



Tipperary Together Newsletter | October 2022 | Issue No. 10

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:

Articles:

CYPSC Report
Knockanrawley News
Dementia Café Thurles
PPN News
Library Events
5K Run/Walk in Cahir

Community Talks & Seminars:

Role of Footwear for Autistic children
16th Series Tipperary People
John Lonergan Social Prescribing
Living Well South East
Museum Big House Lecture Series
Tipperary Museum & Pride Community
START Campaign Ease the Treats

Community Services:

Arts Office Information
FREE Online Breast-check Awareness
Healthy Food Made Easy Programme
N62 Kilnoe to Thurles Road Information
Tipperary Mental Health Week
Local Link Information

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 25th November 2022

Contact Us:

Phone: 0818 06 5000

Email: customerservices@tipperarycoco.ie

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

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

Appointment of a design team for a new Library in Clonmel



Back Row (L-R): Carol Creighton, Clonmel District Administrator, Anne Marie Mullins, Branch Manager, Clonmel Library, Damien Dullaghan, County Librarian, Brian Beck, Director of Services. Front Row (L-R): Cllr Siobhán Ambrose, Cllr Pat English, Mayor of Clonmel Borough, Cllr Roger Kennedy, Cathaoirleach, Tipperary County Council, Joe MacGrath, Chief Executive, Tipperary County Council, John Parker, Director, ABK Architects.

A full design team has been appointed to progress the design and planning phases of the new Library for Clonmel. Tipperary County Council have appointed ABK as the lead architect for the proposed new Library in Clonmel on the current site in Mick Delahunty Square.

Founded in 1961, ABK Architects is a design-led practice with an international reputation for the delivery of buildings of the highest quality. Renowned for its work in many fields including housing, education, healthcare, office and work-space as well as public buildings and the arts, the practice's imaginative approach has led to a succession of acclaimed buildings. Recent projects include Kilmallock Library and Area Office, Roscommon County Council's Civic Offices and the Library Building for Munster Technological University.

The current Library in Clonmel has served the citizens of Tipperary very well for nearly four decades and is the busiest Library in Co. Tipperary with over 100,000 visitors every year. However, the design and layout of the building now presents a number of challenges and the current Library no longer has the capacity to fully meet customer's needs. The new Library will be a transformational Library which will be built on the current site in Mick Delahunty Square. The new Library will be built over 2 floors possibly extending to 3 floors. It will be a high-quality building which will be flexible

and adaptable. This will allow the new Library to be a cultural and social inclusion hub, playing a pivotal role in strengthening community identity and promoting civic participation.

The Mayor of Clonmel Borough District, Cllr Pat English said "The appointment of a design team for a new Library in Clonmel is a very positive step for the town. We are proud of the strong tradition of our Library Service in Clonmel. I am delighted that such a transformational building is a step closer and I very much welcome the fact that the new Library will remain on the current site in the town".

The Cathaoirleach of Tipperary County Council, Roger Kennedy said "It is a day of pride to see such a positive development for Clonmel. Every community deserves a quality public library service and every member of the community is entitled to access to these services. I believe this appointment again demonstrates Tipperary County Council's commitment to providing the best possible public services for our citizens."

The Chief Executive of Tipperary County Council, Joe MacGrath stated "I welcome the appointment of the design team for a new Library for Clonmel. This important milestone demonstrates Tipperary County Council's commitment to providing a new Library for Clonmel. The appointment of the integrated design team is a key moment in the project and I have no doubt that ABK will deliver a transformational project."



TIPPERARY CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE

Tipperary Children and Young People's Services Committee launched its second *Children and Young People's Plan, 2022-2025*, on 11th October in the Anner Hotel, Thurles. The launch was chaired by Anne Marie Stafford, Area Manager Tusla, Carlow/Kilkenny/South Tipperary.

