



Tipperary Together Newsletter | June 2025 | Issue No. 6

Welcome to the latest edition of our 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:

- **Climate Action News**
- **Citizen's Information—European Health Insurance Card**
- **Tipperary Sports Partnership Update**
- **Healthy Tipperary Events**
- **Comhairle na n-Óg update**
- **Community Events**
- **Community Substance Misuse Team**
- **Tipperary PPN Update**

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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

CLIMATE ACTION NEWS



The Community Climate Action Fund – Shared Island

Belfast Boat Club and Ballypatrick Sports Complex partnered together to apply to the Community Climate Action Fund Strand 1a (Shared Island) funded by the Department of Climate, Energy & Environment, together they were successful in their climate action application. They were awarded the maximum fund of €100,000 which will fund climate action projects put forward by the two groups combined. One of the main objectives of the fund is to build capacity in communities to reduce carbon emissions.

This month Marie O'Donnell, Community Climate Action Officer visited the site at Belfast Boat Club in Northern Ireland to see the works that were carried out to date under the fund such as changing over to LED lighting through out their whole facility, this will have a huge impact on reducing the clubs carbon emissions. The group have installed a cycle rack which have already seen benefits of encouraging members of the club to safely park and store their bikes and encourages active travel. Wild planting and the installation of bee hives have had a great impact on the biodiversity in the area. They also installed a water filling station which has been a huge success with the club in terms of members bringing their own recyclable bottle and reduces the use of single use plastic bottles and promotes the circular economy.

Ballypatrick Sport Complex has also been really proactive in their project to date which is not identical but is very similar to their northern partners such as the changeover of LED lights. The groups continue to work together in partnership and will have their projects completed fully in the next few months.

CLIMATE ACTION NEWS



Marie O'Donnell, TCC Community Climate Action Officer on her recent visit to Belfast Boat Club to see the works carried out under the Community Climate Action Fund Strand1a (Shared Island) funded by the Department of Climate, Energy & Environment where Ballypatrick Sports Complex and Belfast Boat Club partnered together to apply for funding

The European Health Insurance Card (EHIC) allows you to access public healthcare in another [EU/EEA state](#) for free or at a reduced rate. You can use it when you are travelling abroad or when you are staying temporarily in another EU State.

Essential points about the card

Each family member needs their own card.

It lasts for up to 4 years.

You will need to apply to renew your card and you can [renew online](#).

When abroad, always carry your EHIC with you.

It will not cover you for healthcare outside of the EU, other than Iceland, Norway and Liechtenstein (EEA) and Switzerland.

It does not cover private healthcare.

It used to be called the E111 form.

You can apply:

In person: at any local health office except, Dublin North West, Cork North and South Lee.

By post: at any [local health office](#). [Print out an application form](#) and post it along with any documents required.

Online: [Apply through the HSE website](#) if you have a medical card or drug payment scheme card and you live in Ireland.

Can I get a European Health Insurance Card?

You can only apply for a European Health Insurance Card:

If you live in Ireland

If you live in another European Union (EU), European Economic Area (EEA) member state, or Switzerland

If you live in Ireland but you are linked to another EU/EEA State's Social Security System, contact the health authorities in that country for more information.

If you live in Northern Ireland but are employed in Ireland, you can get an Irish-issued EHIC.

Frontier workers (or [cross-border workers](#)) can get an Irish-issued EHIC because they make social security contributions in Ireland. They must return home at least once a week to qualify.

Student dependants of frontier workers can get an Irish-issued EHIC. They must be aged 18 to 23 years, studying in the EU/EEA or Switzerland and have a completed [School or College Details form \(pdf\)](#)

If you live in another EU/EEA member state or Switzerland

If you live in the EU, EEA or Switzerland, you are entitled to an Irish-issued EHIC if any of the following apply.

You receive a state pension from Ireland and have an Irish-issued E Form/S1 form (certificate of entitlement) registered in your country of residence.

You work for an Irish employer and are posted to work in another EU/EEA country or Switzerland.

You are a frontier worker (cross-border worker) living in the EU/EEA and working in Ireland.

You are a family member of a posted worker of someone working in Ireland, and you are not covered in your own right by the EU/EEA country you live in.

If you are resident in another [EU/EEA member state](#), you will need to complete a [different application form online](#), by email or by post.

If you are not eligible for an Irish-issued EHIC, you should see if you are eligible for an EHIC in the country you are currently living in.

Where can I use it?

