



Tipperary Together Newsletter | April 2025 | Issue No. 4

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:

- | | |
|--|------------------------------|
| • Tipperary Age Friendly Expo date 2025 | 30 Years of Bealtaine |
| • Tipperary Sports Partnership News | Knockanrawley Awards |
| • Tipperary PPN News | CarePALS Workshop |
| • DCDR CLÁR Scheme 2025 | Climate Action News |
| • 'Hello—How Are You' | RSA News |
| • Tipperary Age Friendly Questionnaire | 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 AGE FRIENDLY EXPO 2025



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



30 | Bealtaine Festival

YEARS | An Age & Opportunity **arts** initiative

Chair Yoga

with Sinéad O'Donnell



Clonmel Library
4 Sessions on the
2nd, 9th, 16th & 23rd of
May
10:00 - 11:00am

Booking is Required. To Book call
052 616 6130 or email us at
clonmellibrary@tipperarycoco.ie

30 | Bealtaine Festival

YEARS | An Age & Opportunity **arts** initiative

Mining Memories - Creative Writing Workshop

with Margaret Galvin



Clonmel Library
Tuesday 6th &
Wednesday 7th of May
2:30 - 5:00pm

Booking Required.
Call 052 6166130 or email:
clonmellibrary@tipperarycoco.ie

30 YEARS OF BEALTAINÉ

30 | Bealtaine Festival

YEARS | An Age & Opportunity **arts** initiative

The Songs & Poems of Percy French

with Jim Ryan



Clonmel Library
Wednesday the 14th
of May at 6:45pm

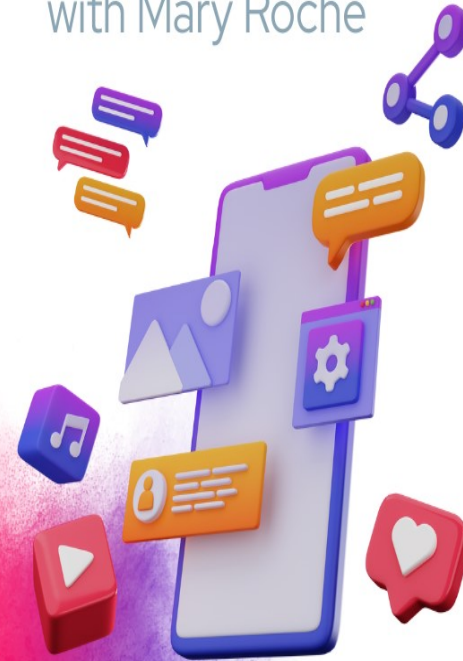
Booking is Required. To Book call
052 616 6130 or email us at
clonmellibrary@tipperarycoco.ie

30 | Bealtaine Festival

YEARS | An Age & Opportunity **arts** initiative

Smartphone Workshop

with Mary Roche



Clonmel Library
Friday 2nd of May
10:30 - 11:30

Booking is Required. To Book call
052 616 6130 or email us at
clonmellibrary@tipperarycoco.ie

30
YEARS

Bealtaine Festival

An Age & Opportunity **arts** initiative

The Life & Times of a Tipperary Hurling Supporter

with Tommy Treacy



**Clonmel Library
Wednesday the 21st
of May at 6:15pm**

No Booking Required.
Just turn up on the evening!

2025 Funding Opportunity for Tipperary Sports Clubs

TSP is delighted to announce the 2025 **Coaching & Development Fund** - A fantastic opportunity to support sports clubs in developing sport and increasing physical activity across the county. Check out <https://bit.ly/3RmlR4N> for further details, criteria and application form. Closing date for receipt of completed application forms is Thursday 15th May, 2025 at 4pm.

Sports Ability Day – Save the Date!!

We're excited to announce that our annual **Sports Ability Day** will take place on Friday, 16th of May in the Presentation Sports Complex, Thurles. This special day will showcase a fantastic range of inclusive sporting opportunities available across Tipperary. The schedule is 10.30am to 12 for under 18's and 1pm to 2.30pm for adults. Registration is essential and can be completed on this link <https://bit.ly/4cmqBRv>

TSP hosts Sport Ireland's Regional Development Officer Meeting



TSP were delighted to welcome Sports Ireland and Development Officers from ten Local Sports Partnerships to Fethard Town Park. It was a great day of sharing ideas, collaboration and planning for the future of sport. Pictured: Attendees from the regional meeting including teenage girls from our Her Moves Programme in the Patrician Presentation Secondary School, Fethard.

