



## KEEP WELL IN YOUR COMMUNITY



Ríocht na hÉireann  
Government of Ireland

In This Together Tipperary  
Newsletter

12th of July 2021

Issue 29

Welcome to edition 29th of our newsletter In This Together Tipperary. Previous issues can be found on [www.tipperarycoco.ie](http://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.



This issue contains information on:

- Vaccine Update
- Tipperary Rural Traveller Project Summer Camp
- Alone Organisation Good Morning South Tipperary
- Virtual Dementia Café
- Five favourite picnic spots in Tipperary
- Leave no Trace Campaign

As the vaccinations roll out continues, some more visitor attractions are now open in Tipperary. Visit <https://heritageireland.ie/> to check where is available to visit in Tipperary. The Swiss Cottage is now open with limited access, **just outside the heritage town of Cahir, is a cottage orné – a fanciful realisation of an idealised countryside cottage used for picnics, small soirees and fishing and hunting parties and was also a peaceful retreat for those who lived in the nearby big house.**

Built in the early 1800s by Richard Butler, 1st Earl of Glengall, who, we believe, managed to persuade world-famous Regency architect John Nash to design it. Originally, simply known as "The Cottage" it appears to have acquired its present name because it was thought to resemble an Alpine cottage.



**Team Ireland has confirmed that Ballina's Finn McGeever will be travelling to Tokyo for the Olympic Games later this month.**

The 20-year-old is the Irish senior record holder for the 400 metre Freestyle.

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](mailto:InThisTogether@tipperarycoco.ie)



Use hashtag #inthistogetherTipp on your social media to showcase all the good work in County Tipperary

**AGE 30?**

#YourTurn for a COVID-19 Vaccine has come.

Registration - [Vaccine.hse.ie](https://Vaccine.hse.ie)  
or 1850 24 1850

All those 30-69 can continue to register for a vaccine.  
Age 18-34 can also register with a pharmacy for a Janssen vaccine.

COVID-19 VACCINE  
Public Health  
Advice

Ríocht na hÉireann  
Government of Ireland

Click on the image to the left to register for vaccine.

#ForUsAll #COVIDVaccines

Clear information helps us all to make an informed decision about the vaccine.

You can find factual, updated information about COVID-19 Vaccine on [www.hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine).

You can phone our team in HSELive on 1800 700 700.

You can email HSElive at [hselive@hse.ie](mailto:hselive@hse.ie)

Remote sign language interpretation can be arranged by appointment.

COVID-19 is still with us and there are things we all need to keep doing to help protect ourselves and those around us from COVID-19.

**Staying safe before (and after) vaccination.....  
#WeCanDoThis**

Currently the vaccine situation in Ireland stands at 1st dose: 2,616,881(69.8% of 16+) Vaccinated(2nd + single doses): 2,122,009(2,049,917 + 72,092)(56.6% of 16+) Figure from 11th of July.

Click on the image to the left to register for vaccine.

#ForUsAll #COVIDVaccines



Tipperary Rural Traveller Project have just concluded two weeks of a wonderful Summer Camp in Cashel.

Children from age 5-8 for the first week and 9-12 for the second created happy memories over the weeks.



## WEBINAR INVITATION

# Launch of the HSE Social Prescribing Framework

By Mr. Frank Feighan, Minister of State with responsibility for Public Health, Wellbeing and National Drugs Strategy.

Date: 15th July 2021  
Time: 11am - 12.30pm

[REGISTER HERE](#)



Tipperary ETB offer full/part-time, evening and online courses, across a variety of career sectors . The Course Brochure for their 20/21 programme is now available. Email [adulted@tipperaryetb.ie](mailto:adulted@tipperaryetb.ie) for a copy to be forwarded.



After a fantastic week of music, theatre, visual arts and talks, the 20th anniversary of The Junction festival drew to a close last weekend. The festival wrapped up on a high note with historical music, spoken word and the spectacular Dome finale.

The Junction Dome provides a visual identity for Clonmel and the Junction Festival, an auditorium that doubles as its set, and performances that are live-streamed for a live audience, allowing us to welcome both in-person and online audiences at the same time.

This wonderful new venue will be a hub for Clonmel Junction Arts Festival and other events for many years to come. An innovative geodesic dome that acts as a pop-up venue for the festival at its 2021 home on Mick Delahunty Square in the centre of town.

It's a sustainable, theatrical state-of-the-art design created for performance by Festival Production Manager, Colin Everitt, working with expert engineers.



