



Tipperary Together Newsletter | May 2025 | Issue No.

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:

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| • Tipperary Sports Partnership | Age Friendly Artificial Intelligence |
| • Cultural Companions Clonmel | 'Engage' Connecting With Men |
| • Age Friendly Expo | Tipperary PPN |
| • Circular Economy Community Space | Student Grant Information |
| • Carrick-on-Suir MD Awards | Mental Health Supports |
| • Wage Subsidy Scheme | Tipperary Adult Learning Coalition |
| • Comhairle na n-Óg meeting Nenagh | Criunniú na n-Óg Event |
| • RSA News | Community News |

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

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

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

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

TIPPERARY SPORTS PARTNERSHIP

Tipperary Sports Partnership is delighted to announce Kids Kayaking Summer Camps on Lough Derg. This is a fun, exciting and active way to keep children busy this Summer. These camps are perfect opportunity for young people aged 10 to 18 to get outdoors, try something new, learn kayaking skills and make fantastic summer memories on the water.

Camp Details

Week 1 July 14th – 18th

Morning Session: 10am – 1pm Afternoon Session 1.30pm – 4.30pm

Week 2 July 21st – 25th

Afternoon Session: 1.30pm – 4.30pm

Spaces are limited so don't miss out. Each camp costs €80 plus booking fee per participant. For more information or to book your place click on this link <https://bit.ly/4j5vJvk> or email info@tipperarysports.ie

Our Sports Ability Day in Thurles was a resounding success! The sun was out, and the atmosphere was filled with laughter and smiles as everyone enjoyed a variety of sports, including Football for All, Table Tennis, Basketball, Pickleball, Pitch & Putt, Orienteering, Golf, Target Games, and trying out our hand cycles. We are delighted with the NGBs for joining us! The event ran smoothly thanks to the amazing support from the TY students at Presentation Secondary School, Thurles.



Tipperary Sports Partnership are delighted to facilitate a Rescue and Emergency Care (REC 2) Course. This course is designed to provide participants with the level of First Aid Experience required for participants to manage incidents where professional treatment may not be available for a significant period of time.

This training will be held on Friday June 6th from 6.30 pm - 9pm and on Saturday June 7th from 9.30am - 4.30pm at Moycarkey/Borris Community Sports Centre, Littleton E41AOV5. The cost of this course is €60 plus booking fee. Places are limited and will be allocated on a first come first served so booking early is advised. Booking is through this link <https://bit.ly/3YSePJq>

AGE FRIENDLY ARTIFICIAL INTELLIGENCE (AI)