EU and Europe

You can use your European Health Insurance Card in any European Union or European Economic Area (EEA) country and in Switzerland. Currently, the EEA comprises of the 27 member states of the European Union together with Iceland, Norway, and Liechtenstein. As Andorra and Monaco are not part of the EU or EEA, your EHIC is not accepted there. You should get private health insurance instead.

Find out [where you can use your EHIC and how to access healthcare abroad](#).

UK

If you are an Irish citizen, you have access to healthcare under the [Common Travel Area](#) while visiting the UK. However, other EU citizens should continue to use the EHIC, which is still accepted in the UK.

Outside the EU

If you are travelling outside the EU/EEA, you should get private health insurance instead.

CITIZEN'S INFORMATION - European Health Insurance Card

What does it cover:

| What it covers | What it does not cover |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| Free or reduced cost public healthcare in any of the EU and EEA countries | Private healthcare |
| A temporary stay of up to 3 months | The cost to fly you back to Ireland |
| Pre-existing medical conditions | Ongoing or permanent healthcare |
| Routine maternity care – if you're not going there to give birth | Medical expenses if your reason for going abroad is to have treatment |
| If you're a student studying abroad, you'll be covered for up to an academic year. | |

Will I have to pay anything for healthcare with my EHIC?

In some EU member states you may have to make some payment towards the cost of the services you receive, just as people in that state do. You will not receive a re-fund for this or for private healthcare.

How can I get a refund from the HSE if I paid for healthcare while abroad?

You may be able to get a refund if you had to pay because you did not have your EHIC card with you or because the healthcare providers charged you by mistake.

Apply for a refund by email. Send your receipts to E126.Refunds@hse.ie. Or email them to overseas.medservices@hse.ie if you live in Dublin, Wicklow or Kildare.

The HSE will send an E126 form to the health authorities in the other state to find out:

If you used a public health service

How much of a refund is due

When the HSE receive the completed E126 form from the other state, the HSE can see if a refund is due or not. Further information is available on the [HSE website](https://www.hse.ie).

What if I don't have my EHIC before I travel?

If you don't have your European Health Insurance Card for any reason, you can get a Temporary Replacement Certificate. This Certificate gives you the same entitlement as the Card, but for a shorter period.

You can apply online for this Certificate, in-person or by post to your Local Health Office. You can only receive a Temporary Replacement Certificate for yourself.

Should I get private travel insurance too?

You should consider it. Your EHIC just covers medical costs. Travel insurance can cover you for cancellation and lost or stolen luggage and extras like winter sports cover.

How much does a European Health Insurance Card cost?

There is no fee for the European Health Insurance Card or a Temporary Replacement Certificate. Renewing a European Health Insurance Card is also free.

How to apply

Before you travel, apply for an EHIC well in advance of your trip.

If you are living in Ireland

If you are an Irish citizen, an Irish pensioner or an EU citizen living in Ireland you can apply for an EHIC:

In person at your [local health office](#)

By post

[Online](#) - if you have a [medical card](#) or drug payment scheme card and you live in Ireland

You will be asked for proof that you live in Ireland. Your card will be posted out to you within approximately 10 working days.

North Munster Citizens Information has centre' right across the County, call us now in Clonmel (0818 07 6510) Nenagh (0818 07 6470) Roscrea (0818 07 6480) Thurles (0818 07 6510) Tipperary Town (0818 07 6540) or visit our website to see our opening hours.

Over the past 12 weeks, the Sport4Empowerment Programme, in partnership with the Local Authority Integration Team, delivered a fantastic Cycle Right journey at Dundrum Ipass Centre. Nine inspiring ladies embraced every challenge from not cycling to hitting the trail with confidence. We're thrilled to share that every participant pedalled their way to success, finishing the programme with an unforgettable cycle along the stunning Suir Blueway Tipperary. This is an ESF funded programme.



Tipperary Sports Partnership were delighted to attend the Tipperary Age Friendly Expo in Thurles on 18th June. Our lucky winners on the day were Marianne Gleeson, Denis Darcy, Biddy Gleeson, Tina Shine and Eleanor Rochford.

Keep an eye on our socials for details of dates and events across Tipperary that will be happening as part of *Her Outdoors Week* that will be happening August 11th to 17th.



