Clonmel Library for anyone attending this event.

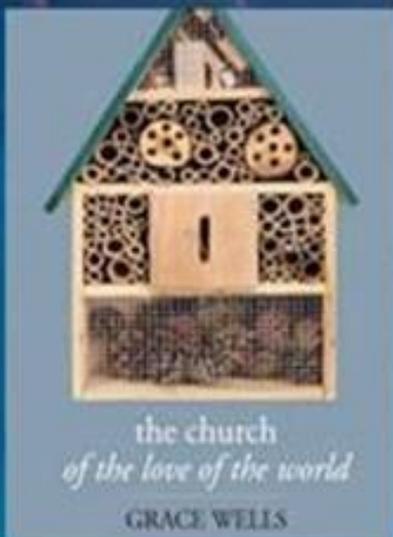
All Bookings through Junction Box Office or junctionfestival.com



Clonmel Junction Arts Festival
Clonmel Junction Arts Festival
Clonmel Junction Arts Festival

CLONMEL
JUNCTION
ARTS
FESTIVAL

AT CLONMEL LIBRARY



Saturday 2nd July at 2.30pm - Library - Book Launch

Grace Wells – 'The Church of the Love of the World'.

Published in May 2022 this is Grace's latest collection of poetry and we are delighted to host the Clonmel launch.

Find out more about Grace at <http://www.gracewellslittlesanctuary.com/>



Saturday 9th July at 2.30pm - Library - Workshop for 13-16 year olds

Creative Writing for Teens – 'Teens Learn to Write' with Elaine Feeney

This workshop is a great opportunity for young writers to share ideas, hone their writing skills and pick up some tips from an experienced writer.

Elaine Feeney lectures in poetry and creative writing at NUI Galway



July 4th – 16th Exhibition Room – Library 'The Running Stitch' by Des Dillon

A chance to see the past works of Des Dillon reunited in this unique exhibition.

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

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

Follow us on Facebook and Instagram: Tipperary Heritage Office.



Goldfinch on Knapweed



"It is better to light one candle than curse the dark"



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Tipperary Town
Co. Tipperary
E34 D832

Tel: 062 52688 | Fax: 062 52206
knockanrawleyrc@gmail.com
www.knockanrawley.ie

Knockanrawley Ability Project took time out from their busy schedule to enjoy a great day out in Dublin Zoo. This trip was kindly sponsored by National Adult Literacy Agency. Our participants have been busy on work placements and training. Pictured are 5 participants from Scoil Chormaic receiving their certificate for a six-week Healthy Eating Programme sponsored by Dan Downey (Healthy Eating Ireland) and delivered by Helen Buckley (Knockanrawley Family Support)



Healthy Food for Life

The Food Pyramid Guide to everyday good food choices for adults, teenagers and children aged 5 and over. Click here for HSE Food Pyramid Leaflet:
food-pyramid-leaflet.pdf (hse.ie)

LÁMH SIGN LANGUAGE

About Lámh- sign language

Lámh signs can help a child or an adult to communicate

With Lámh, speech is always used with signs and key words in a sentence are signed.

Lámh currently has 586 signs - new signs for technology, sports and other general signs were added in 2019.

Using Lámh signs can reduce frustration, as the Lámh user is able to use signs to ask for what they want, to answer and to take part in conversation.

The Lámh user may be more easily understood when they use signs and this encourages many to try new words and say more.

Signing naturally encourages people to slow down a little so there is more time to work out the message.

Signing encourages eye contact and attention to movement; skills that are important for supporting speech development.

For more info about Lámh sign language, please visit www.lamh.org

BEGINNERS LÁMH COURSE

8th of October 2022

@ 9.30-5.00pm approx.

Clonmel Resource Centre

Registration starts @ 9.00am

1. €85.00 TO INCLUDE TEA/COFFE&SCONES
2. €100.00 TO INCLUDE TEA/COFFE&SCONES+ LUNCH

Fee also include:

- Lámh sign book,
- certificate &
- online Membership

Limited places, fee must be paid in full to secure your place

Bookings & enquiries via email
bookingsouthtippautism@gmail.com
phone 052 -6129529
mobile 089 268 4361

Course organised by :



Understanding Trauma - HSE Training

Understanding trauma and supporting the needs of people fleeing war or persecution

HSE Cork Kerry Community Healthcare in conjunction with the HSE National Social Inclusion Office and HSE Mental Health delivered this free on-line training.

The training was recorded and will be made available until September.

