



KEEP WELL

IN YOUR COMMUNITY



Riádas na hÉireann
Government of Ireland

In This Together Tipperary
Newsletter

5th of April 2021

Issue 22



Welcome to edition 22 of our newsletter In This Together Tipperary. Previous issues can be found on www.tipperarycoco.ie. The in this together campaign emphasises the importance of collective support. This newsletter is part of an overall communication

campaign showcasing community support in County Tipperary since March 2020 and while the Keep Well campaign continues.



Are you dreaming of a road trip [#Whenwetravelagain](https://twitter.com/Whenwetravelagain) look no further than The Vee. It is famous all over Ireland for its panoramic views, particularly thanks to blooming rhododendrons. Check out this amazing image from [@colmc23](https://twitter.com/colmc23)

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 InThisTogether@tipperarycoco.ie



Use hashtag [#inthistogethertipp](https://twitter.com/inthistogethertipp) on your social media to showcase all the good work in County Tipperary

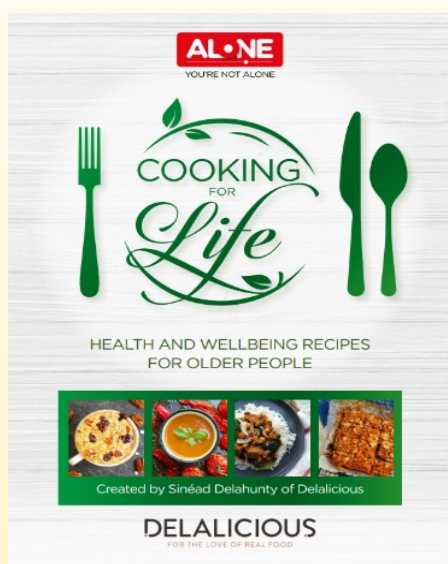
Tipperary Children and Young Peoples Services Committee (TCYPSC) is an all-county committee, established since July 2015, that brings together the main statutory, community and voluntary providers of services to work together for better outcomes for children and young people. Our first Strategic Plan for 2018 - 2020 has run its course. We are currently developing our second strategic plan and, as part of that, will be gathering the views of children, young people, and young adults, aged 0 - 24 years in our county about their health, their experience in education, their safety at home and in the community, their economic security and to what extent they feel respected and valued in the community. We would like to hear your views as a parent and primary carer of children and young people to complement the findings from the other strands of consultation.

Your feedback will greatly assist Tipperary Children & Young People's Services Committee in developing a Work Plan to tackle the priority issues. If you are interested in taking part in the survey, please note that all information received will be anonymous, so do not include identifying details in your responses.

Please submit the completed questionnaire by **Friday, 23rd April 2021.**

Survey:

<https://survey.tusla.ie/index.php?r=survey/index&sid=556873&lang=en>



ALONE supporting people to age at home have produced a Cook-Book and Exercise Book which can be downloaded on the link below

If you need support, or would like to make a referral, please call our national phone line: 0818 222 024

[ALONE Link CookBook](https://www.tipperarycoco.ie/community-and-economic-development/alone-cookbook-physical-activity-book)

<https://www.tipperarycoco.ie/community-and-economic-development/alone-cookbook-physical-activity-book>



COVID-19 Data Ireland

@COVID19DataIE

COVID-19 Vaccines 🇮🇪
(Friday / 02-04-21)

- First dose: 655,292 (+18,329)
- Second dose: 268,586 (+12,174)
- Total: 923,878 (+30,503)

- % pop. with first dose: ~13.2%
- % pop. fully vaccinated: ~5.4%

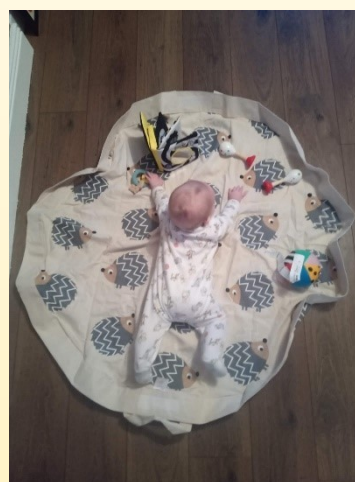
11:18 AM · Apr 5, 2021 · COVID-19 Data Ireland

