



Tipperary Together Newsletter | 2023 | Issue No. 6

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:

- **Tipperary Age Friendly EXPO**
- **Public Participation Network (PPN) News**
- **Tony Leahy Bursary**
- **Youthwork Tipperary Chatline**
- **Tipperary Sports Partnership news**
- **Rights of Young Workers**
- **Tipperary Arts Office**
- **BBQ Safety Tips**
- **Tipperary Arts Office news**
- **Stroke Conference**
- **Local Link**
- **ETB Courses on Fashion & Design**
- **Science of Positive Psychology**
- **Useful Services in Tipperary**

Contact Us:

Phone: 0818 06 5000

Email: custmomerservices@tipperarycoco.ie

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

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



TIPPERARY
Age Friendly



TIPPERARY AGE FRIENDLY EXPO

WHEN: THURSDAY JUNE
22ND, 2023 | 12.00-3.00PM

WHERE: TUS Thurles Campus,
Nenagh Road, Thurles

**This is a free event all are
welcome**

**A DAY TO SHOWCASE A RANGE OF SERVICES
AND
SUPPORTS AVAILABLE FOR POSITIVE AGEING IN
COUNTY TIPPERARY
FREE REFRESHMENTS AND SOCIAL DANCING ON
THE DAY.**



0818065000 ask for Cliona Tobin, Angela
Sheehan, Fiona Crotty



agefriendly@tipperarycoco.ie



TIPPERARY
Age Friendly



It's that time of year when the BBQ comes out, please remember some basic BBQ safety tips

In the event of an emergency ring 999 or 112

BBQ Safety Tips

Gas and charcoal BBQ grills should only be used outdoors

- **Place BBQ well away from the home, decking rails and out from under eaves and overhanging branches**
- **Keep children and pets away from the BBQ area**
- **Keep your grill clean by removing grease or fat build up.**
- **Never leave the BBQ unattended**
- **Always ensure your BBQ lid is open before lighting it**

If there is an Emergency remember stay calm and ring 999 or 112

Charcoal BBQ's

There are several ways to get your charcoal ready to use

If you use starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquid to the fire

Keep Charcoal fluid out of reach of children and away from the heat source

When you are finished leave the coals completely cool before disposing in a metal container

Gas BBQ's

Check the gas tank, hose and valves for leaks before using it for the first time each year by carrying out the soapy bubble water test.

Check the integrity of the hose and tank

It is good practice to replace the hose and regulator every 5 years

Always keep the gas tank upright

Turn off the gas at the tank when you have finished cooking

That all being said if you are planning a BBQ be safe and enjoy it from All at Tipperary Fire and Rescue Service



We Need You!

We are looking for volunteers who can generously give a small amount of time monthly to the Tipperary PPN to join our board, called the secretariat, the day-to-day management team, a bunch of great people.

The main decisions to be made are to support the staff and the work of the PPN. Other decisions, such as the budget and annual workplan, are approved by all the PPN member groups at the twice yearly Plenary meetings. You don't have to do it all!

Though we are based in Thurles, we do blended meetings monthly to suit your lifestyle for 10 months in the year.

If you do want to attend meetings in-person, we ensure that you are not out of pocket and you can claim travel expenses.



Currently, there are four vacancies in the two North Tipperary Municipal Districts (MD):

Nenagh MD Environmental pillar rep
Thurles Environmental pillar rep

Nenagh MD Social Inclusion pillar rep
Thurles community & Voluntary pillar rep

There are various subgroups to volunteer for, if you have the interest &, possibly, the experience, such as, Finance, Event Planning, Staff Support etc, but they are not compulsory.

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

TONY LEAHY BURSARY



Mental Health Ireland Tony Leahy Bursary

Closing Date
Friday
25th August
2023

Mental Health Ireland's Tony Leahy Bursary supports a number of students each year on specific courses that support the promotion of mental health, recovery and peer support working.

The Bursary prioritises peers / people with lived experience of mental health challenges, family members and supporters.



Tony Leahy
RIP

The bursary is named in honour of our colleague and friend Tony Leahy, who sadly passed away in 2018. He understood that change could not happen in mental health services until all voices, lived experience, providers and supporters, were at the table. He was a true champion of recovery.

Bursaries for successful applicants are up to 50% of course fees. Special category bursaries of up to 100% of course fees are available to successful applicants who are members of the Traveller community and those who identify as an international protection applicant, or a person granted international protection or a person who has been granted Discretionary Leave to Remain (DLR).
Terms & Conditions apply.