**Tipperary County Council Library Service**  
Presents  
**FREE OUTDOOR**  
**ZUMBA<sup>®</sup>**  
**for Kids**  
With Christine Nevin  
Nenagh Library

*Places Limited  
Booking Essential  
067-34404*

**FIT FUSION  
with Christine**

**9-12 Years**

**Thursday  
July 15th  
11.30am**

Supported by Healthy Ireland at Your Library

**Music Generation Kilkenny**  
Chill Chainnigh  
presents  
**TRADCAMP**  
**July 12, 13, 14, 15**  
**Online and July 17**  
**In-Person Recording day**

**with**  
the MG Musician Educator Team and **special guest**  
**LUCIA McPARTLIN**

- Minimum 2 years playing experience essential
- Traditional tune workshops, arrangements and special live recording with Lucia and the MG Team
- Fee €50, 5-day camp and LIVE professional recording

**FOR MORE INFORMATION CONTACT:**

Kilkenny: 087 176 5493 (SARAH)  
musicgenerationkilkenny@kcetb.ie

Tipperary: 086 078 8016 (EILEEN)  
musicgeneration@tipperaryetb.ie

**Music Generation**  
Kilkenny County Council etb An Roinn Oideachais, Comhartha Teangeolaíochta agus Tábhachtachais  
Conchúire Contae Thíobraid Árann Tipperary County Council

Music Generation is Ireland's National Music Education Programme. A Music Network Initiative, co-funded by U2, The Ireland Funds, The Department of Education and Skills and Local Music Education Partnerships

ALONE, the organisation that supports older people to age safely and securely at home, has launched a series of new services in the South of the country; The Good Morning South Tipperary service and the Waterford Contact Services project were launched by Minister for Mental Health and Older people, Mary Butler, TD. Also present at the launch were ALONE CEO Seán Moynihan, and Barbara Murphy, Head of Older People Services, HSE South East Community Healthcare.

ALONE were approached by Liam Kelly in 2019 to take over the running of the Good Morning South Tipperary service and to offer further services to older people in Tipperary and further afield. The service has been in operation for fourteen years and consists of weekly calls made to thirty older people by local volunteers from the Tigh na n Daoine Community Building in Newcastle.

Seán Moynihan, CEO of ALONE said at the launch, "We are delighted to be expanding our services and reach to older people in Munster with the help of our fantastic staff and volunteers. We look forward to seeing these services develop throughout Tipperary and Waterford we to build on the great work and existing community spirit in both locations. We will integrate these teams with our network of staff and volunteers across the country so we can empower and support older people to age at home."

Moynihan continued, "As a country, we are facing an ageing demographic and ALONE are



providing essential supports alongside other agencies. We need to ensure that there is consistency of services across both urban and rural areas. Many more older people will be experiencing issues such as loneliness, transport difficulties and housing challenges in the coming years and we hope that expanding our ground-level supports will help to make a positive impact on the lives of older people in Tipperary, Waterford and throughout the country." The Good Morning South Tipperary and Waterford Contact services have been funded by the HSE under section 39 grant funding. Barbara Murphy, Head of Older People Services, HSE South East Community Healthcare stated: "It is great to see the level of support we have received from local communities as ALONE launch their wonderful new services in Tipperary and Waterford. We look forward to working closely with ALONE to support older people in need and ensure that no one is left behind."

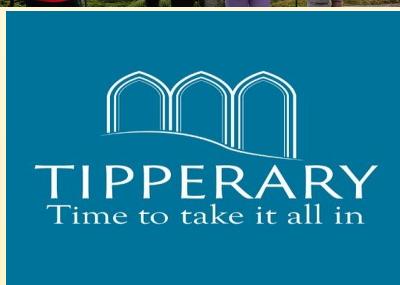


And no family adventure is complete without a picnic. Tipperary Tourism has revealed some of the most idyllic picnic spots in the county and we have to agree. Check out the five most stunning spots to enjoy a bite with your family.

1. Castle Lough, Lough Derg.



2. The Glen of Aherlow



3. St. Patrick's Well, Clonmel



4. Tickinor Wood, Clonmel



5. Sopwell & Scohaboy Bog



Click on the pictures for map of locations



### **Parenting Supports in Co. Tipperary: July - August 2021**

TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, JULY – AUGUST 2021. THE INFORMATION IS ORGANIZED UNDER 4 SECTIONS, AS FOLLOWS:

- Parenting Group Programmes
- Parenting Supports
- Parent, Baby & Toddler Groups
- On-line Resources

Please note that services will need to continue to comply with Covid-19 protocols during this period. Any move to face-to-face contact will need to be confirmed through direct contact with the services. You can access the details at <https://www.tipperarycoco.ie/community-and-economic-development/tipperary-cypsc-parenting-supports>

# NENAGH & BALLINA/KILLALOE



## VIRTUAL DEMENTIA CAFÉ

**Tuesday 13 July 2021 at 11am**



**Guest speaker: Aifric Devane**

cANP, PgD Dementia, PHN, RGN  
and Dementia Champion

**Theme: Person-centred care,  
Services, & Communication  
in Dementia**

**To join us on Zoom for our first dementia café  
please email: ballinakillaloe.dementiacafe@gmail.com**

**Café Committee:**

Aifric Devane Tel: (087) 109 8716  
Noelle Clancy Tel: (083) 017 8006

Fiona Crotty Tel: (087) 125 2938  
Sean Donal O'Shea Tel: (087) 092 6617



### **Strengthening Families Programme Facilitator Training**

The National council of Ireland are delighted to offer the Strengthening Families Training for those interested in **facilitating and delivering** the Strengthening Families Programme. This 2-day SFP training is a prerequisite to being a Facilitator/Assistant Facilitator/Floater on the Strengthening Families Programme. It is anticipated that those attending the training will facilitate/deliver the Strengthening Families Programme or act as a Referral Agent.