Please find link for the training [here](#).

Please also find a directory of resources [here](#)

Who is this training for?

[This training](#) is for anyone working with or supporting children, adults or families who have fled war and / or persecution, including those providing support to people who have arrived in Ireland from Ukraine and all other people seeking International Protection here in Ireland. It is suitable for people working in Statutory and Non-Statutory organisations such as the HSE, Child and Family Agency, Department of Education and Science, Department of Social Protection, Department of Justice, NGO's and community support services.

What are the learning goals?

Participants will leave with an awareness / basic understanding of the following:

- War trauma and Post Traumatic Stress Disorder (PTSD)
- The psychosocial needs of people who have fled war and are adjusting to a new life in Ireland
- Understanding the barriers that interfere with people accessing and benefitting from supports
- Helpful do's and don'ts when working with people who have survived war trauma
- When and where to get help for trauma / PTSD
- Understanding the importance of minding your own psychological wellbeing when helping others

Trainer

Dr. Jennifer Hayes is Principal Psychology Manager for Social Inclusion in Cork Kerry Community Healthcare. She is a qualified clinical psychologist and a counselling psychologist and has supported children, adults and families across multiple services in the HSE for almost 20 years. Over the last number of years she has worked extensively with Syrian and Iraqi war survivors living in Ireland as part of the Resettlement Project. Her area of clinical expertise is trauma, PTSD and supporting people who have fled war and persecution are resettling in Ireland. She has represented the HSE on selection missions with Department of Justice on to Lebanon, Jordan and Greece. In her downtime she plays Gaelic football with Gaelic for Mothers and Others and is an avid Cork hurling supporter.

Be a Summer Reading Star with the Children's Summer Book Bus

The Library Service Children's Summer Book Bus is on the road again this summer! This year we are delighted to return to Clogheen, and we are excited to add a new location to our schedule – Oakland Drive, Clonmel.

With the book bus, we are bringing the library to you! Children can join the library at the book bus, or if they are already members, they can choose new books and return their old ones. We encourage parents and children to call at the book bus and check out all that's on offer. The Summer Stars reading programme is now running in all our libraries and is open to all children. Each child who registers for the programme joins in the fun of reading lots of exciting books during the summer. Children will receive their own Summer Stars Reading Card to record their progress and the Summer Stars reward stamp will be added to their card for each library book read. Fun rewards will be provided along the way. At the end of the programme, all children who have participated will be invited to attend an awards event.

Catch the Children's Summer Book Bus on the four Wednesdays of July at:

- Clogheen Community Centre from 10.30 to 12 noon,
- Beside Le Chéile, Oakland Drive, Clonmel from 1.30 – 3 p.m.

The Book bus is for everyone, so no matter where you live, you're more than welcome to drop by!

The Children's Summer Book Bus is run by Tipperary County Council Library Service and has received funding from South Tipperary Development CLG under SICAP. 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.





KITE **LTI Pathways to Employment Programme** **at Knockanrawley Resource Centre (KRC)**

This Programme has been running at KRC for over 16 years now. It is an LTI Back to Education programme funded by Tipperary ETB. It carries a QQI Major Level 4 Award offered on a full-time basis 40 weeks Sept. to June.

Learners get 60 hours work placement; extra Social Welfare allowances may be payable and learners must be open to new skills.

The Programme offers a great supportive learning environment with access to Childcare and other supports. The learners will participate in employable skills like Food Hygiene (HACCP) and Barista Coffee Training. They will be educated on practical skills like IT, Cookery and Organic gardening and they will also be supported to sit the Driver Theory Test. As this Course is a Pathways to Employment Programme, progression of learners to permanent and part-time employment has been a real success in the past 2 years. Some learners have opted to further education, e.g. Level 5 which is admirable.

Last year of the 11 Certified – 7 have full-time employment, 3 are doing a L5 Course and 1 has secured an apprenticeship. There were 4 Major Awards and 7 component Certificates for the academic year.

Two of last year's Graduates now in full-time employment



Now enrolling for 2022/2023. See below for details:



K.I.T.E.