Bike Week 10th–18th of May, 2025. Get ready to get out and get cycling as Bike Week rolls into Tipperary from 10th to 18th May. We'll be running a range of fun competitions and activities to encourage everyone young and old to join in on the fun. Keep an eye on www.tipperarysports.ie for further details and our social media channels for all the latest updates. Let's get Tipperary Cycling.

Knockanrawley Resource Centre (KITE) (Pathways to Employment Programme) held their 23/24 QQI Level 4 Award last week.

11 learners were awarded Certificates which included 7 Major Awards.

Well done to all. Also included in photograph is John Murphy (Tipperary ETB, Funders), Emer Duggan (Centre Manager), Sr. Clare Gunning (BOM), Tony Sweeney & Nora Hoare (Kite Co-Ordinators).



CLÁR 2025 – Measure 1: Developing Community Facilities & Amenities

Tipperary County Council is seeking Expressions of Interest applications in respect of projects under the CLÁR Scheme 2025 Measure 1 Developing Community Facilities and Amenities from which the Council will consider the submission of 15 project applications to the Department.

A minimum grant of €5,000 and maximum grant of €65,000 will apply to this measure. To facilitate projects of a slightly greater scale, 2 applications seeking grant funding of up to €100,000 can be submitted. The scheme will provide up to 90% of the cost. Applications can be submitted for projects located within the CLÁR area. Full details are available at <https://www.tipperarycoco.ie/community/clar-ceantair-laga-ard-riachtanais-programme/clar-2025-measure-1-developing-community>

The closing date for Expression of Interest (EOI) applications is close of business on **Wednesday 14th May 2025**. [Any queries on the scheme can be sent to](#) CLAR@tipperarycoco.ie or contact CLÁR grants, Community Section at 0818 06 5000

DRCD CLÁR Scheme 2025 - Measure 2

CLÁR (Ceantair Laga Árd-Riachtanais) is a targeted investment programme for rural areas that aims to provide funding for small infrastructural projects in rural areas that have experienced significant levels of de-population. This funding assists in building the resilience of these rural communities.

Measure 2: Mobility, Cancer Care, Community First Responder and Meals on Wheels Transport

Measure 2 will be operated directly by the Department of Rural and Community Development and is open to established organisations/groups that operate on a voluntary basis and provide:

- transport to/from day care/other medical/therapy/respite services for those with significant mobility issues including requiring specialised wheelchair accessible vehicles; or
- transport to/from designated cancer treatment hospitals/centres under the National Cancer Care Programme; or
- Community First Response Support/Search and Rescue organisations.
- Meals on Wheels services

Applications or queries can be made directly to the **Department of Rural and Community**

Development via e-mail to clar@drcd.gov.ie The closing date for completed applications and supporting documents to be submitted to clar@drcd.gov.ie is Friday 23rd May 2025. Further details on this scheme are on this link <https://www.gov.ie/en/department-of-rural-and-community-development/policy-information/cl%c3%a1r-funding-for-small-scale-rural-projects/>



Age & Opportunity Active CarePALs Workshop



Age & Opportunity Active in partnership with the HSE invites staff of day or residential care settings to take part in our upcoming CarePALs workshops. CarePALs aims to empower those working in day and residential care settings to lead suitable physical activities with older people who live in or visit their setting. This means that physical activity sessions can be delivered by staff and therefore included as part of the daily or weekly routine without cost to the care setting. The expected outcomes of CarePALs:

- Enhanced health of older people in care
- Staff of care settings enabled to lead Health Enhancing Physical Activity (HEPA) Sessions for older people with varied levels of ability on a regular basis
- Increased awareness of social, psychological and physical benefits of physical activity for older people of all ages and abilities
- Opportunities for those promoting physical activity in care settings to network with peers.

Participants do not need to have any background or formal experience in leading physical activities but they must be working in a care setting. Also, their employer must commit to enabling them to lead physical activity back in their own care setting following participation in CarePALs. The HSE is funding these workshops so there will be no charge to participants.