Applications for the Tony Leahy Bursary are invited from prospective students of the below courses:

- Certificate in Peer Support Practice (Level 8), GMIT
- Certificate in Mental Health in the Community (Level 6), UCC
- Certificate in Peer Support Working in Mental Health (Level 8), DCU



Prospective students also have to apply directly to the course providers for a place on their chosen course.

For more info, T&Cs and to apply go to:
www.mentalhealthireland.ie/education

Here is a link providing some information on the Tony Leahy Bursary which is now open for applications for 2023. Closing date is 25th August. You might know someone who would be interested in having support to progress their career path through some of the options provided through the bursary.

Further information and application portal [here](#):

STROKE CONFERENCE



2nd Regional Stroke Conference & Awareness Event

brought to you by:
South Tipperary Stroke Communication Group
in association with



on **Monday 26th of June 2023**

TALBOT Clonmel Park Hotel, Clonmel, Co. Tipperary
9.30a.m. - 1.30p.m.

FREE EVENT (Incl. Tea / Coffee)

Come along to find out about:

- ◆ Recovery after Stroke
- ◆ Music Therapy
- ◆ Communication after Stroke
- ◆ Living Well Programme
- ◆ Patient & Carer Stories
- ◆ Information Stands
- ◆ Local Support Services

Guest Speakers Include:

- ◆ Irish Heart Foundation
- ◆ National Clinical Lead for Stroke
- ◆ Stroke Survivors
- ◆ Stroke Support Groups
- ◆ Health & Wellbeing
Co-Ordinator

Exhibition and Information Stands

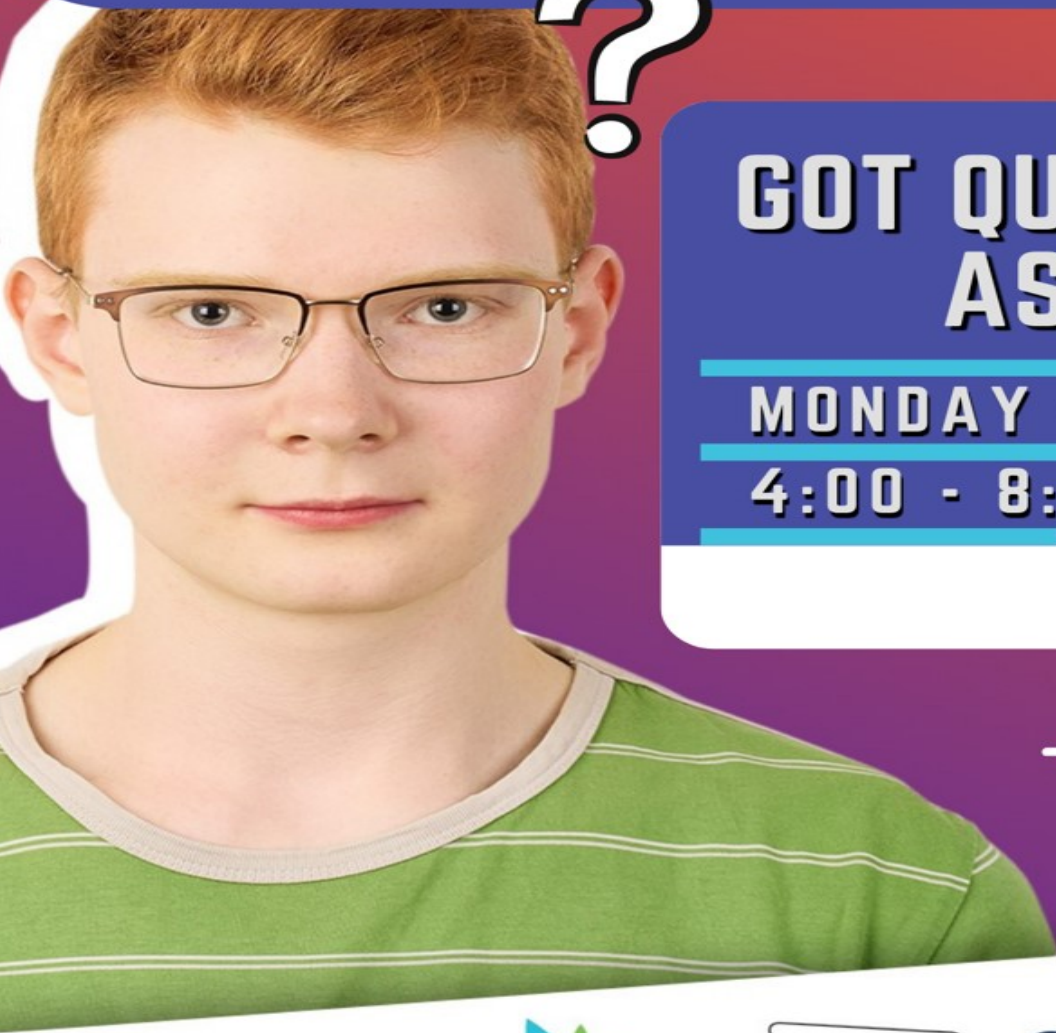
Enquires to: Martin: 087 6101628 / AnnMarie: 087 7541548