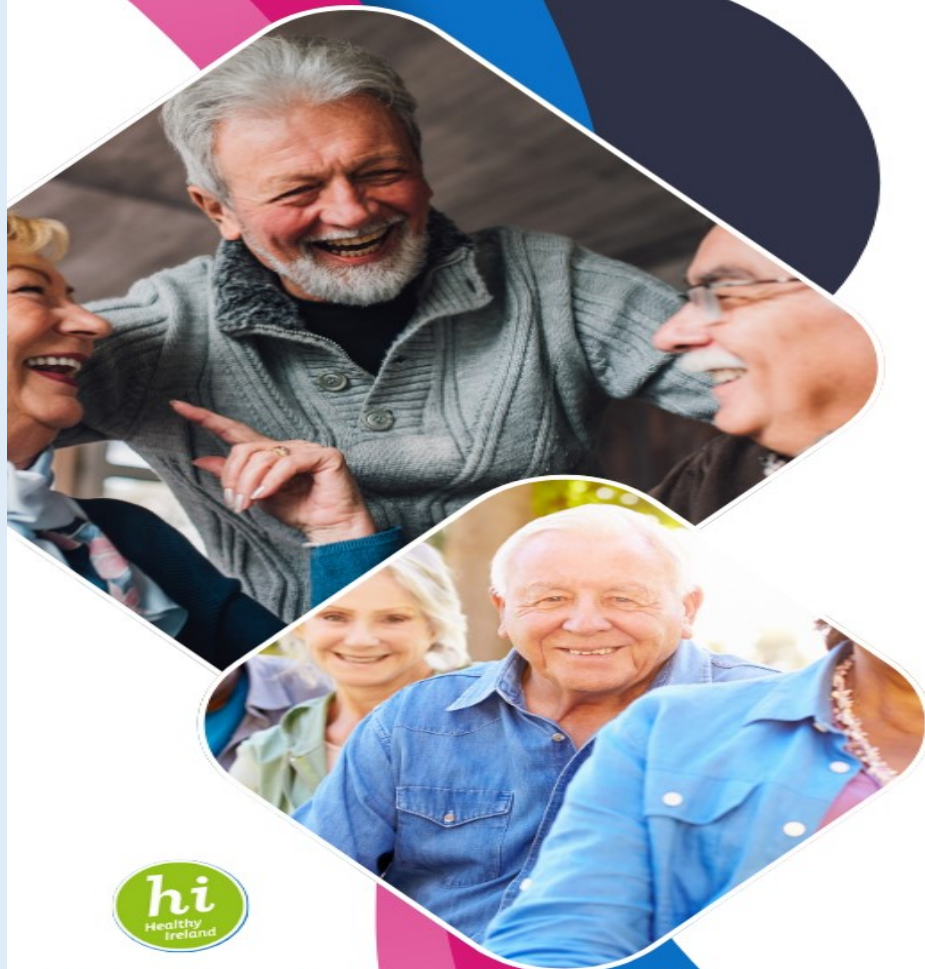


MIC are currently collaborating with The Adapt Centre and TU Dublin on a very topically and important initiative called '**Age Friendly AI**'. This initiative seeks to include older adults in the essential learning and adaptation process necessary for embracing the widespread use of Artificial Intelligence in our daily lives. This project aims over a two-year period to make AI accessible and relevant for older adults across Ireland and to not just provide training about AI but also to capture older peoples' thoughts and opinions on how AI should be further developed and effectively used.

The project is running a series of Age-Friendly AI workshops across Ireland and MIC Thurles are delighted to be hosting a workshop on **Monday the 9th of June at our St. Patrick's campus in Thurles**. I attach two versions of a poster to promote this workshop, and I wondered if you both would be happy to share this poster and details of the event with the Tipperary Age Friendly Alliance and other groups that you work closely with in terms of the Age Friendly Tipperary Programme. I will also be sharing details with AnnMarie Brophy at the libraries.

Places are limited to 20 people or so. No experience of AI needed. We will also be providing lunch on the day.

Registration can be made by filling out the following form <https://bit.ly/AgeFriendlyAIThurles> or by emailing AgeFriendlyAI@adaptcentre.ie.



Cultural Companions
An Age & Opportunity arts initiative

CULTURAL COMPANIONS

TIPPERARY (CLONMEL GROUP)

Cultural Companions aims to connect older adults with a shared interest in cultural and arts events throughout Tipperary.

If you're looking to meet new friends and get out more, Cultural Companions offers a unique opportunity to meet like-minded individuals and explore the social and cultural scene in your area.

WHY SIGN UP?

- ✓ Receive Monthly Newsletter with Cultural Events
- ✓ Monthly Event Meet Up
- ✓ Cultural Companions Meet & Greeter at each event
- ✓ Make new friends and social connections and get out more



Contact Us

eoin.kaar@tipperarycoco.ie



Comhairle Contae Thiobraid Árann
Tipperary County Council



'ENGAGE' : CONNECTING WITH MEN

You are invited to apply for a place on ...



Connecting with Men

Date: Wednesday 11th June 2025

Time: 9.15am – 4.30pm

Venue: Clonmel Bridge Centre, Cashel Road, Clonmel, Co. Tipperary E91X5T7

A one day training course for health professionals and community workers who work with men

Aim of the Workshop

The aim of this workshop is to assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues. It focuses on the engagement process (i.e. **WHY** and **HOW** to build relationships with men) rather than offering a new or revised health programme (i.e. **WHAT** to offer them).

Objectives of Workshop:

The key objectives for this workshop are to:

- Reflect upon how to create a 'safe space' for working with men.
- Gain a common understanding of what men's health is and why it is important.
- Explore how gender influences the values and attitudes that men develop in relation to their health, and how this influences their health behaviours.
- Identify some of the determinants that shape health outcomes for men.
- Reflect on participants' own value base, experience, skills, attitudes towards and expectations of men.
- Explore what a 'male friendly' health programme or service looks like in practice.

Who Should Attend?

This workshop will be of interest to a broad range of service providers and practitioners who wish to connect in more meaningful ways with men.

Cost

The 'Connecting with Men' workshop is free for all participants.

To Apply

To apply for a place on this workshop, please follow the link : <https://bookwhen.com/southeasttraining/e/ev-sozv-20250611091500>

Further Information

For further information contact Colm O'Connor (colm.oconnor@hse.ie) / 087-7526429



TIPPERARY AGE FRIENDLY EXPO 2025

SAVE THE DATE



Tipperary Age Friendly will host it's Annual EXPO in the TUS College Campus Thurles, on Wednesday 18th June from 12-3pm. This is a free annual event showcasing a range of services and supports for Positive Ageing in County Tipperary.

Exhibitors & Community Groups:

Are you interested in showcasing your service and have an information stand?

Are you interested in giving a presentation on your service and supports in County Tipperary ?

RSVP to agefriendly@tipperarycoco.ie by **28th April 2025**.

Age Friendly Community Groups Tipperary

Are you interested in attending the event? Does your community group need transport to attend the event, Tipperary Age Friendly will support an Older Adult Community Group with a grant of €200 towards the cost of transport/bus hire.