The Children and Young People's Plan provides a profile on the children and the young people in the county, drawing on key statistics relating to health, education and economic circumstances, and on responses to consultations carried out with children and young people, with parents and with front-line staff. Key issues targeted in the Children and Young People's plan include mental health and wellbeing from infancy; parent support tailored to meet different levels of family need; access to education and to the labour market for travellers; youth spaces; and the range of needs of children and young people with additional needs and their families. The full Children and Young People's Plan can be viewed on the Tipperary CYPSC website at www.tipperarychildrenandyoungpeopleservices.ie

Comhairle na nÓg made a presentation on the programme of its activities as the representative body for young people in the county. Michelle Putti, Service Manager, Jigsaw Tipperary, and Jennie Deering, A./Clinical Manager, made a presentation on the Jigsaw Youth Mental Health project, located in Thurles, and also spoke of Mental Health trends arising out of the pandemic.



Pictured at the launch of Tipperary Children and Young People's Services Committee (CYPSC):

Front Row: Anne Marie Stafford, Area Manager, Tusla, Carlow-Kilkenny-South Tipperary; Ruairí Ó Caisleáin, CYPSC Coordinator; Aisling O'Neill, Area Manager Tusla Mid-West; Ger Fahy, HSE.

Back Row: Fiona Crotty, Tipperary County Council; Lorraine Duane, Tipperary Education and Training Board; Sarah O'Dwyer, Foróige; Aileen Healy, Tipperary Childcare Committee; Emer Leahy, Knockanrawley Resource Centre; Caroline Lydon, Silver Arch Family Resource Centre.

Parents urged not to gift quad bikes or scramblers as presents for children this Christmas



38%* of those injured in incidents involving quad bikes or scramblers were aged 18 or under (2017-2021)

Road Safety Authority and An Garda Síochána renew public safety messaging

38%* of those injured in incidents involving quad bikes or scramblers, in the period 2017 to 2021, were aged 18 or under, according to provisional statistics released by the Road Safety Authority (RSA).

The RSA, An Garda Síochána and Mr Keith Synnott, Consultant at the National Spinal Injuries Unit in the Mater Hospital, have renewed their public safety message that quad bikes and scramblers pose a safety risk to children and are urging parents not to gift them this Christmas.

Casualty figures show that between 2017 and 2021, 88* people were injured in collisions involving a quadbike or scrambler on a public road. In the same period there were four* fatalities involving quad bikes or scramblers on public roads.

In line with a commitment in the Programme for Government, the Road Traffic and Roads Bill 2021 contains several measures to deal with the anti-social use of scramblers, quad bikes, and other machines. The Bill, which is currently before the Seanad, will allow prosecution for dangerous driving on all terrain rather than just a public place, will allow regulations to be made prohibiting certain classes of vehicles from certain classes of places, and creates new Garda powers of seizure of the vehicles, including at the place where they are kept.”

Year	Number of casualties
2017	14
2018	21
2019	16
2020	16
2021	25

*Figures are provisional and subject to change.

The provisional findings published today examine fatal and injury collisions that occurred from 2017 to 2021. These collisions occurred on public roads, were reported to An Garda Síochána and involved a vehicle specified as being a quad bike or scrambler.

VISION
ZERO



Minister Naughton Announces fines for 16 road safety offences to double from October 27

Fine for speeding to double to €160. Fines for non-wearing of seatbelts and mobile phone use to double to €120
Fines for Learner drivers found driving unaccompanied to double to €180. Fines for non-display of 'L' and 'N' plates to double to €120

Three new Fixed Charge Offences will be introduced in new year
Tackling speeding the theme of Road Safety Authority Annual Conference

26 October 2022: Minister of State at the Department of Transport, Ms. Hildegard Naughton announced that the [fines relating to 16 road safety offences](#) will double on 27 October, 2022. Minister Naughton made the announcement at the Road Safety Authority's Annual Conference in Croke Park today. The theme of the conference is **Tackling Speeding – Risk Factors and Interventions**.

From the 27 October some of the [fines](#) that are doubling include speeding (from €80 to €160), mobile phone use (€60 to €120), non-wearing of seatbelts (€60 to €120), and failing to ensure that a child is properly restrained (€60 to €120).

Certain fines relating to safety offences committed by learner and novice drivers, are also increasing. The fine for a learner permit holder driving a vehicle unaccompanied by a qualified person will increase from €80 to €160. The fine for novice and learner drivers not displaying 'L' or 'N' plates, or tabards in the case of motorcyclists, will double to €120.