2 day CarePALs Workshop taking place in: (Must attend both days)

Woodview Service Station, Mitchelstown Road, Cahir, County Tipperary. E21 KF60

Date: Thursday 22nd of May and Thursday 29th of May 2025.

9.30am – 4.00pm (lunch included)

Places are limited you must confirm your attendance by contacting Máire Murphy at Age & Opportunity
Active Ph: 01 9133946 or email maire.murphy@ageandopportunity.ie





The Power of Place and People Project is Starting Soon in County Tipperary!

We at Tipperary PPN, are really excited about a new community mapping project, in partnership with Tipperary County Council, happening in our county later in May.

The aim of 'The Power of Place and People' project is to begin recording details of County Tipperary's many great groups, organisations and services. This information will then be stored safely in one digital place.

There are dedicated workers employed for 'The Power of Place & People' project and they will contact groups, starting in the Carrick-on-Suir municipal district, to see if they can arrange a suitable date to visit and meet with members of the community group to learn about their group's work, facilities, meeting times etc.

This project will support us to progress our work, here in Tipperary PPN and in the county council in a few ways, including understanding the needs of our registered groups in how to grow and develop, whether funding or training or something else altogether, and to really see what is happening on the ground in our communities. So see you soon!

By the way, if you volunteer in a local group and don't get our emailed monthly PPN newsletter, you can find out who receives our regular PPN information and then ask them to pass on anything they receive from Tipperary PPN. They only have to forward it to your email address or give it to you in a printed format (on recycled paper, if possible). Don't be left behind on all the news!

National Comhairle showcase 2025 by Jess Fogarty

We started off bright and early on 15th April by getting the train to Heuston station. From there we got a taxi to the Printworks at Dublin castle. When we arrived we had our county photograph taken. We then went into our stand. It displayed all the work we had done with Comhairle over the past 2 years. We got to speak to officials and lots of people including Former Minister Roderic O Gorman who was interested in us as he has links to Thurles and to Patrick Burke Head of Youth Work Ireland. We then went into the opening ceremony where the MC for the day "Fionnula Jones" opened the day. We had a talk from Sheenagh Rooney who talked about her job in DCEDIY and how she and her department love working with Comhairle. After lunch we attended workshop sessions. Oliva D'Arcy our national executive was hosting the sessions along with fellow national executive Andrew. She gave a great speech about Comhairle. We were then introduced to the panel which were full of people that were thoroughly interesting. They all introduced themselves and described what they do. Oliva and Andrew asked them questions which they answered. The audience were then allowed to ask the panel questions and I have to say the audience had amazing questions. We then headed to the closing ceremony where Minister Norma Foley delivered a speech about the importance of youth voice in Government and for the future. Each Comhairle was then presented with a certificate of achievement by An Taoiseach Michéal Martin and Norma Foley. Patrick and Chloe collected the certificate for Tipperary Comhairle. Michéal Martin made the last speech of the day where he talked about his life and how beneficial Comhairle is for our country and our youth. Overall it was a really fun day and it was nice showing people all the work we have done. Quote from Chloe Duggan from Clonmel our Co Chairperson South.

"The Comhairle na nÓg Showcase of 2025 truly showed me that there is magic in hard work, determination and team work. To see a whole country united by work ethic and a desire to change the world for young people is nothing short of amazing. We had the opportunity to meet new people, show off all of our achievements and connect with our whole country, including the current leaders of our country. What an honour today has been".





HELLO, HOW ARE YOU?

Hello, How Are You? is a campaign about connection and meaningful conversations surrounding mental health. We invite individuals, communities, workplaces, friends, and families to join us in saying 'Hello' and asking 'How Are You?' in a genuine and meaningful way.

Last year, the campaign resonated deeply, with over 278 events in 26 counties and an estimated attendance of 33.5 thousand people. Together, we trained over 113 individuals and distributed approximately 228,000 conversation cards, which helped individuals starting opening conversations about mental health. We were particularly delighted by the overwhelming response at train station events, and we had 4,388 views on social media.