All Welcome

Kindly Supported by

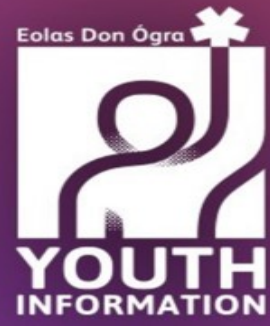
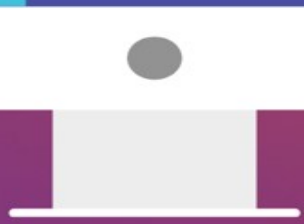


WWW.YOUTHWORKTIPPERARY.IE/CHAT



**GOT QUESTIONS?
ASK US!**

MONDAY - FRIDAY
4:00 - 8:00 PM



The Tipperary Town Community Sports Hub are delighted to announce activities in MUGA (Multi Use Games Area) on St Michael's Avenue, Tipperary Town. This will include 3 weeks of Soccer with FAI coach and 3 weeks of Basketball with a Basketball Ireland coach. This programme starts on July 4th and costs €5 plus booking fee. Register on this link <https://bit.ly/3qLtDLB>

Tipperary Sports Partnership are hosting **Teen Explorers Kayaking Camp** on the River Suir for 12-18-year olds from the 26th to 30th June.

Morning Session 10am - 12.30pm Afternoon Session 1.30pm - 4pm

Register on this link <https://bit.ly/3X8AbjB>

Kids Kayaking Camp on the River Suir for 10-18 year olds from the 3rd-7th July.

Morning Session 10am - 12.30pm Afternoon Session 1.30pm - 4pm

Register on this link <https://bit.ly/3CAMZ8V>

TSP teamed up with Nenagh Hockey Club and Hockey Ireland to deliver a Hockey4All Taster Session. The participants had a great time in the sunshine learning the basic skills of hockey in a fun, safe environment, under the guidance of a fantastic group of coaches from Nenagh Hockey club. This event was such a success, that Nenagh Hockey club are going to run a block of Hockey4All sessions, starting next Thursday 22nd June, from 6:30pm-7:30pm. For more information and to register your interest, contact Olivia on 086 6054411.



Well done to our Co-Ordinator Valerie Connolly who participated in the game of two halves last weekend at the official opening of Fethard Town Park.

Tipperary Sports Partnership recently hosted an Activator Taster Session - **A Walk in the Park** at Fethard Town Park. This taster proved very popular.

I just turned 15 and have finished school for the summer, can I get a summer job?

You can get a summer job, but if you are a young worker and in full-time education, you are protected by different employment laws than adults. The laws do not apply if you are employed by a close relative.

If you are aged between 14 and 18 and work for an employer, you are a young worker. The law sets out different rules for young workers depending on their age:

- Workers aged 14 and 15 are classed as 'children'

Workers aged 16 and 17 are classed as 'young persons'

What do I need to give to the employer so I can work?

You must show the employer a copy of your birth certificate or provide other proof of your age.

Because you are under 16, you must also get written permission from your parent or guardian.

How many hours can I work?

The number of hours you can work and the types of jobs you can do, depends on your age.

The working hours for young people are regulated by the [Protection of Young Persons \(Employment\) Act 1996](#).

Because you are under 16, you can't work a regular full-time job.

Employers can employ children aged 14 and 15 years on light work as follows:

- **Children aged 14 or over** can work during the school holidays, up to 7 hours in any day or 35 in any week.
- **Children over 15 but under 16** can work up to 8 hours a week during school term time.
- **Children under 16** can work up to 8 hours a day and 40 hours a week if they are on an approved work experience or educational programme.
- **Children under 16** must have at least 21 days off work during summer holidays.

What breaks am I entitled to?

Because you are under 16, you are entitled to 30 minutes rest break after every 4 hours of work, and 14 consecutive hours off between shifts.

You must have 2 days off a week.