Pavement Scheme, Thurles

Attached photographs show the recently completed pavement scheme on the N62 National Secondary road.

The scheme extends from the M8 Motorway access at Kilnoe northwards to Turtulla Cross, Thurles which measures 3.8km.



SPORTS PARTNERSHIP UPDATE

Tipperary Sports Partnership are very busy at the moment with numerous programmes running at full capacity. Some of the highlights include the following:

The 2022 Swimmin' Women Programme is near completion in Clonmel, Nenagh, Roscrea, Thurles, Tipperary Town and Carrick on Suir Swimming Pools. This programme provides a wonderful way to become more confident in the water and get fit while doing it.



Figure 1 Participants from Nenagh Swimming Pool.



Figure 2 Participants from Tipperary Town Pool.

Our Autumn Community Walks are back. An amazing start to the 8 week Walking programme in both Tipperary Town and Newport which are being delivered by Siul Eile for TSP.

Our Aquafit Programme for Older Adults continues in Roscrea and Carrick on Suir Pools with over 50 participants.

Participants really enjoyed our Tipperary Sports Club Support Package. The workshops were given by Ian Farrell who has an amazing 18 years' experience in Sports and Recreation. Dr Amy McGuire, Head of the Department of Sport and Early Childhood Studies in TUS. Dr Philip Kearney Director of MSc. Applied Sports Coaching in UL and Pdraig Roche Lead Academy Strength and Conditioning Coach with Arsenal Ladies FC and a Setanta lecturer.

Knockanrawley Resource Centre/ Community Development Programme.

Some pictures of recent KRC SICAP activities

KRC Tipperary Town Syrian Community Group

Tipperary Town Syrian Community group were busy in An Duiche estate, planting 2 apple trees in their estate.

The Syrian group organised activities earlier in 2022. During these events children involved highlighted that they would like to have apple trees planted.

This Knockanrawley supported local community group responded by purchasing and planting trees in the estate.



KRC SICAP & Suil Eile facilitate a conversational walking group. The group kicked off from Knockanrawley on Monday 17th October 10.30am and will continue to meet on Monday's for 8 weeks.

The group aims to act as a place for non-English speakers to meet with other people in the community to develop their English language skills and form new friendships.

For more information on either group contact Teresa 062 52688



"Knockanrawley Resource Centre KITE LTI Group and Co-Ordinators pictured in Clonmel last week



Dementia Friendly Thurles

1d · 🌐

Our next Memory Cafe is on Wednesday 2nd November 2022.

In Bookworm, at 11am until 12.30.

The topic being covered this month is in relation to speech and language issues that a person may experience as a result of dementia that inteferes with their ability to communicate, eat safely, drink or swallow. We will have a guest speaker, Claire, a speech and language therapist from the HSE to discuss this topic within the group. All welcome to attend, Dementia Friendly Thurles.

Tipperary Mental Health Week

Tipperary Mental Health week took place from 10th October – 14th October. On Friday 7th October Tipperary Mental Health Week committee came together in TUS Thurles campus to officially Launch the week. This was an all-county event to launch and promote a range of all county actions that were happening in the County during Mental Health Week.

The theme for the week was **'Make mental health & wellbeing for all a global priority'**.

Michelle Putti Service Manager Jigsaw spoke about the service they provide and how people can get in contact with the service and stated that every young person must have the support that's right for them, whatever they are going through. Art Work by students in the ETB were on display throughout the hallway in TUS to demonstrate how Art work has helped some of the students with their mental health Eoin Costello Community Education Facilitator for the ETB discussed the importance of the Art work and positive effect it had on the group and their mental Health. There were numerous information leaflets and resources on Mental Health and wellbeing available at the launch.



The committee is made up of community and statutory agencies, who recognise and value the importance of people minding their mental health. In addition, both the North and South Tipperary Mental Health Week groups will have specific actions taking place in their respective regions. Vice Cathaoirleach Noel Cannon launched the day officially and spoke about how important it was high light the services and supports that are available in the county for mental Health and Wellbeing. Niamh Murphy Interim Head Student Council TÚS Midwest spoke on the day about services available with the college and how students can access the services. Dr Michael Ryan gave a very enjoyable and informative talk on "Positive mental Health through Resilience and self-care" to the attendees at the launch and stated that "Self-care is as essential as having breakfast".