For any information please contact Fiona Crotty, Cliona Tobin, Angela Sheehan agefriendly@tipperarycoco.ie, Fiona 087 1252938, Cliona 087 0625408 or Angela 087 706 7903





New Project Started on 29th May!

This unique project is about increasing women's participation and, also, seldom-heard groups in local decision-making.

Funded by Tipperary County Council, the 12-month project is open initially to women of any age, nationality, culture or disability, who have reasonable use of the English language and are interested in politics, representation, or who just want to know more about how this society's local government systems are organised and how to influence it.



The poster features the Public Participation Network Tipperary logo at the top left and the SHE See Her Elected logo at the top right. The main title is "INTRODUCTION TO LOCAL GOVERNMENT for Women in Tipperary". Below this, it says "Learn more about local politics, your council and how to get involved." A photograph of a woman sitting at a desk is on the left. The event details are "THURSDAY MAY 29TH 10am-4pm" at "Thurles TCEC E41T6K5". At the bottom, it lists the sponsors: "Comhairle Contae Thiobraid Árann Tipperary County Council" and "An Roinn Tithíochta, Rialaithe Áitiúil agus Oidhreacht Department of Housing, Local Government and Heritage". A note at the bottom states "Supported by the Tipperary Women's Caucus as part of the Increased Participation of Women and Diversity project".

Public Participation Network Tipperary

SHE See Her Elected

INTRODUCTION TO LOCAL GOVERNMENT
for Women in Tipperary

Learn more about local politics, your council and how to get involved.

THURSDAY MAY 29TH 10am-4pm Thurles TCEC E41T6K5

Comhairle Contae Thiobraid Árann
Tipperary County Council

An Roinn Tithíochta,
Rialaithe Áitiúil agus Oidhreacht
Department of Housing,
Local Government and Heritage

Supported by the **Tipperary Women's Caucus** as part of the
Increased Participation of Women and Diversity project

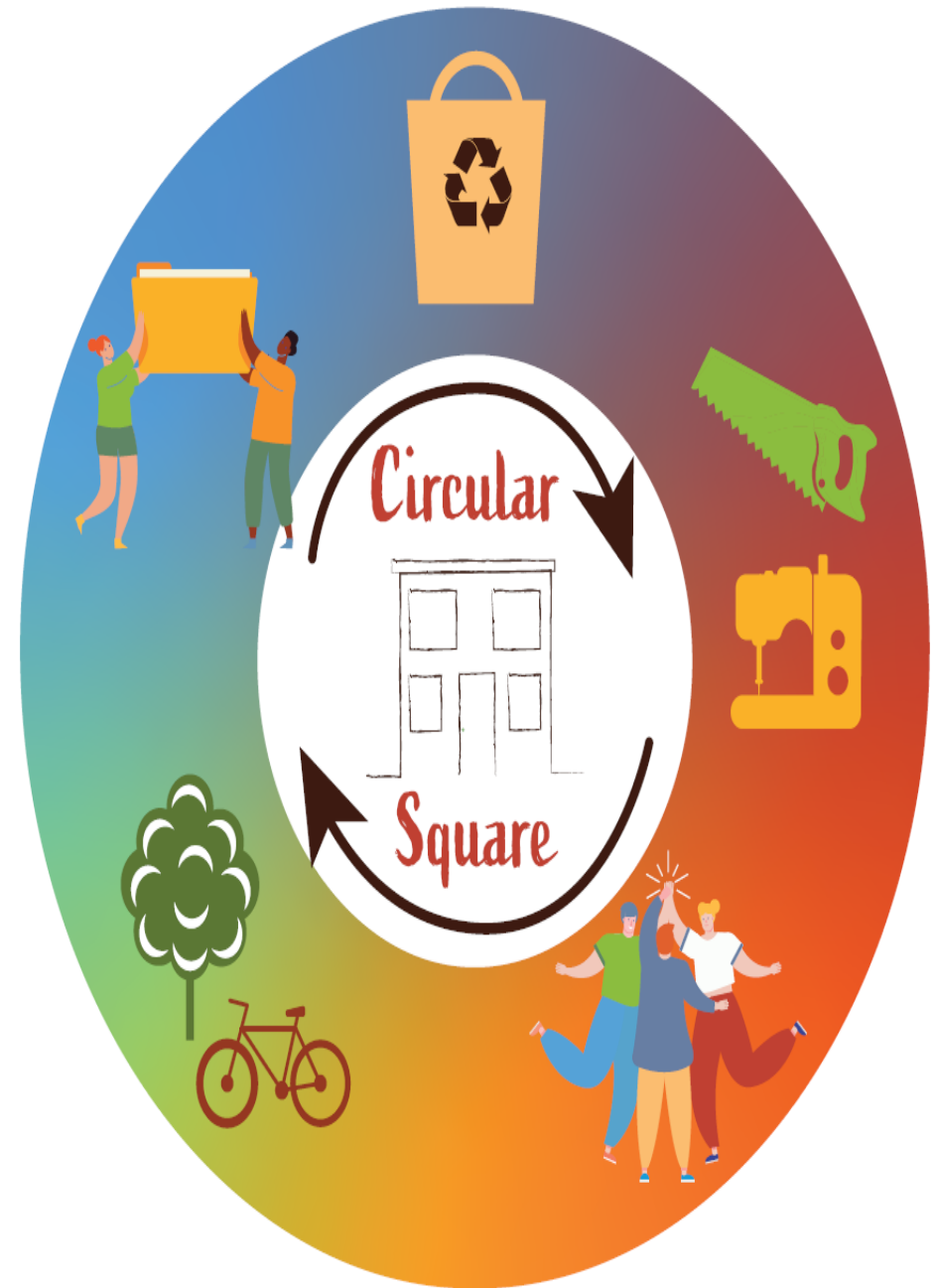
SUIRCAN ENVIRONMENTAL is proud to announce the opening of the CIRCULAR SQUARE, a community hub dedicated to the Circular Economy. The sun was shining when the space opened last month on this new venue which will dedicate itself to reusing, reducing, loaning, swapping and repairing objects and things such as clothes, toys, household appliances and heirlooms to extend their life cycles.