Silver Arch FRC continues to respond to the needs of families and individuals throughout the Covid 19 crisis. We have experienced an increase in the need for our services, and we are answering those needs with a variety of practical supports and advice. We continue to offer support with regular check in calls/video calls with the families we work with, practical supports (food parcels, children's resource packs) and help with accessing other local services. With the schools closed and a lot of uncertainties for parents and children, our family and parent support teams are at the end of the phone to offer tips and advice in establishing routines in the home, encouraging learning from home, communication and self care for parents. Over the past few months we have become creative with how we deliver practical and professional advice to parents, and this has led to us moving our parenting talks with guest speakers online, via Zoom. Now more than ever its important to mind our mental health so our adult Counselling services and Therapeutic services are also available over the phone.

In spite of all the restrictions we have been able to introduce many new initiatives – one of these is the My Place To Play Mat provided via our Community Mothers Programme. A beautiful, and hard-wearing mat with some early play toys is provided to parents of new babies. It encourages Tummy Time, baby has a set place to play or a safe place to play no matter where they are staying, baby starts to associate this mat with playtime and quality time with parents. We are thankful to Tipperary CYPSC for supporting this initiative. Here is one mums review :

"The play mat is high quality and inside has the most beautiful toys! We spend time together playing with the toys that baba can reach and grasp. You have to see her laughing and talking to herself every time she sees herself in the mirror. Tummy time improved a lot since we've got the mat." – Michaela (Mum)

For more information on Silver Arch FRC please visit our website www.silverarchfrc.ie or you can contact us on 067-31800 or info@silverarchfrc.ie



Autism Awareness Roscrea dispatched a Autism Friendly Easter Egg Delivery on Easter Saturday 3rd April 2021 with the help of Easter Buddies and Friends. The deliveries were in Roscrea and close surrounding areas as determined by Covid 19 regulations which is within 5km.

Seniors Alert Scheme

What is it?

Its purpose is to enable older persons of limited means to continue to live securely in their homes with confidence, independence and peace of mind by providing them with a free personal monitored alarm. It is administered locally by community and voluntary groups from your area.

For a list of groups in your area or more information:

<https://www.tipperarycoco.ie/community-and-economic-development/seniors-alert-scheme>

<https://www.pobal.ie/programmes/seniors-alert-scheme-sas/>



SUPPORTING PARENTS OF CHILDREN WITH DISABILITIES

Tuesday morning 10am to 12.30pm
Starting Tuesday 20th of April
to Tuesday 15th of June.

This course is designed to help parents express the difficulties they face when caring for a child with a disability and learn in an experiential way with people experiencing similar issues.

ONLINE COURSE

This course is open to everyone from all walks of life in the North Tipperary area. All Training is provided by SHEP Tutors. Everyone welcome. No prior qualifications are needed — just a willingness to be personally involved and to interact with others. Support is available prior to the course starting to get on-line and join into Zoom.

FREE ONLINE COURSE

For more information and to sign up for this course please contact your nearest partner Organisation:

North Tipperary Development Company:
Mairead Maher 087 3814079
or email: mmaher@ntdc.ie

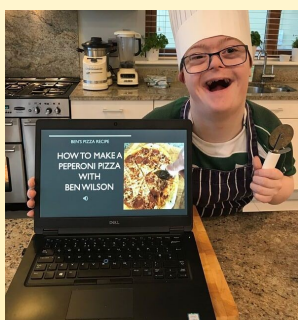
Silver Arch Family Resource Centre:
087-7489490 or email: info@silverarchfrc.ie

For more information on SHEP please go to
www.socialandhealth.com



"The Community Mental Health Fund, supported by the Department of Health"

When schools closed in March 2020 due to the COVID-19 pandemic, young people with intellectual disabilities (ID) and their families were seeking alternative education sources and new innovative ways to socially interact.



Blossom Ireland participant Ben Wilson demonstrating his culinary skills

Blossom Ireland launched a suite of digital services for young people with ID including a new pizza making video and step-by-step tutorial in partnership with head chef Richie Wilson of Fire Restaurant in Dublin and his son Ben (16).