[Read more about working hours for young people on https://bit.ly/YoungWorkersRights](https://bit.ly/YoungWorkersRights) or call us on 0818 07 4000 (Monday to Friday, 9am to 8pm).



Thrive and Flourish

The Science of Positive Psychology

FREE 90 min Online Workshop

We invite you to join us where we aim to support you to thrive and flourish as we journey into older age and how to age positively



Facilitated by: SONA Wellbeing



- Online Zoom link
- Saturday 24th June
- 10am to 11.30am
- FREE Workbook upon registration



Visit www.ntdc.ie/events to register for this workshop or email Joanne at jmulqueen@ntdc.ie



Did you know Tipperary Local Link runs a door-to-door (DRT) service from:

Newtown to Nenagh every Thursday

Rathcabbin 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 for more information.

HOP ON A LOCAL LINK BUS AND RE-CONNECT!



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



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



Level 5 Fashion Design

Archerstown, Thurles

Pathway to BA (HONS) MIC Thurles
Education, Home Economics & Business
No CAO Points Required

September | 31 weeks | Full-time

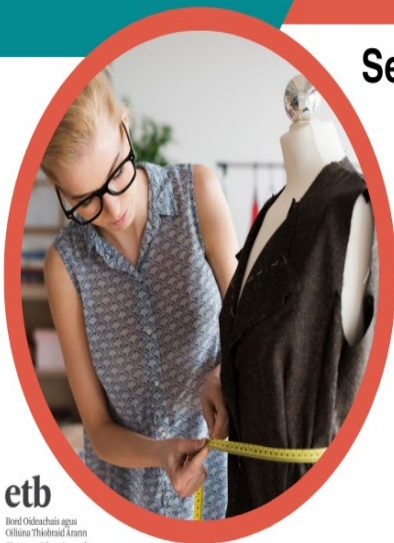
FURTHER INFORMATION CONTACT:

📞 052 6134333

✉️ courses@tipperaryetb.ie

USE COURSE CODE: 399374

➔ www.fetchcourses.ie 🔍

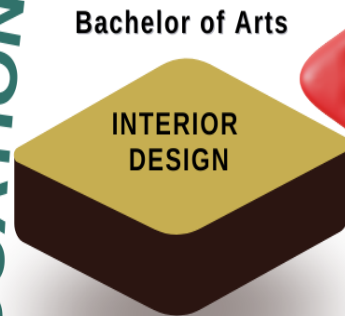


Level 5 Fashion Design

Archerstown, Thurles

Progression Pathway

FURTHER EDUCATION



Bachelor of Arts



Level 5
Fashion Design

- FASHION DESIGNER
- RETAIL MANAGER
- FASHION STYLIST
- PERSONAL SHOPPER
- MAKE-UP ARTIST
- TEXTILE DESIGNER
- RETAIL/ FASHION BUYER

EMPLOYMENT

Tipperary ETB (TETB)



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
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



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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 for more information.

HOP ON A LOCAL LINK BUS AND RE-CONNECT!



Contact Numbers & Helplines

Stop Smoking Services

Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Clonmel Resource Centre:

Contact: Geraldine Moloney

Phone: 087 1880690

E-mail: SouthEastStopSmokingSupport@hse.ie

Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Cahir & Carrick-on-Suir:

Contact: Colm O'Connor

Phone: 087-7526429

Email: SouthEastStopSmokingSupport@hse.ie

Tipperary Town:

Contact: Aoife Dunphy

Phone: 087 1819538

Email: SouthEastStopSmokingSupport@hse.ie

Contact directly for more information



Tipperary Volunteer Centre is a registered charity that provides a free service for organisations that involve volunteers and individuals currently or wishing to volunteer. If you have a question about volunteering in Tipperary, we are here to assist you. We can advise you on all aspects of your volunteer programme, from volunteer recruitment/retention and training to governance-related issues and Garda Vetting.

Check out our website for all the details. www.tipperaryvolunteercentre.ie Alternatively you can call us on 06264775 or email info@volunteertipperary.ie

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

"Tipperary PPN website www.ppntipperary.ie is the host for the community resources for Tipperary Together for Tipperary.

As part of the Tipperary Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary.



We are open for appointments, drop-in's & phone calls - contact your local Centre for details

Call Tipperary Citizens Information

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

National Phone Service: 0818 07 4000
Or visit citizensinformation.ie

A SOURCE YOU CAN TRUST

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

Citizens
Information

Funded & Supported by the Citizens Information Board

You are not alone, help is at hand.



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.