The Space is the culmination of 6 years of dedication by a small group of repairers who set up the Clonmel Repair café in 2018. This was followed in 2022 with the establishment of the Toy Library, which loans out toys on a donation basis, saving money, space and the headache of discarding unwanted toys to local families.

The circular Square aims to promote the Circular Economy and Climate Action by offering practical steps and simple actions to implement in our everyday life towards a more sustainable future for our children. Bring along broken items to be repaired, instead of throwing them away, thus extending their life cycle and delaying them ending up in a landfill. We repair clothing, crockery, small electronics, bicycles, household items with lamps being a firm favourite. We also offer diagnostics on items that may need professional referral. The Circular Square under the umbrella of Suircan Environmental is a non-profit organisation run by volunteers and relies on donations to cover rental and utilities costs.

The new venue is situated at 80 Upper Irishtown (opp Miss Ellie's) in Clonmel and will be open to the public on a demand and needs basis, and particularly every last Saturday of the month for the Repair Café and toy library. Over the summer months, it will be amplified by a plant and seed swap where members of the public can bring their excess plants and exchange them or purchase plants for a small donation. Other activities planned will be regular clothes swaps, sewing classes, bicycle maintenance and upcycling sessions and other skill-based workshops. In due course, the space will be open to community groups and social circles who wish to avail of the facilities for meetings and gatherings.

If you have an interest in reusing and repairing, a project or a relevant skill, we would like to hear from you! Please get in touch on circularsquareclonmel@gmail.com and we can arrange a viewing and discuss your ideas, projects or needs; you can also join our team of volunteers and help with hosting, publicity, admin, maintenance and much else. We look forward to greeting you at our next Repair café and Toy library on Saturday 30th May from 11.30 am to 1.30pm.



Involvement Centers

Tipperary, Kilkenny, Carlow
A warm welcoming atmosphere for family members and individuals.

David 0857884321
involvementcentres@gmail.com

Shine

Information and support, individual recovery planning support and peer support groups for Family members and individuals.

Phoneline: 018601610
support@shine.ie

South East (Regional) Family Network

Peer led organisation providing group peer support for those impacted by a relatives substance misuse.
Riona 0866045805
info@serfsn.org

Better Together

A peer led community organisation offering daily group and individual support online.

Laura 0834177016
better-together.ie

Peer Supports Mental Health & Addiction

For individuals, family members & supporters in the South East



'Support through shared experiences'

For more information, please contact
Mental Health Engagement and Recovery on 05677 20591
or the Mental Health Ireland Development Officer on 087 8353925



Mental Health
Ireland



HSE
Mental Health
Engagement
& Recovery

This poster was designed from feedback received through mental health engagement forums

Aware

Support and self-care groups for people with mood related conditions and family members, by phone, online or in person.

Freephone
1800 80 48 48
supportmail@aware.ie

GROW Mental Health

Free weekly peer support groups- online and in person with no waiting list, for over 18's with mental health challenges.

Fiona 087 0325627
info@grow.ie

Recovery College South East

Free interactive recovery workshops for mental health and addiction challenges in a supportive environment with peers, family members, service providers and anyone with an interest.

Contact: 086 1746330
recoverycollegesoutheast@gmail.com

HSE Peer Support Workers

Peer Support Workers are available in some areas.
Contact a member of your team for more information.

HSE Family Peer Support Workers

Family members can access peer support when connected to the acute hospital. Contact the team to discuss.

Family Carers Ireland
Support Groups for family members across the South East.

Freephone 1800 240724
kilkennycarersupports@familycarers.ie

What is the Student Grant Scheme?

The Student Grant Scheme, or SUSI grant, is the main financial support scheme for students studying full-time courses in Ireland. The grant is awarded by Student Universal Support Ireland (SUSI).