The home cooking tutorial ensured all young

people across Ireland were included in the home cooking craze that swept up amidst the lockdown. Auveen Bell, Blossom Ireland CEO, said "Young people with ID struggle to live a life like any other. Our partnership with Richie and Ben demonstrates that with the right environment and accessible tools; they can achieve as many things as their peers."

The tutorial is bolstered by accessible online resources on themes such as daily planning, time management, and how to use messenger apps such as WhatsApp. Simple language, pictures, and symbols are used throughout to make them accessible to all. Parents and guardians are encouraged to join but the hosts are directly interacting with the young people, which is a unique approach. Blossom also launched zoom yoga classes and Digital Café meetups for Blossom's service users.

The new supports saw a surge in activity on Blossom's online channels, with website traffic up 900% month on month. Blossom is the only charity in Ireland offering supports of this kind to young people with intellectual disabilities and believes that the lockdown has proven its potential to expand its services to young people beyond Dublin via online channels in the weeks and months to come. All resources are available for free online: <https://blossomireland.ie/blog/>



Tipperary County Council and Tipperary Tourism recognise the important opportunity that tourism provides in terms of economic impact, job creation and sustainability for the county. There is a huge opportunity to drive forward an ambitious countywide investment programme, creating successful tourism development leading not only to job creation and economic development but to county pride, confidence and community wellbeing, all of which is critically important from a county development point of view.

The purpose of this Plan is to guide and assist the council and Tipperary Tourism in delivering its plan to significantly improve the visitor product experience in the county, increase capacity, dwell time, bed nights which will assist the local economy.

The Plan suggests ideas for creating exciting new tourism experiences and significantly enhancing existing ones. These will lead to building greater capacity among tourism providers and extending visitor length of stay in the county, whilst also building synergies and collaborations between tourism product offerings in order to deliver top-quality visitor experiences. There is a suite of innovative and creative potential projects included, along with a range of key targets, followed by an action plan plotting out the roadmap to be focused on for the next decade. The plan is available from here: www.tipperary.com



Around Our Town

Around Our Town is a local history project undertaken by Clonmel Library that takes a closer look at some of the historical places of interest in Clonmel and its surrounding areas.



Log on to www.tipperaryllibraries.ie/around-our-town or check out Tipperary Libraries' social media channels every Wednesday morning for a new episode.



Open Your Eyes to Elder Abuse There's no Excuse for Elder Abuse

Most older people do not experience abuse. But, unfortunately, there are some older persons who can be harmed or abused by others. An older person may also experience more than one form of abuse at any given time.

The HSE Social Care Division has published a policy spanning both Older Persons Services and Disability Services.

'Safeguarding Vulnerable Persons at Risk of Abuse'. This policy provides one overarching policy incorporating services of Elder Abuse and for Persons with a Disability.

Some helpful links below:

HSE information Line: 1850 241850
safeguarding.cho5@hse.ie – 056 7784325 – South Tipperary
safeguarding.cho3@hse.ie – 067 46470 – North Tipperary

Safeguarding Vulnerable Adults

<https://www.hse.ie/eng/services/list/4/olderpeople/elderabuse/>

Steps to Health Challenge 2021 May 24th - June 27th

Steps Challenge for 2021 will take place from May 24th until June 27th. Registration for teams will open on Monday 12th April. We are really looking forward to taking part again this year. In the meantime keep walking, stay healthy and well.

What is the Steps to Health Challenge?

The steps challenge is a five week walking challenge that supports staff to walk more. The aim is to get you walking and counting your steps daily. Steps can be accumulated in many ways. Take the stairs instead of the lift. Walk during your break and after work.

Most of us walk between 3,000 to 5,000 steps a day. We challenge you to make up the extra steps so that you reach the goal of 10,000, which is the recommended number of steps for health benefits.

It might take longer for those who are inactive at present. You can break up the steps into ten minute walks at a time and still get the health benefits.

Steps to Health is for everyone, regardless of your fitness or ability levels. Aim to increase your step count on a daily basis. Remember, every step counts!

Don't miss out! Join the fun while looking after your mental and physical well being.