Here's how you can be part of the Hello, How Are You? day:

*Plan and [register your event](#) on our website: your event will be showcased on our [interactive map](#) for increased visibility. Plus, explore our [resource page](#) to download event posters and toolkits to facilitate your event planning process. PLUS you will receive a **FREE Self-Care pack** when you register your event!*

Add the final touch: Visit our [shop](#) to purchase merchandise to enhance your event. Spread the word: Whether in your workplace, sports association, or social media channels, utilize our [branded resources](#) to increase awareness. Stay informed: Keep an eye open on our [training and information session calendar](#) for upcoming dates and opportunities, including a self-paced eLearning Training Module. Explore our [website](#) to find more about the impact of our previous campaigns, browse through event photos and read the results of last year's Mental Health survey on the importance of connection.

For further information or assistance, please do not hesitate to reach out to me directly or contact : support@hellohowareyou.info.

*None of this would have been achievable without the incredible support of colleagues from various national and local organizations. Using the same coproduction approach, we're gearing up for an even more impactful **Hello, How Are You? day in 2025.***

If there are any local organisations do not have budgets for purchasing merchandise please use e-mail above for some pens/ conversation cards and bookmarks.

National Hello, How Are You? Day May 15th
www.HelloHowAreYou.info





Be Winter-Ready

Helping make you, your home and your business more resilient and prepared for severe weather

Tipperary Age Friendly Weather Event Resilience Questionnaire

Tipperary Age Friendly Community Response

Tipperary Age Friendly would like your input to inform on future requirements in the event of severe weather or other emergency events

Tipperary Age Friendly have prepared a severe weather event survey for circulation through its network to ascertain the impact and to help in our preparation for future events and our community response. To have your say please click on the survey link below:

<https://www.surveymonkey.com/r/8V3QP7B>

The Community Climate Action Fund

Funded by the Community Climate Action Fund, Boher Community Development Group have recently installed a water filling station as part of their over all project currently being carried out in Boher. The installation of a water filling station will reduce the amount of plastic bottles going to landfill. It promotes the principles of the circular economy; re-use, reduce & recycle. The environmental benefits include reducing waste, pollution and the demand for new raw materials, the circular economy can help mitigate climate change, protect biodiversity and promote sustainable development.

The Community Climate Action Fund promotes these principles. The next round of the fund is expected to happen this Summer 2025, as soon as a date is launched, the Community Climate Action Officer will promote this through the Public Participation Network (PPN), social media and the Council's own website.



New RSA Research from Breathalyser Kiosks Indicates Almost Half of People Underestimate Their Alcohol Levels

- Over 24,000 tests conducted across Ireland as part of RSA pilot programme with Flinebox.

45% of people tested thought they were under the legal limit, but their breath test results exceeded this.

4 April 2025 – New data from the Road Safety Authority (RSA) reveals a worrying trend—nearly half (45%) of people who tested their alcohol levels at Flinebox breathalyser kiosks mistakenly believed they were under the legal limit.

The findings come from an RSA pilot programme, which trialled Flinebox breathalyser kiosks at hospitality locations and events across Ireland over six months. The initiative aimed to give people real-time feedback on their alcohol levels, helping them make informed decisions before getting behind the wheel.

During the six-month pilot, over 24,000 breathalyser tests and surveys were conducted. The results highlight critical issues:

- 45% of people who tested over the legal limit mistakenly believed they were fit to drive.
- 64% of those who exceeded the blood alcohol legal limit of 0.50 g/l had said they were going to drive*.
- 77% of those who mistakenly believed they were under the limit had said they were going to drive.

Young men aged 18-34 were most likely to underestimate their alcohol levels and say they were going to drive.

Sarah O'Connor, Director of Partnerships and External Affairs at the RSA, said: "We are urging drivers not to rely on guesswork when it comes to alcohol and driving. This data shows that many people wrongly assume they're under the limit when they're not - putting themselves and others at serious risk.

"We introduced the breathalyser kiosks as an education measure to help drivers get a clear, scientific measure of their alcohol levels. The pilot made it clear that people struggled to understand their own level of impairment. But the real message is simple: if you have a drink, don't drive. The safest option is to plan ahead, arrange alternative transport, and never take a chance behind the wheel.

"This data is a stark reminder that our perception of how alcohol affects us is often flawed. While social acceptability has been on the rise up to 2024, the RSA's events teams found the conversations it sparked among peers around drink driving and its acceptability were also very beneficial. Never ever drink and drive."