What kind of grants are available and how much can I get?

There are two types of student grant:

- **Maintenance grants** to help students with their living costs.

Fee grants that pay tuition fees for students who do not qualify for the [Free Fees Scheme](#). Fee grants can also pay all or part of the student contribution and the cost of essential field trips.

If you get the maintenance grant, you also get the fee grant. Some people only get the fee grant.

The grant rate you get depends on various factors including your income, the distance you normally live from the college and whether you are classified as a disadvantaged student.

How do I qualify for a student grant?

To qualify for a student grant, you must meet all the [conditions of the scheme](#).

These include a nationality condition, a residence condition, and a means test. You must also be attending an approved course of study and progressing from your previous level of study.

You do not qualify if you already got a grant for the [maximum number of years allowed](#) for the level of study you are undertaking.

How do I apply for a student grant?

Applications for the 2025-2026 academic year are open. You must apply for your grant online. You do not need to know what course you will be taking when you apply.

You can register directly with SUSI using your [Personal Public Service \(PPS\)](#) number, an email address and a phone number.

You can also use your [verified MyGovID account](#) to log in to your SUSI account without registering directly with SUSI.

Are there grants for part-time or postgraduate courses?

If you are studying an eligible part-time course, you may be able to get a fee contribution under the [part-time fee scheme for under-graduate courses](#). The contribution amount is based on the number of credits you take during the academic year.

If you're studying a [postgraduate course](#), you may be able to get a postgraduate fee contribution and a maintenance grant, or a fee contribution only, if you meet certain criteria. The type of grant you get depends on the level of your income, the distance you normally live from the college and whether you are classified as a disadvantaged student.

You can find out more about the Student Grant Scheme on <https://bit.ly/studentgrantscheme>, or call us on 0818 07 4000 (Monday to Friday, 9am to 8pm).

What is the Wage Subsidy Scheme?

The Wage Subsidy Scheme (WSS) gives financial support to employers who hire people with disabilities. If a disability limits an employee's ability to meet all the requirements of a job, the WSS helps cover the cost of adapting the role. The subsidy is paid directly to the employer, who pays the employee as normal.

Who can apply?

Employers: The scheme is open to non-public sector employers. This includes private companies, community and voluntary organisations and not-for-profit bodies. Employers must:

- Employ the person directly (not through an agency)
- Offer 15 to 39 hours of work per week
- Provide a contract of at least 6 months

Be tax compliant

Employees: The scheme is available to people who are at least 18 years old but not yet eligible for the State Pension. You must have a disability or health condition that reduces your ability to meet all the job requirements and means that the role must be adapted.

You qualify automatically (without a medical assessment) if you get Disability Allowance, Blind Pension, Disablement Pension (20%+ for life), Illness Benefit or Invalidity Pension.

If you are getting Disability Allowance or Blind Pension, you can stay on your payment alongside the WSS, but it may be means tested. If you are getting Illness Benefit or Invalidity Pension, you must come off these payments to start work. However, you may be able to transfer to [Partial Capacity Benefit](#). This will require a medical assessment, but once you are approved, you will not need another medical assessment for WSS.

If you're not on a qualifying payment, you need:

- A doctor's letter or specialist's report

A completed confidential medical report form

How much is the subsidy for employers?

The subsidy is €6.30 per hour, up to €12,776 per year (which is a 39-hour working week).

If you employ 3 or more people who qualify for WSS, you get an extra top-up payment to cover supervising expenses. The top-up is between 10% and 50% of the standard subsidy depending on how many people with disabilities you employ. If you employ 25 or more people who qualify for WSS, you can get a €30,000 annual grant to employ an Employment Assistance Officer (EAO).

How to apply

Both the employer and employee must complete forms and submit them to the Department of Social Protection (DSP). Employers also need to send a valid tax clearance certificate or Tax Clearance Access Number (TCAN) and signed employment contract(s).

You can find out more about the Wage Subsidy Scheme (WSS) at <https://bit.ly/WageSubsidyScheme1> or call into us in Clonmel, Nenagh, Roscrea, Tipperary Town & Thurles – call 0818 07 6510.

Celebrating Community Spirit: Awards Honour Local Heroes and Volunteers

The Cathaoirleach, Councillor Mark Fitzgerald and the Members of Carrick on Suir Municipal District were delighted to welcome our honoured guests from within the District to a reception held on the evening of Wednesday 21st May 2025. A spirit of celebration filled the air as a series of awards were presented to outstanding individuals and groups from across our community in recognition of their exceptional contributions. The event, hosted by the Councillors of Carrick-on-Suir MD, shone a spotlight on those who go above and beyond—whether through tireless voluntary work or remarkable acts of courage and determination.