One of the main events that took place over the week was a talk on Mental Health by John Longeran who was Governor of Mountjoy Prison for over 22 years and author of two books. This talk was most enjoyable and it was a talk that everyone that attended took away something from the talk. John spoke about mental health and life in general and talked about the stigma and shame that is still associated with Mental and Wellbeing, he said no one should suffer in silence and no one should suffer alone. He stated that every human being is one step away from being vulnerable and that life's journey brings you everywhere, he also stressed that people need to stop talking negativity to themselves and that very day is a new beginning.

The first talk took place on World Mental Day Monday 10th October @7.00pm in the Abbey Court Hotel Nenagh and the second talk took place in the Talbot Hotel Clonmel on Thursday 13th October @10.30am, at the Clonmel event there was a group called "living the life" a group from a Place 4 you and supported by Tipperary ETB that sang some fabulous songs at the reception of the hotel while attendees were waiting to attend the talk. Both events were free and open to the public and sold out very quickly the talk was live streamed in order to allow people who could not make the talk or could not get tickets tune in.

LEO Women's Enterprise Day

On Thursday, 13 October, Local Enterprise Office Tipperary (LEO Tipperary), in conjunction with LEO Clare and LEO Limerick formed part of Ireland's largest ever female enterprise event. The focus of the full day programme at The Cashel Palace Hotel, located at the foot of the spectacular Rock of Cashel, was on female entrepreneurship and attracted extensive media attention. Across the conference, 140 attendees networked, engaged with leading industry experts and acquired valuable knowledge about the extensive range of supports available from LEO.

LEO, in conjunction with Enterprise Ireland co-ordinate cohesive development for SME's and micro enterprises. LEO Tipperary provides a "First Stop Shop", ranging from advice on setting up a business, through to the provision of support and grants for feasibility studies, provision of financial support for the establishment of new businesses or expansion of existing ones and the provision of training and mentoring. Female entrepreneurs who possess a budding idea or wish to expand their existing business were strongly encouraged, throughout the event, to utilize the vital expertise of LEO.

LOCAL LIBRARY EVENTS



Dr Ken's Spectacular Circus Science Forces Show

Free




Clonmel Library

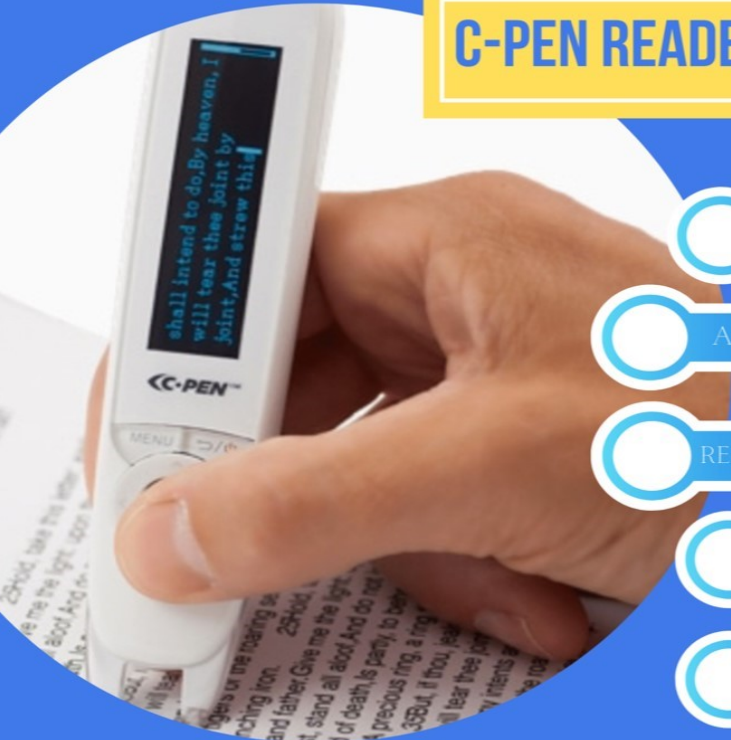
Wednesday 16th
November at 3:30 p.m.
8+ years