TCC Healthy Ireland in conjunction with North Tipperary Development Company and Neil Dennehy *Health Matters* delivering health workshops to Men's Sheds groups in Littleton and Thurles during Men's Health Week



Left: TCC Healthy Tipperary with HSE Health Promotion Team at the Mart in Cahir during Men's Health Week 2025





Literacy awareness matters

Did you know that 1 in 5 adults in Ireland find reading and understanding information difficult? This is about 700,000 people.

- Take a free short online course to help you respond sensitively to unmet literacy needs.
- The course is for people who deal with the public.
- The course takes about 45 minutes.

1 Literacy in life

2 Literacy friendly approaches

3 Tips and tools to remove barriers



www.adultliteracyforlife.ie/aware



Rialtas na hÉireann
Government of Ireland

SOLAS
learning works



🌱 GROW MENTAL HEALTH – PEER SUPPORT GROUP 🌱

FREE WEEKLY MEETINGS IN TEMPLEMORE LIBRARY

Every Monday (excluding bank holidays)

11:30 a.m. to 1:00 p.m.

Templemore Library & Enterprise Centre

Main Street, Templemore, Co. Tipperary, E41 W7W3

Looking for support with your mental health or simply a space to talk and feel heard?
Join a **free, friendly peer support group** hosted by **Grow Mental Health Ireland**.

This group is open to **anyone aged 18 or over** – no registration, no referral, no cost.

Why Join?

- Feel less alone
- Build connection and hope
- Learn practical steps for personal growth and recovery
- Share and listen in a safe, confidential space

What to Expect:

- A welcoming, non-judgemental environment
- Peer-led support guided by lived experience
- Weekly routine with flexible, friendly discussion
- Based on Grow's 12 Steps to Mental Health and Recovery

Contact:

Danielle – 086 158 8626

www.grow.ie

Come as you are. You are not alone.

Grow Mental Health – An Ireland where no one has to navigate mental health challenges alone.

South East Regional Family Support Network Bereavement Group 2025

The bereavement support group provides a safe space for family members who have experienced the death of a loved one because of problem substance use or related issues. A place to share their experience of loss and grief amongst peers, and to help them find support for themselves and their family at this difficult time.

It can help you feel you are not alone.

The group is facilitated by two trained psychotherapists and will include respite and other opportunities that may be relevant.

This is a free service specific to the South East Regional Family Support Network

Commencing: Tuesday 26th August 2025 at

10.30am - 12.00pm and will continue for 8 weeks

Where: Millennium Building, Church Rd, Lisduggan,
Waterford. X91 FN5V

Contact Details: Riona @ 086 6045805

Catherine @ 083 0162069 Email: info@serfsn.org

May meeting report by Eoin O Reilly Carrick member

We had our final full meeting in Tipperary Town in May before the exams started. We had inputs in the morning firstly from Marion Daly from Planet Youth Tipperary. She went over the draft results of the planet youth survey for Tipperary and the TY Students in our group also gave her some feedback on their experience of doing it. Some of the findings were surprising and some were very similar to our own survey on vaping. As all results have to go back to each school first we have asked her to attend our Youth Conference/AGM when she will give an overview to delegates on the full report. We will also continue to link with her.

Our second input was from Lisa McGrath Tipperary ETB who outlined a piece of work she would like to do with us over the summer on youth work. We had a discussion on how we feel our Comhairle structure being youth led uses youth work methods and we voted to take part in the project. Then people that are available volunteered for July & August and again we would like to review the results and bring it to our peers at the Youth Conference.

Next we looked at subgroup work and while we will have a break during the summer months there are a few things to work on such as the upcoming linkage again with Cahir Macra where we will do the colour run to promote positive mental health in Cahir on 3rd August.

During the lunch we carried out our own social experience around Tipperary Town in relation to vaping sales which was interesting.

Pauline had a few national updates and requests for involvement and we also have an invitation to go to the Dáil from Alan Kelly TD.

We dated our August meeting before the Dail resumes so that we can invite all our TDs for a catchup.

Finally, we agreed the date of our Youth Conference/AGM for 7th Nov in TUS Thurles. Thurles subgroup will work on the plan for the date and we will start promoting the event over the summer so we can reach even more young people especially those in rural areas of Tipperary and where schools don't send delegates.

Our national delegate Olivia had a meeting in Dublin on the same date so we look forward to hearing from her at the next meeting.



Clonmel/Cahir/Carrick members in Cahir to plan the upcoming Colour run. (Lauren, Chloe, Eoin, Josephine, Gerry & Olivia)

The Community Substance Misuse Team (CSMT) provides a FREE non-judgmental service to parents and adolescents i.e., 13-18 year olds who are engaged in problematic substance use or impacted by their parents problematic substance use or parents impacted by their child's substance use.