As the ceremony unfolded, MC for the evening Paul Collins of Ballywire Media, introduced each nominee through prerecorded interviews with their nominating Councillors. He then brought each nominee to the stage with heartfelt introductions that reflected the spirit of the evening. With warmth and genuine curiosity, Paul engaged the recipients in brief, meaningful conversations that brought their achievements to life for the audience. Each conversation drew laughter, emotion and applause, as Paul highlighted not just the achievements, but the stories behind them and the lasting impact of the individuals and groups on their communities.

Each of the Elected Members nominated a group or individual for their contribution to the municipal district and the community. The following were the nominees for 2025:

- Una Hayes and Declan Fanning were recognised for their remarkable bravery in a medical emergency – nominated by Cllr Michael Brennan
- Carrick on Suir River Rescue for their many years of service to the people of Carrick and surrounding areas in times of need – nominated by Cllr Kieran Bourke
- Pamela Sweeney for her long-standing voluntary commitment to the Fethard community – nominated by Cllr Amy Goldsboro
- Carrick-on-Suir Meals Assistance Service for their ongoing dedication to providing this valuable service throughout the community
- Fionn Mac Cumhaill Players for all their successes and in particular their accurate and poignant portrayal of Bridget Cleary – nominated by Cllr Mark Fitzgerald

By the end of the ceremony, the stage had become a platform not just for awards, but for gratitude and community spirit, with many recipients paying tribute to their individual communities and the willingness of communities in Carrick-on-Suir and the wider Municipal District to work together.

“This is a celebration of people who give their time, energy and heart to make a difference,” said the Cathaoirleach Cllr Mark Fitzgerald. “These awards are our way of saying thank you and recognising the invaluable impact each nominee has made.”

The evening not only highlighted the individual stories behind the awards but also served as a powerful reminder of the strength and generosity found within our community.

This annual celebratory event was held in the community Hall in Drangan. This wonderful facility is one of a number of community facilities across the country that provide valuable space for local communities to gather and celebrate.



Representatives of all Winning Groups pictured with Councillors & TCC Staff

L-R Cathaoirleach Cllr Mark Fitzgerald, Cllr David Dunne, Paddy Power Carrick-on-Suir River Rescue, Benny Cooney Carrick-on-Suir Meals Assistance Service, Ann Williamson Fionn MacCumhaill Players, Pamela Sweeney, Cllr Amy Goldsboro, Una Hayes, Declan Fanning, Marie Cox Tipperary County Council, Cllr Michael Brennan

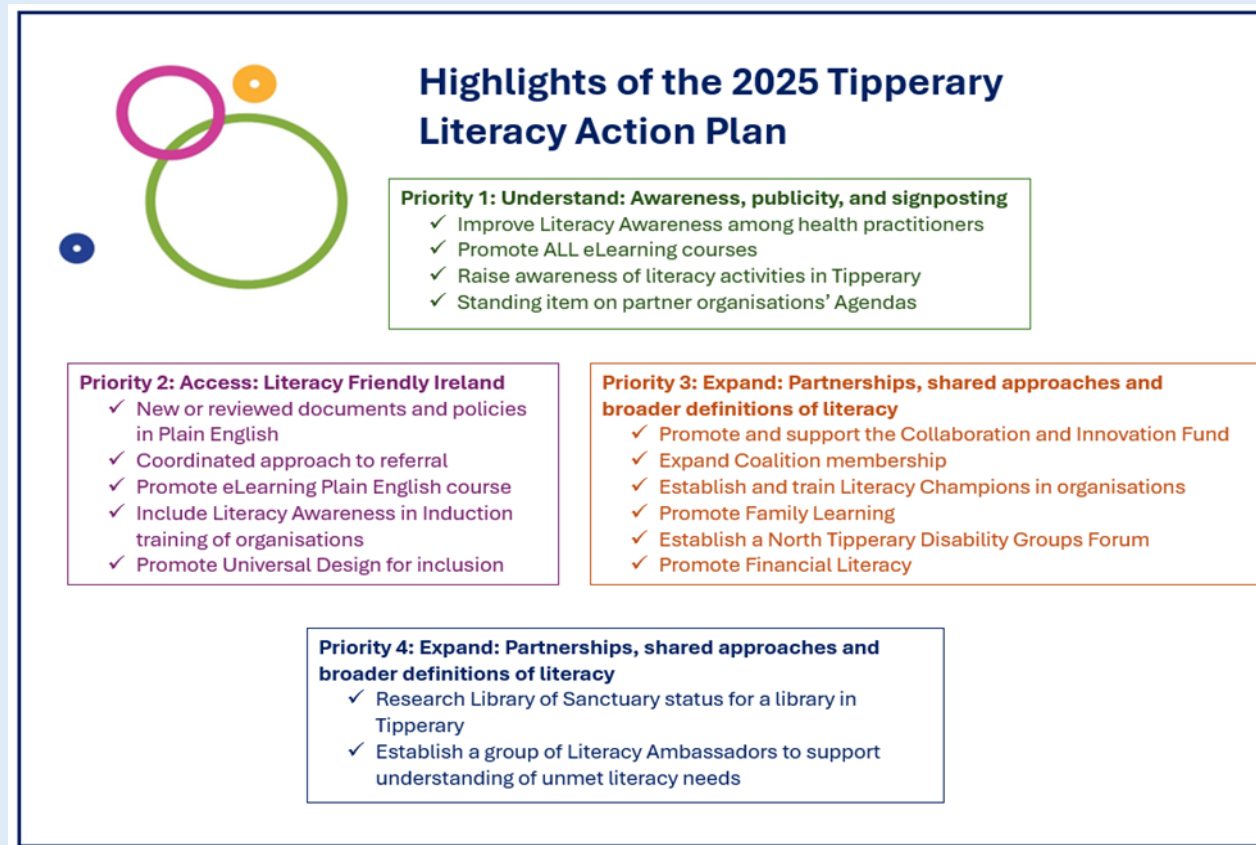
Exciting developments through the Tipperary Adult Literacy Coalition