SCIENCE WEEK
#scienceweek
13-20 Nov 2022

Roll up, roll up. It's time for some entertaining circus science experiments.
Booking Essential. Call 052 61 6130 or emailclonmellibrary@tipperarycoco.ie









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LOCAL LIBRARY EVENTS

CLONMEL LIBRARY STORYTIME



EVERY MONDAY FROM 4 TO 4:45PM

CLONMEL LIBRARY HALLOWEEN STORYTIME AND GAMES

WITH ISL BY MARY KIELY



TUESDAY 1 NOVEMBER 3PM
BOOKING ESSENTIAL

052-6166130

**PRIZE FOR BEST
COSTUME!**

LOCAL LIBRARY EVENTS

INSPIRE

SHARE

CONNECT



LOTE Online for Kids

Storytime for Kids, in Your Own Language

Tipperary County Council Library Service now offers free access to LOTE Online for Kids for library members.

LOTE Online for Kids is an online database of digital books in World Languages, that allows kids to enjoy the magic of books in LOTE (*Languages Other Than English*). Each book also comes with English translations to help kids learn languages.



Rialtas na hÉireann
Government of Ireland



Comhairle Contae Thibraid Árann
Tipperary County Council
Library Service

ciste na
untas díomhaoin
the dormant
accounts fund

INSPIRE

SHARE

CONNECT



How do I start using LOTE Online for Kids?

Access *LOTE Online for Kids* from our website or in-branch at any of our PCs. Login using your library card number. Remember it is free to join the library!

Select a language and ENJOY A STORY!

This project is supported by the Dormant Accounts fund.



Community Talks & Seminars

AUTISM RESEARCH

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



Who is eligible?

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

What is it about?

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

Interested?

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



https://leedsbeckettmhr.eu.qualtrics.com/jfe/form/SV_eu0cS7RTN1qWXfE

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



Clonmel Community
 Resource Centre
 Kickham Lodge
 Kickham Street
 Clonmel

Phone: 0526129143

Email:

healthycommunities@clonmelcrc.ie



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

Names are being taken now for a Programme to commence shortly. Contact details are: healthycommunities@clonmelcrc.ie or tel no:0526129143 (Catherine Murphy)

Community Talks & Seminars



PPN All County Member Group Event Coming Soon!

Thanks to some generous funding from the Healthy Ireland Fund (Strand 4) grants, Tipperary PPN are hosting the second of two annual Plenary meetings in a very exciting way on Thursday 10th November. **SAVE THE DATE!**

This time, this bi-annual event is in Cabragh Wetlands and it is with a Health/Environment theme, Healthy Us!

There will be, starting at 6pm, a variety of stalls from our PPN groups, finger food, goodie bags, performance by the Rosie Grey choir and we will get all our PPN business done too!

Invited guest speakers, including Siobhan Connolly-Hogan on Positive Psychology & Nature, Rachel Dempsey on Eco-Anxiety & Self-Care, Aine Roche, Healthy County Co-Ordinator and Waterford GIY will kick off at 7pm.



If you are a member of a PPN registered group, come and be part of the PPN community!

Save the date for our Tipperary PPN all County group get together, also known as a Plenary, on Thursday 10th November 2022 at 6pm in Cabragh Wetlands, Cabragh, Holycross, Co. Tipperary, E41 T266

Our Title for this Plenary is Healthy Us - Healthy You, Healthy Community, Healthy Planet









5K RUN & WALK

STARTING FROM CAHIR FIRE STATION AT 10AM AND FINISHING AT THE DOVECOTE BEHIND THE HOTEL

Saturday 12 November, 2022

Cahir Meet & Train and Cahir Tidy Towns have teamed up with The 2 Johnnies to provide defibrillators along the Swiss walk. Donations welcome on the day and online through GoFundMe, your support is appreciated.



Scan the QR code or visit <https://gofund.me/dcfe362c> for more information.