Challenge Resources

Each Team Co-Ordinator will receive a resource pack for their team. Additionally, each item in this pack is available to download individually in pdf format (see below), along with other materials to support the Challenge.

<https://www.hse.ie/stepschallenge>



The TidyTowns Unit were recently invited by Limerick City and County Council to participate in a series of webinars they were hosting to assist TidyTowns groups in preparing for the 2021 competition, the webinar presented by John Carney from the TidyTowns Unit is titled "**SuperValu TidyTowns Competition 2021 Entry Process**". <https://www.youtube.com/watch?v=-gU-pKQW0-U>



Act Local – Think Global

The Sustainable Development Goals (SDGs) define the world we want. They apply to all nations and mean, quite simply, to ensure that no one is left behind. [The 2030 Agenda for Sustainable Development](#), adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests



Ireland's Sustainable Development Goals (SDGs) data hub <https://irelandsdg.geohive.ie/> is a collaboration platform for reporting on progress towards the goals and sharing information on related initiatives.



Reminiscing in Tipperary

Tipperary Age Friendly Older Peoples Council are developing a project to capture stories and tales of the past, listening to the voices of older people across County Tipperary.

Within this project we hope to capture some living history from residents in the county and we will collate this information in written, audio and video form.

This will be a fantastic opportunity to capture the living history of Older Voices in Tipperary and to share stories and reminisces of our past, growing up in the county with the younger generations and showcase how in some instances things have evolved but also at its core how family and friends impact positively on our lives.

In this we have 5 main areas designed to capture the memories about where you went to school, memories of growing up and family activities, where you worked and the friendships and social or sporting activities that you participated in.

The 5 main areas which also include some prompt questions:

- School and growing up
- Family Memories and Household composition
- Work and work life
- Relationships, Marriage, Friendships
- Traditions Sayings and pastimes

We will circulate this project document through the older adult community groups in the county, through the nursing home and day care centres and this project will also be promoted through Tipperary PPN and partner agencies.

We have 3 methods of completing and participation,

Written: by completing the document available at www.tipperarycoco.ie/community-and-economic-development/reminiscing-tipperary and returning by email to agefriendly@tipperarycoco.ie or by post to Tipperary Age Friendly, Ballingarrane House, Cahir Road, Clonmel, Co Tipperary E91E183

Audio: recording on a device and sending the audio file via what's app with Name of participant to 087 1252938

Video: recording on a device and sending the recording by email or what's app including name of participant to 087 1252938 or email to agefriendly@tipperarycoco.ie

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

As part of the In This Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary promoting community and support families coping at home & cocooning.

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



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

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.



How to use Face Coverings



ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment. If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



DO NOT:

Wear the face covering below your nose.

DO NOT:

Leave your chin exposed.

DO NOT:

Wear it loosely with gaps on the sides.

DO NOT:

Wear it so it covers just the tip of your nose.

DO NOT:

Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS wash your hands before and after handling your face covering.

ALWAYS change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealed clean, water-proof bag, for example, a ziplock.

Carry a second similar type bag to put used face coverings in.

CHILDREN UNDER 12 should not wear face coverings.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

Safe Removal

Use the ties or ear loops to take the face covering off. Do not touch the front when you take it off.

Disposing Of Single-Use Mask

Always dispose of single-use masks properly in a bin. Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



You are not alone, help is at hand.

SAMARITANS
Call free day or night on
116 123
Email jo@samaritans.ie

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

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

yourmentalhealth.ie
Information | Support | Services
1800 111 888

mabs
Money Advice & Budgeting Service
0761 07 2000
9am to 8pm, Monday to Friday

text about it

50808

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

Visit www.gov.ie for info on Level 5

Tipperary Covid19 Community Response

If you know a vulnerable person who may need help with collection and delivery of essential items like food, 'meals-on-wheels', household items, fuel or medicine.

The **#Tipperary** COVID-19 Community Response team are here to help every day from 9am-5pm - please call or email

Call **0761 06 5000**

Email covid19@tipperarycoco.ie or covidsupport@tipperarycoco.ie

Website <http://www.tipperarycoco.ie/covid19> Covid19 Response Hub