Tipperary's Regional Adult Literacy Coalition recently signed off on our Action Plan for 2025.

Building on the achievements of 2024, our plan is the result of collaboration through a workshop, one-to-one consultations and Coalition meetings. At the April meeting, we reviewed, discussed, and finalised our agreed actions. These actions are ambitious, we are committed to them, and we believe the outcomes will be significant in supporting individuals and communities with unmet literacy needs in Tipperary.

A big thank you to all Coalition members for their commitment and insight in shaping this plan. Your dedication is paving the way for meaningful change in adult literacy across Tipperary.

These are the highlights for focus during 2025.



COMHAIRLE NA N-ÓG EASTER MEETING AT TCC NENAGH CHAMBER

We arrived at Nenagh County council chamber for our Annual Easter Meeting in the Chamber. We started by Ben and Chloe introducing the meeting. They started by giving updates from the last meeting. They then went through the day's agenda. We then had Sinead Carr Chief Executive addressed us. She talked about herself and her career, our Comhairle and jobs to do after Comhairle that involves politics or active participation in society in general including work in the council. It was very inspiring to know what we are doing now is valuable for the future and to know our work is important. We then had our co-chairs talk about the showcase and NYCI. Then had Oliva, Niamh o Brien, Abigeal and Ellie talk about an update on their national jobs on our behalf. We had an open discussion on how we had no TDs at the showcase and ways we can improve this going forward as we want to link with anyone who can help us promote youth voice and views. We then spend time in our subgroups working on our topics.

After lunch, Pauline took the floor. She told us about linkage following the presentation to the management committee of Tipp Coco. She also talked about Tipp ETB and future collaborations and we also reviewed the rules and regulations of our Comhairle. Afterword's each chairperson of each subgroup gave updates on where they are at with the work they're doing. We then had a closing speech from Cllr. Declan Burgess who supports our work all the time and reminds us he started his journey on Comhairle. We then had a few words from Chloe and Ben to close the meeting. We really enjoyed being in the chamber like our adult elected members is reminds us our views are of value.



New RSA Report Highlights Safety Challenges for Cyclists on Irish Roads

Dublin, 16 May 2025 – As Bike Week 2025 draws to a close, the Road Safety Authority (RSA) is highlighting the safety challenges faced by cyclists on Irish roads with the publication of the *Cyclist Spotlight Report: Fatalities and Serious Injuries 2020-2024*.

Based on Irish collision data, the report provides an in-depth analysis of the circumstances surrounding cyclist fatalities and serious injuries between 2020 and 2024.

During this period, 45 cyclists lost their lives and 1,278 were seriously injured - an average of nine deaths and 256 serious injuries per year. Cyclists accounted for 6% of all road fatalities and 18% of all serious injuries during this time. For every cyclist killed, approximately 28 more sustained serious injuries.

Key findings include:

- The most affected age group for cyclist fatalities was 56–65 years, making up 29% of deaths.
- Large proportions of fatalities (87%) and serious injuries (78%) were male.
- High proportions (53%) of fatalities occurred between 8am-2pm, while high proportions (30%) of serious injuries occurred between 4-8pm.
- Half (51%) of fatalities were killed on urban roads. This rose to 80% among seriously injured cyclists.
- Dublin (33%) and Cork (16%) had the highest numbers of cyclist deaths.
- Most fatalities (64%) and serious injuries (70%) involved a collision with another vehicle.
- A fifth of fatalities occurred at a junction.

Minister of State at the Department of Transport, Sean Canney TD, commented: "This report reinforces our commitment to delivering a safer more inclusive road network. Cyclists play a vital role in a sustainable transport future. We must act on this evidence and accelerate the rollout of infrastructure and education measures that will make cycling safer for all."

Sam Waide, Chief Executive of the RSA, added: "This report is a sobering reminder that despite progress in road safety, cyclists are still at risk on our roads. These are not just numbers, they are lives lost, families devastated, and communities affected. We must increase our efforts to protect those who choose active and sustainable modes of transport. Drivers need to slow down for cyclists and keep a safe distance".