The RSA pilot programme ran from August 2024 to February 2025, with Flinebox kiosks placed in hotels, bars, and event venues across Mayo, Galway, Cork, Limerick, Laois, and Westmeath. The RSA first introduced the technology at Electric Picnic and later at the National Ploughing Championships, and there will be further deployments at major events later this year.

****When providing a result, the Flinebox device states that if you are a novice driver with less than two years of driving experience, you are not permitted to drive if your blood alcohol exceeds the lower limit of 0.20 g/l.***

Major Update to Ireland's Medical Fitness to Drive Guidelines Aims to Keep Roads Safe

New guidelines provide updated advice for drivers with medical conditions, including stroke, epilepsy, diabetes, and sleep disorders

7 April 2025 – The Road Safety Authority (RSA) and National Office for Traffic Medicine (NOTM) have today launched a major update to Ireland's medical fitness to drive guidelines, ensuring they reflect the latest medical research and best practices in road safety.

The guidelines, [Sláinte agus Tiomáint](#), provide critical guidance for healthcare professionals in assessing whether a patient is fit to drive following a medical diagnosis, injury, or treatment.

Key updates include:

New guidance on rehabilitation and return-to-driving pathways for those recovering from serious injuries, such as stroke or brain trauma.

Improved advice for medical professionals on how to sensitively manage conversations about driving cessation.

Clarifications and updates on a range of conditions, including epilepsy, diabetes, sleep disorders, and cardiovascular health.

The NOTM is located in the Centre for Innovative Human Systems in the School of Psychology in Trinity College Dublin.

Speaking at the launch in Trinity, Sam Waide, Chief Executive of the RSA, said: "With an ageing population and increasing numbers of drivers managing chronic health conditions, these guidelines are more relevant than ever. By aligning with international best practices and drawing on the latest medical research, we aim to ensure that medical fitness assessments are fair, transparent, and prioritise road safety."

For many, driving is essential for maintaining independence and well-being. The updated rehabilitation framework acknowledges this, emphasising a multidisciplinary approach that includes medical professionals, physiotherapists, occupational therapists, and optometrists to support people in safely returning to the road.

Continued driving may be enabled through licence restrictions which can specify car adaptations, daytime driving only, and speed and distance restrictions.

In cases where driving is no longer possible, the guidelines highlight licence restrictions and car adaptations as potential solutions to maintain mobility.

Additionally, the Government's decision to provide a free travel pass for individuals medically unfit to drive for at least 12 months offers crucial support for those affected.

Professor Desmond O'Neill, Director of NOTM, added: "These updates reflect the evolving nature of road safety and medical science. We recognise the importance of balancing road safety with individual mobility and independence. By equipping healthcare professionals with clear, up-to-date guidance, we can ensure that decisions around fitness to drive are made with confidence, fairness, and safety in mind.

"If doctors and other health professionals routinely provide advice based on these guidelines to their patients, we can reduce crash rates by up to one third and also maintain safe mobility for longer for their patients."

The revised [Sláinte agus Tiomáint](#) guidelines are available now on the RSA website

LITTLE VILLAGE FESTIVAL

Community | Music | Sport | Family | Food | Craft | Games | Fun

THE LITTLE VILLAGE FESTIVAL

MULLINAHONE, CO. TIPPERARY

€5 ENTRY. CHILDREN UNDER 12 ARE FREE!

Free entertainment: Nore Valley Farm, Kids Yoga, Giant Games, Fun Food Challenges, Sensory-Friendly Zone and more

'The Strongest Village' Tug-of-War Tournament

Carnival Games, Obstacle Course, Hang Tough, Strike the Target, Blitzes and **much more!**

Burgers, hog roast, vegetarian, pizza, coffee home-baking, ice-cream, crepes & waffles

Main stage performances & Demonstrations



SUNDAY MAY 4TH



12 PM - 6 PM



GAA PITCH
E41R6P7

Follow us on Facebook and Instagram for the full programme of events!

 @littlevillagefestival

Little Village Festival – Mullinahone, Sunday, May 4th

Join us for a day of community celebration at the Little Village Festival, happening on Sunday, May 4th from 12pm to 6pm at Mullinahone GAA pitch (E41R6P7). This event promises something for everyone, with activities ranging from music to sports, crafts, and more!