Community Talks & Seminars

SERIES SIXTEEN • SERIES SIXTEEN • SERIES SIXTEEN • SERIES SIXTEEN

OCTOBER 18TH
FRANCIS DEVINE
The Irish Transport & General Workers' Union in Tipperary - with special reference to the Lewis brothers of Nenagh
 Francis Devine is a former Tutor, SIPTU College and author of *Organising History: a Centenary of SIPTU, 1909 - 2009* and editor of some other labour history titles. He is a member of the Expert Advisory Group on Commemorations which was established by the Taoiseach in 2011 to advise on historical matters relating to the Decade of Centenaries.

NOVEMBER 15th
DR JOHN REYNOLDS
Guarda na Pobal: The foundation of An Garda Síochána, 1922
 Sergeant John Reynolds is an historian and a member of the Garda Síochána based in the Phoenix Park Dublin. Apart from his intensive research on the history of the guards, his publications include *The Templemore miracles, Violence & Visionaries: 1919-1921 in Templemore* and *46 men dead: the RIC in Co. Tipperary 1919-1922*.

DECEMBER 20TH
DR PAUL MacCOTTER
Ikerrin and the O'Mahers
 Paul's lecture focuses on the O'Mahers and their territory of Ikerrin and the general background history of this part of northern Tipperary from the earliest times down to the seventeenth century. Dr Paul MacCotter teaches genealogy in University College Cork, the University of Limerick and City Colleges Dublin. In addition, Dr MacCotter is a researcher in medieval history with the School of History in UCC. He has published extensively in the fields of history and genealogy including *Irish Roots* and *Irish Lives Remembered*.

JANUARY 17TH
DR DENIS G. MARNANE
County Tipperary in 1922
 Enlisting the assistance of Cathal O'Donoghue, Des Marnane will discuss 1922 in a continuation of his document-based talks. His recent publication *The Civil War in County Tipperary* has just been awarded the Fethard Historical Society's Tipperarian Book of the Year Award.

FEBRUARY 21ST
DR KAROL MULLANEY DIGNAM
William Despard Hemphill: Irish Victorian Photographer
 W.D. Hemphill was born in 1816, son of Samuel Hemphill, Springhill, Killenaule. After qualifying as a medical doctor, he settled in Clonmel. He became very interested in photography and published *Stereoscopic Illustrations of Clonmel in 1860*. Dr Karol Mullaneey lectures in history in University of Limerick. Her interests include cultural and social history, country houses, landed elites and public history. She was involved in the travelling exhibition on W.D. Hemphill and her publications include *W.D. Hemphill: Irish Victorian photographer*.

MARCH 21ST
DR JOHN BORGONOVO
Cumann na mBan (tbc)
 Born in San Francisco, Dr Borgonovo completed his MA in UCC in 1997 and returned there as lecturer in 2010. He is best known for his work on the Irish revolutionary period 1916- 1923. He was associate editor of the acclaimed *Atlas of the Irish Revolution* and also worked on the RTE documentary on the subject. He has produced several other publications and also lectures widely to groups and local societies.

Series will take place in compliance with any current COVID guidelines



Fitzpatrick Design & Print 062-51113



Clonmel Community Resource Centre

would like to invite you to attend an

INFORMATION AFTERNOON

to celebrate the arrival of

SOCIAL PRESCRIBING to Clonmel

Thursday November 10th, 2022 | 12:00 PM-14.00pm|
At the Talbot Hotel Clonmel

Featuring guest speaker:

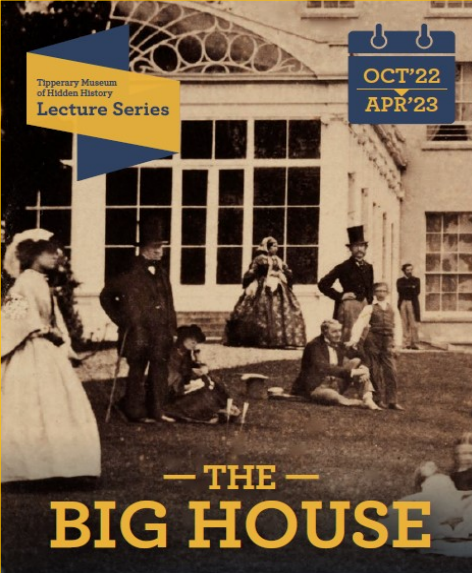
JOHN LONERGAN



Refreshments provided upon arrival



Community Talks & Seminars



Tipperary Museum of Hidden History
Lecture Series

OCT'22
APR'23

— THE —
BIG HOUSE

Comhairle Contae Thiobraid Árann
Tipperary County Council

TIPPERARY MUSEUM OF HIDDEN HISTORY

www.hiddenhistory.ie

Tipperary Museum will present its 10th annual Lecture Series commencing in Oct 2022. The focus of the series will be on The Big House.

Our first lecture series in 2013/2014 was on the Big House and this series aims to explore topics that were not covered then, as well as analysing the current situation with regard to the Big House, our understanding of it and its inhabitants and our attitudes and values towards The Big House.

The series will be offered both as an in-person event but will also be recorded and hosted on our website www.hiddenhistory.ie afterwards, for anyone who can't make it on the day.

Lectures will be held in the Council Chamber, Civic Offices, Clonmel on the first Saturday of the month at 10.30am.

All lectures are followed by a Q&A Session and refreshments. Admission is €5. Space is limited so pre-booking is recommended.

Contact julia.walsh@tipperarycoco.ie or on 052 6165252 to book or for further information.

Tipperary Museum of Hidden History and Clonmel Pride Community invites all members of the LGBTI+ community, their family, friends, allies and people with an interest in culture and history to visit the exhibition *The Irish Names Quilt* from Saturday 10th September – Wednesday 21st September 2022. The Irish Names Project was created in honour and remembrance of those who died in Ireland from AIDS and HIV-related illnesses.



The quilts will be on display at **Tipperary Museum of Hidden History** in Clonmel from September Saturday 10th September – Wednesday 21st September 2022

With special thanks to Queer Culture Ireland for loaning the quilts and bringing awareness to this incredible visionary project.



Lecture Calendar

2022

LECTURE 01	CLARE MCGRATH Bringing Places to Life	SATURDAY OCT 8
LECTURE 02	JOHN DORNEY The Big House and the Irish Revolution	SATURDAY NOV 5
LECTURE 03	ROBERT O'BYRNE The Irish Big House in the 21st Century	SATURDAY DEC 3

2023

LECTURE 04	JOHN FLANNERY The Lost Legacy of William Leeson - His Tipperary Houses	SATURDAY JAN 7
LECTURE 05	MELISSA SHIELDS A day in the life of a Georgian Lady: clothing and activities	SATURDAY FEB 4
LECTURE 06	REGINA SEXTON Women, their recipe books, and the food culture of the Big House	SATURDAY MAR 4
LECTURE 07	TERENCE DOOLEY The Big House and the Irish Land Commission	SATURDAY APR 1



Lectures will be held in

The Council Chamber
Civic Offices
Clonmel

Pre-booking
is required

i julia.walsh@tipperarycoco.ie
Tel 052 616 5252
www.hiddenhistory.ie

Community Talks & Seminars



START campaign:

Let's go easy on the treats

Partner pack

Autumn 2022

www.makeastart.ie



Background and context

The START campaign is back on TV, radio, cinema and online for 5 weeks in mid October.

Let's go easy on the treats encourages families to keep treats to small amounts and not every day.

Parents and guardians told us they want advice on how to talk to children and others about it, and about how to give children less treats.

There are lots of tips at www.makeastart.ie

BREAST CHECK AWARENESS

Following on from the previous "In Person" awareness sessions which were very kindly facilitated by Juliette O'Connell, Breast Check Ireland Outreach Co-Ordinator, a further ONLINE session has now been organised.

This presentation is scheduled to take place on:

Wednesday, 2nd November 2022 at 2.00p.m.

The session will be again be delivered by Juliette O'Connell.