Knockanrawley Information for Training and Employment



A QQI Major Level 4 Award
offered on a **full-time** basis
40 weeks September 2022 -
June 2023

60 hours Work Placement

Must be open to learning
new skills

**Extra allowances may be
available**

Develop the confidence to
progress to employment

**A supportive learning
environment with access to
Childcare and other supports**

Learn employable skills –
Food Hygiene (HACCP),
Barista Training

**Learn practical skills – IT,
Cookery, Organic gardening**

Prepare and sit the Driver
Theory Test



CONTACT: KITE OFFICE at (062)52688 or (086) 8811412 (Nora) or (085) 8143662 (Tony) or knockkite@gmail.com

Or message via [Facebook](#)



www.facebook.com/knockanrawleyresourcecentre

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Rialtas na hÉireann
Government of Ireland



etb

Bord Chóirneála agus
Oifigea Thairseál Anair
Tipperary Education and
Training Board





BikeWeek

Tipperary Sports Partnership had a great response to their recent Bike Week Competitions. Congratulations to Shane Riordan who won our school's Bike Week Competition, he is in First Class in Burncourt National School and won a €50 sports voucher for himself and €200 sports voucher for his school and five school bike packs!! Shane's sister Carol also joined him for the photo.

LET'S KEEP TIPPERARY CYCLING!



Welcome to Tommy Dorney our new Social Inclusion Development Officer. Tommy brings with him valuable experience from his previous employment with disability groups, youth development and physical literacy and is looking forward to this new role





Cycle Without Age Initiative

Bike Week 2022 saw many events happening throughout the county. As part of Bikeweek 2022, Cathaoirleach Marie Murphy launched the first Cycle Without Age initiative for Tipperary in Cahir. Tipperary Sports Partnership are delighted to partner with Tipperary County Council, Healthy Ireland Tipperary, Age Friendly Tipperary, Cahir Tidy Towns & Cahir House Hotel. The aim of this project is to provide an enjoyable cycling experience for older adults and people with disabilities in the community of Cahir on the Suir Blueway, Tipperary. The first Cycle without Age has been funded by Healthy Ireland, and we have also secured funding under Outdoor Recreation Infrastructure Scheme (ORIS) for Clonmel and Roscrea. We have also made a submission for funding for Carrick on Suir and Nenagh under ORIS in 2022. If anyone is interested in becoming involved as a volunteer pilot please email agefriendly@tipperarycoco.ie or to see more on cycling without age see <https://cyclingwithoutage.ie/>



Older Adult Festival!!

Great fun and games was had by over 40 older adults from Tipperary who attended our Go For Life Older Adult Festival in The Anner Hotel recently. Well done to all the participants who thoroughly enjoyed a Relaxation Workshop, Go For Life Games, Dance, Active Ageing Exercises and a Game of Scooch.

Tipperary Town Community Sports Hub!!

A new initiative has recently commenced at the [Tipperary Town Community Sports Hub](#) with the Youth Services in Tipperary Town where the participants are enjoying a variety of physical activity programmes including Teqball, Badminton, Table Tennis and Basketball.

BECOME A YOUTH ADVOCATE VOLUNTEER!



Youth Advocates

create understanding, raise awareness and promote youth mental health within their own community and are a key element of the youth voice and engagement approach within Jigsaw

For more information and to apply online please visit jigsaw.ie/getinvolved

"I am making a real difference and ensuring that the Jigsaw service is 100% youth focused"

- Quote from a youth advocate in Jigsaw

We are looking for **young people** who are

- Aged between 16-25 years old
- Living, working, attending education in Tipperary
- Are passionate about promoting youth mental health
- are able commit to meetings and can work as part of a team

CLOSING DATE: JULY 4TH 2022

JIGSAW TIPPERARY

Young people's
health in mind

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health



Living Well is a free group programme for Adults living with long-term health conditions and/or their adult carers. It is delivered over six workshops (2.5 hrs per week for 6 weeks) by trained leaders, most of whom are also living with long-term health conditions.

A long term health condition is one which can be treated and managed but usually not cured.

Living Well can support you to develop the skills and confidence to manage and live well with your health condition (s).

For further information visit: www.hse.ie/LivingWell

Upcoming Living Well Programmes (North Tipperary)

Day	Start date	Finish date	Time	Location
Tuesday	13 th Sept 2022	18 th Oct 2022	10am – 12.30pm	Thurles
Thursday	15 th Sep 2022	20 th Oct 2022	10am – 12.30pm	Nenagh

More Information

Philip Hennessy Tel: 087-1799396
Email: philip.hennessy2@hse.ie or
Liz Cox Tel: 087-1799392, email: liz.cox@hse.ie

www.hse.ie/LivingWell



Upcoming Living Well Programmes (South Tipperary)

Day	Start date	Finish date	Time	Location
Friday	24th June 2022	29th July 2022	2pm – 4.30pm	Kilkenny
Monday	12th Sept 2022	17th Oct 2022	6pm – 8.30pm	Kilkenny
Friday	22nd Sept 2022	27th Oct 2022	10.30am – 1pm	Kilkenny

More Information

Justin Brophy Tel: 087 - 4088325
Email: justin.brophy2@hse.ie or
email: livingwellse@hse.ie

www.hse.ie/LivingWell

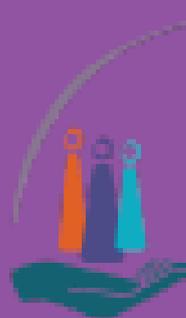


Self-management
Support



Sláintecare.