Highlights Include:

- **Family Fun:** Enjoy a vibrant atmosphere with music, crafts, games, and plenty of activities for all ages.
- **Food Zone:** Indulge in delicious treats including burgers, hog roast, pizza, vegetarian options, home baking, ice-cream, crepes, waffles, and coffee.
- **Agri Zone:** Meet small and large animals from Nore Valley Farm and Agri Aware.
- **Carnival Zone:** Test your skills with activities like Hang Tough, soccer shootout, coconut shy, and more.
- **Kids Zone:** Arts and crafts, sand play, and a mini-disco await our youngest visitors.
- **Free Games:** Enjoy Crazy golf, giant Jenga, Connect 4 or chill-out in our sensory-friendly area.
- **Tug-of-War Tournament:** Watch as villages compete for the title of 'The Strongest Village.'
- **Live Performances:** Local musicians, dance acts, and magic shows on the main stage.
- **Sports blitzes:** A range of friendly under-age hurling, camogie, Gaelic football and soccer ages with local teams

Educational Demonstrations: Learn about beekeeping, infant first aid, reptiles, and more.

Entry: €5 (children under 12 free)

The HeART of Song writing

Tue 20th May, 11am-1pm

Tipperary Museum of Hidden History, Clonmel

Booking: museum@tipperarycoco.ie
or 052 6165252



In this 2 hour playshop, you are invited to think about where do songs come from. You will hear about what it is really like to write a song and learn how easy it is to create

one of your own. If you have a song you are working on then please bring it with you (totally optional). All welcome. No experience necessary at all in song writing is required.

The playshop is facilitated by Purple Roses - the folk duo Marie Walsh & Jane McLoughlin who are big believers of original music.

This event is supported by the
Tipperary Museum of Hidden History



THE Alzheimer
SOCIETY OF IRELAND

THE ALZHEIMER SOCIETY OF IRELAND

NORTH TIPPERARY BRANCH GOLF CLASSIC

THE ALZHEIMER SOCIETY OF IRELAND CHARITY NO. 20018238 - CHY NO. CHY7868



Nenagh Golf Club
23rd May 2025
€160 per team of 4
Champagne Scramble

Prizes Include:
Green Fees for Top Courses
& Lots of Great Prizes

TO REGISTER YOUR TEAM
CONTACT THE PRO SHOP AT 067 31476

Alzheimers

THE ALZHEIMER
SOCIETY OF IRELAND

TEA day

Fundraising Event

Thursday 1st May

11am - 12.30pm

Nenagh Arts Centre

Join us for a cup of tea,
a chat, and a chance to
win some fun prizes!

All proceeds go directly to the
Alzheimer Society of Ireland

Organised by
Nenagh Tourist Office
And
NENAGH
ARTS
CENTRE



Community Services
Tipperary County Council



Nenagh Tourist Office



Alzheimer's

TEA day

May 1st
2025

Share a cuppa

And help support those living with
dementia and their families.

Venue: **Rosemary Cafe**
Millennium Family Resource
Glengoolie.
Date: **Tuesday 6th May**

Time: **11:30 - 1pm.**

teaday.ie
f x @ in



THE ALZHEIMER
SOCIETY OF IRELAND

Donate right now!

If you can't make my Tea Day event,
you can make a kind donation right now
by scanning this QR Code.



CHI No: CHY7868 CRN: 20018238

CALLOUT FOR NOMINATIONS!

FAMILIES OF CLONMEL

deadline:
Saturday 10th
May



Clonmel Applefest are looking to recruit up to 10 families to be interviewed for a publication about Clonmel-based families and what they do when they spend time together. Nomination should come from a family member or third party who will commit to be the liaison person between the family and the project coordinator to ensure transparency and easy communications.

MORE DETAILS AND EXPRESSION OF INTEREST FORM:

[WWW.CLONMELAPPLEFEST.IE/
FAMILIESOFCLONMEL](http://WWW.CLONMELAPPLEFEST.IE/FAMILIESOFCLONMEL)

Save the date!



Say Hello
on May 15th

Say Hello and ask: How are you?



Save the date for this year's 'Hello, How are you?' campaign. Put it in your diary now and start planning your event. More details to come.



© Mental Health Ireland

www.HelloHowAreYou.info
e: info@HelloHowAreYou.info



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