We value the quality of SFP and make every effort to maintain the highest standards possible for the families and team on the programme. This 2-day training is a course in the Strengthening Families Programme and **not** a training in facilitation skills. The training will be delivered by Áine O'Brien and Joe Slattery – for further information, please contact Áine on 086 414 1890 or [aobrien@csmt.ie](mailto:aobrien@csmt.ie)

**Wednesday 28th & Thursday 29th July  
10am – 3:30pm**

**Venue: UL Access Centre, Limerick  
Please note attendance is required on both days**



In Ireland in each of the last ten years, an average of 115 people lost their lives to drowning. Thankfully that number is falling. In 2020, 76 people drowned. But the target has to be zero. July 25th has been declared World Drowning Prevention Day. A day to remember loved ones lost. Make it your day one by practicing water safety in everything you do. Together, let's bring our drownings down for good. Visit <https://watersafety.ie/world-drowning-prevention-day/> to help bring drownings down. There is a link for all water safety such as open water swimming, rip currents, angling etc.

A new public awareness campaign from Leave No Trace Ireland and its partners calls on the public to exercise renewed care and responsibility when outdoors in managing dogs, preventing litter, and ensuring that there are no fires unless on a designated site. As we enter summer, Leave No Trace Ireland – Ireland's only outdoor ethics programme which promotes the responsible use of the outdoors – is encouraging everyone to **'Love This Place, Leave No Trace'**. The campaign is asking the public to play their part by acting responsibly so that everyone can experience and enjoy outdoor spaces while helping to protect them from increased pressures this year as Covid-19 restrictions are lifted.





A stunning photo capturing the dramatic views of the Vee in the Knockmealdown mountains near Clogheen.



volunteer centre  
Ionad d'Obair Dheonach Thiobraid Árann  
TIPPERARY

Please see [www.tipperaryvolunteercentre.ie](http://www.tipperaryvolunteercentre.ie) or call 062-64775 to register as a volunteer, search for volunteer opportunities, organisation or advertise your organisation volunteer



**ALONE** set up 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.



"Tipperary PPN website [www.pptipperary.ie](http://www.pptipperary.ie) is the host for the community resources for In This Together for Tipperary.

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



**Silver Arch Family Resource Centre**

Are you interested in getting more active? Want to improve your health and wellbeing?

### Join our Green Prescription Programme

- 8 week programme for 30 to 60 minutes each week
- For adults 18 years and older
- Includes gentle warm-up exercises and guided walk
- Individual fitness levels will be taken into account



Ask your GP or Health Professional for a referral  
- Or -  
Contact Noelle Clancy, Health and Wellbeing Coordinator, Silver Arch Family Resource Centre, 52 Silver Street, Nenagh.  
Tel: 083-0178006  
Email: [Noelle.clancy@silverarchfrc.ie](mailto>Noelle.clancy@silverarchfrc.ie)

Meet new people & reduce isolation

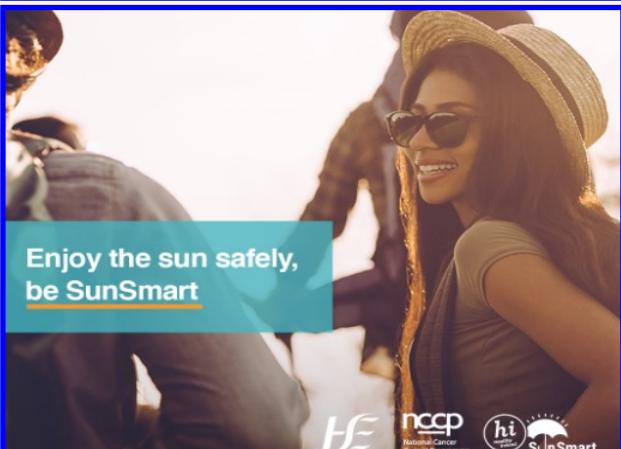
Improve fitness & wellbeing

Lower blood pressure

Improve cholesterol & blood sugar levels

Help cope better with respiratory issues

Maintain Healthy Weight



Visit [gov.ie](http://gov.ie) for COVID updates

**You are not alone, help is at hand.**



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



text about it  
**50808**  
drug and alcohol HELPLINE  
1800 459 459 (24HRS A DAY)  
[helpline@hse.ie](mailto:helpline@hse.ie)