With four cyclist fatalities already reported in 2025, the RSA is urging all road users to stay vigilant, share the road responsibly, and support ongoing efforts to enhance road safety.

The Cyclist Spotlight Report 2020–2024 is now available at https://www.rsa.ie/docs/default-source/road-safety/road-users/cyclist-spotlight-report-fatalities-and-serious-injuries-2020-2024.pdf?sfvrsn=cf6157b3_1



MEN'S HEALTH WEEK

June 9 - 14th



#1 MONDAY, JUNE 9

TALK ON ACTIVITIES & SUPPORTS FOR
MEN IN THE NENAGH AREA

Location: Tyone Community Centre
Time: 2 PM - 3 PM

#2 TUESDAY, JUNE 10

CANCER PREVENTATION TALK

Location: Tyone Community Centre
Time: 11 AM - 12.30 PM

#3 TUESDAY, JUNE 10

HEALTH SCREEN DROP-IN WITH
CARDIAC REHABILITATION
NURSE CATHERINE O'DONNELL

Location: Tyone Community Centre
Time: 12.30 PM - 2.45 PM

#4 WEDNESDAY, JUNE 11

CARERS' INFORMATION COFFEE
MORNING

Location: Silver Arch FRC
Time: 10 AM - 11 AM

#5 THURSDAY, JUNE 12

CITIZEN'S INFORMATION TALK WITH
NORTH MUNSTER CITIZENS
INFORMATION

Location: Tyone Community Centre
Time: 11 AM - 12 PM

#7 FRIDAY, JUNE 12

JOIN US FOR A WALK IN BORRISOKANE
TOWN PARK WITH
TIPPERARY SPORTS PARTNERSHIP

Location: Borrisokane Town Park
Time: 11 AM - 12 PM

TO REGISTER PLEASE CONTACT

CATHERINE POWER
SILVER ARCH FRC
COMMUNITY DEVELOPMENT WORKER

Call or text: 083- ????

07.06.2025 
Cruinniú na nÓg


Cruinniú na nÓg, our fabulous festival of creativity for children and young people up to 18 years returns on **Saturday 7th June 2025**.

There are a wide range of workshops, performances and drop-in events to enjoy! An incredible choice of creative activities are available e.g. painting, illustration, clay/ceramics, graffiti, mural painting, music, dance, crafts, jewellery design, slime-making, robotics, storytelling, drama & theatre, weaving, sculpture, circus, open mic night for comedy/poetry/music, sign language event, printmaking and more.

Working with Tipperary Library Service, Tipperary Museum and arts organisations across Tipperary, a wide variety of creative events and performances will take place. All age groups are catered for and all activities are **free of charge** supported by the Creative Ireland programme.

Take a look at our wonderful Cruinniú na nÓg programme in the link below, select your favourite activity and get involved in celebrating Cruinniú 2025 .

<https://www.tipperarycoco.ie/arts-and-culture/cruinniu-na-nog-programme>



WHEN NEXT WE MEET

AT RAHEEN HOUSE



@ Raheen House Hotel, Clonmel

2025

Tipperary County Council
Staff can use the following
codes when purchasing:

Weekend Tickets 7th & 8th June 2025:
Promo Code: ClonmelFriends20

Day Tickets Sat 7th or Sun 8th June
Promo Code: ClonmelFriends15

TICKETS AVAILABLE AT:

WWW.WHENNEXTWEMEET.IE

7 - 8 JUNE 2025



South Tipperary Development Company

Invite you to an information morning for

MEN'S HEALTH WEEK 2025

**'Shoulder-to-Shoulder:
Connecting for Health!'**

**MEN'S
HEALTH
WEEK 2025**



Heighten awareness of preventable health problems for males of all ages

Encourage the early detection and Support men and boys to engage in healthier lifestyle choices/activities.

Date: Thursday June 12th 2025

Time: 10:00am -1:00pm

Location: Mullinahone Community Centre, Mullinahone E41 V6P3



Rialtas na hÉireann
Government of Ireland



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 Government of Ireland, through the Department of Rural and Community Development, and the European Union."

BARBECUE FIRE 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

Tipperary Mental Health Week

6th - 10th October

Recovery is Possible
Mental Health Matters

SEP 29
2025

Launch Event
TUS Campus Thurles

OCT 10
2025

Main Event
TUS Campus Thurles



#TMHW2025

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

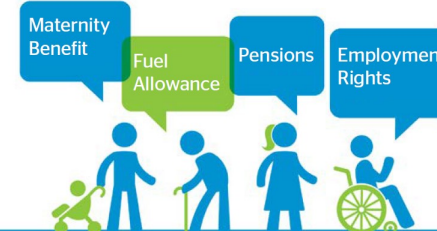
ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support line 8am to 8pm.



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



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