The session is open to anyone who wishes to link in on the day and the details for joining are as follows:

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 333 204 819 428

Passcode: CzxcgZH

[Download Teams](#) | [Join on the web](#)



Key messages

- Small amounts of treats and a few times a week is okay, but it's important to decide as a family when to have treats and stick to it.
- Talk to your wider circle about your plan to reduce treats to get them on board.
- Avoid buying treats when you're doing the weekly shop. If you bring your children shopping, agree before you go in if a treat will be bought and what type of treat can be bought.
- Keep treats out of sight at home. Put them in a high press or cupboard so little hands can't reach them.

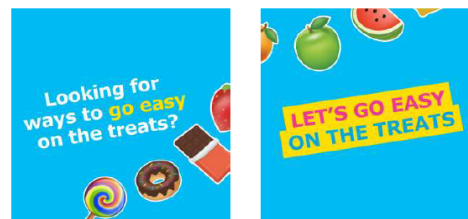
Thank you

For more information, please contact:

Orlaith Potter, Programmes and Campaigns, Communications Division, HSE
Email: orlaith.potter@hse.ie

Eamon Keogh, Communications, Health and Wellbeing, HSE
Email: eamon.keogh1@hse.ie

Thank you for supporting the campaign.



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.



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

Newtown to Nenagh every Thursday

Rathcabbín to Birr every Friday

Templetuohy to Thurles every Friday

Clonakenny to Templemore every Saturday

Kilcommon to Dolla every Friday

Cloughjordan to Birr every Friday

Kilcommon to Borris every Friday

If you or anyone you know would like to avail of this service please buzz  052-6166140 or

See: www.LocallinkTipperary.ie for more information.

HOP ON A LOCAL LINK BUS AND RE-CONNECT!



Community Services

Living Well

A programme for adults with long-term health conditions



Living Well is a free **online** group programme delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions.



Upcoming Living Well Programmes

Day	Start date	Finish date	Time	Location
Saturday	8th October 2022	19th November 2022	10.30am – 1pm	Online
Tuesday	18th October 2022	29th November 2022	2pm – 4.30pm	Online
Tuesday	1st November 2022	6th December 2022	10.30am – 1pm	Tipperary Town Primary Care Centre, (E34 K682)
Thursday	3rd November 2022	15th December 2022	2pm – 4.30pm	Online (Long Covid)
Monday	7th November 2022	12th December 2022	10.30am – 1pm	Parish Centre, Loughboy, Kilkenny (R95 RF97)
Wednesday	9th November 2022	21st December 2022	10.30am – 1pm	Online

To book your place contact

056 7784 944 / 056 7784 945 or email LivingwellSE@hse.ie

The following support is available for anyone who needs help

- One to one support
- Loan of devices (tablets & headsets)
- Tech support available on every program

www.hse.ie/LivingWell



Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

Ways to Wellness

Creativity Connection Wellbeing



A taste of different arts and crafts in a supportive and friendly environment for 18 years +

Ways to Wellness is a short free course with artist **Brigid Teehan**, Beehouse Arts funded by **Tipperary ETB** and supported by **South Tipperary Involvement Centre**

Time: 10.30am - 12.30pm
When: Every Tuesday starting 18 October 2022 for 5 weeks
Where: Place4U, 25 Upper Gladstone St. Clonmel, Co. Tipperary

Book your free place now:
 Text or call 087 9149494 or email: brigid@beehousearts.ie



Contact Numbers & Helplines

Stop Smoking Services

Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Contact directly for more information

Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Contact directly for more information

Cahir & Carrick-on-Suir:

Contact: Colm O'Connor

Phone: 087-7526429

Email: SouthEastStopSmokingSupport@hse.ie

Contact directly for more information

Please see

www.tipperaryvolunteercentre.ie or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



volunteer centre
Ionad d'Obair Dheonach Thiobraid Árann
TIPPERARY

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.

PPN TIPPERARY
PUBLIC PARTICIPATION NETWORK

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



Visit

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

You are not alone, help is at hand.



Email jo@samaritans.ie



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



Centre for the prevention of Suicide and Self-Harm. Bereavement counselling for people bereaved by Suicide: **061 484444**
Crisis: **1800 247 247 (24 HRS A DAY)**
Bereavement: **085 8568081**

yourmentalhealth.ie
Information | Support | Services
1800 111 888



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

text about it

50808

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