CSMT believes change comes from within, this process involves identifying the problem, exploring it and reaching a decision to make some changes in your life.

We are aware at a young age young people may experiment with drugs and alcohol amongst other things– it is our job to help you find your way through this period of your life .

We use the model ACRA/MI to work with you which means we look at everything from substance use to family, school, activities, sport, communication, and problem solving to help you improve things.

We use the 5 Step Family Model for those impacted by a family members substance use.

CSMT was established in 2012, managed by Clondalkin Addiction Support Programme, and funded through the MWRDAF, CSMT provides individual support to young people from 13 – 23 years and their families impacted by substance misuse, within a range of local community settings, with an outreach base in many communities and organisations across the Mid-West with an office in Arthur's Quay, Limerick City.

Over the past 13 years the communities in Limerick have been supported by CSMT project workers, who have seen the struggles of families, as they try and deal with the threat to their children and their families health and wellbeing from the impact of drugs and alcohol. The threat does not just affect families in the large towns, but all members of our society are susceptible to harm from problematic substance use.

Young people availing of the CSMT service are encouraged to explore and develop life and coping skills as alternatives to substance misuse. There is a strong focus on encouraging young people to re-engage or begin to engage in pro-social behaviour such as sport, exercise, and other positive activities to encourage social connections, positive mental health and a reduction or complete cessation of substance misuse. Parents who talk to their children about drugs and know what they are doing and who they are with, can reduce the chances of their children using drugs. (2004, Biglan et al, 2004).

Most teens do not escalate from trying drugs to developing an addiction but experimenting with substances can become a problem as part of a pattern of risky behaviour such as, driving while under the influence or other hazardous, unsupervised activities. When a young person develops a pattern of repeated substance misuse, it can result in social and health risks such as reduced school attendance and achievements, problems with family and other relationships, loss of interest in normal healthy activities, impaired memory, increased risk of contracting an infectious disease (like HIV or hepatitis C) via risky sexual behaviour or sharing contaminated injection equipment, mental health problems—including substance use disorders of varying severity and the very real risk of overdose death' (NIDA, 2014).

The work of CSMT empowers families to create and maintain a home environment that supports adolescents through their journey. CSMT meets young people and parents in any available and convenient location that is safe and confidential across North Tipperary and the Mid-West.

For more information about CSMT and to make a referral, please phone 061318904 or go to our website: www.casp.ie/csmt-services

Kind regards, **Mike Walsh, Team Leader, CSMT.** 0860656257(m) 061318904 (office)

Check out our website: www.casp.ie/csmt-services/



We Have News!

The Power of Place & People Project Is Starting

This community assets mapping project is about figuring out what we have in the communities of Co. Tipperary.

The project's intention, when all the information is gathered, is to promote everything about the community groups and their great local work, throughout Co. Tipperary's five Municipal Districts (MDs), including facilities, activities, services and the volunteers that keep them alive.



This Power of Place and People Project will be able to support us, the PPN and the groups themselves, in identifying resource needs to build and strengthen the groups and their communities, throughout the county.

We are in full partnership with Tipperary County Council, as the survey results will allow them to identify areas of interest/clusters of interest and work with Tipperary ETB, Tipperary Volunteer Centre, Tipperary Sports Partnership and other organisations to provide targeted training. The project findings will ,also, be useful for the staff within the county council and the local development companies to focus on groups that need support, mentoring and grants.

The survey will work like an audit to see what we have and where we are. There will be an interactive map on the county council's website and a link to it from ours.

We have a small, friendly staff team, who are going to visit groups, by an appointment to suit the group, have a chat and give out a free resource pack.

Please contact Ruth on 087 4567111 or email coordinator@ppntipperary.ie for more information about the Tipperary PPN or any of the above.

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

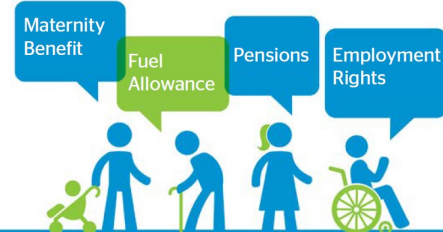
ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support line 8am to 8pm.



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

"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](#)



Funded & Supported by the Citizens Information Board

You are not alone, help is at hand.



Email jo@samaritans.ie



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



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



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



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

text about it
50808