Silver Arch

Family Resource Centre

Social Prescribing Programme

Supporting you to look after your health and wellbeing in a way that interests you.

Are you feeling lonely, stressed, anxious, isolated or depressed?

Are you living with an illness?

Do you feel you need support in relation to your health and wellbeing?

Social Prescribing is a free 1:1 service that might be able to help by connecting you with a source of support or interest chosen by you in your community!



For more information
Call 083 2049954 / 067 31800

OR

Ask your G.P / Healthcare Professional about a referral

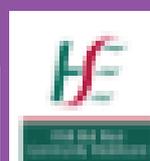
Contact Us

📞 067-31800

🌐 www.silverarchfrc.ie

✉ info@silverarchfrc.ie

📍 52 Silver St, Monagh
Co. Tipperary, E45 P624





Social Prescribing Programme at Silver Arch FRC

Silver Arch Family Resource Centre are the only FRC in North Tipperary. We offer a range of services and supports to individuals and communities living in that areas of Nenagh, Borriskane, Cloughjordan and Newport (& their surrounds).

Silver Arch FRC are delighted to announce that we have recently commenced a Social Prescribing Programme, in collaboration with HSE CHO Area 3.

Social Prescribing is a support programme that empowers people to improve their health and wellbeing by connecting them with non-clinical supports and interest groups within their community. The Social Prescribing programme is open to adults aged 18+ who live within the current geographical remit of Silver Arch FRC. Social Prescribing is beneficial to those who are:

- feeling stressed, lonely, socially isolated, depressed, anxious
- living with a long term/new illness
- feel they need support for their health and wellbeing.

Professional referrals can be made via referral form available from info@silverarchfrc.ie and can be submitted via post or email. Please note we also accept referrals via healthmail (silverarchfrcsps@healthmail.ie). Self-referrals are also encouraged by contacting the social prescribing link worker directly.

For more information on Social Prescribing contact: Claire Gill, Social Prescribing Link Worker on 083 2049954 or socialprescribing@silverarchfrc.ie





Working with the Sustainable Development Goals in the Tipperary Public Participation Network



Let's take a brief look at the Sustainable Development Goals (known as the SDGs). They are United Nations Goals for global targets to create a fair, just & sustainable world by 2030, agreed to by Ireland and many other countries.

Our PPN workplan is based on these 17 goals, pictured above. They underpin work in all three of our group sections, Environmental, Social Inclusion and Community & Voluntary.

Use this link to find out more: <https://sdgs.un.org/goals>

If you are a member of a group that is a PPN member & you want to know more or get a copy of our workplan, please contact Ruth on 087 4567111 or coordinator@ppntipperary.ie

South Tipperary Stop Smoking Service

Address: Physiotherapy Department, Tipperary University Hospital, Clonmel, Co. Tipperary

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Description: This face-to-face service is available to staff, inpatients and outpatients interested in quitting smoking. For further information or to book an appointment please call or email.

County: Tipperary

Email: angela.radley@hse.ie

Nenagh Stop Smoking Service

Address: Tyone Primary Care Centre, Nenagh, Co. Tipperary

Contact: Stacey Cahill

Phone: 065 6865841

Description: This service is available on Monday afternoons from 1.30am to 5pm

County: Tipperary

Email: linda.nolan7@hse.ie

Thurles Stop Smoking Service

Address: St. Mary's Primary Care Centre Thurles, Thurles, Co. Tipperary

Contact: Stacey Cahill

Phone: 065 6865841

Description: This service is available on Monday mornings from 09am to 12.30pm

County: Tipperary

Email: linda.nolan7@hse.ie

Visit www.events.whatsonintipp.ie to register your community event or to see what events are happening.

Please see 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.



"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 promoting community and support families coping at home & cocooning.



Visit gov.ie for COVID updates

You are not alone, help is at hand.



text about it

50808

