



Newsletter 17th August
Issue 6



Welcome to the sixth edition 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 and as we progress into 2020.

A Lough Derg sunset captured beautifully by @mcsnapics (insta) (no filter needed!)



Tipperary is Open <https://tipperary.com/>

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 #inthistothertipp on your social media to showcase all the good work in County Tipperary



COVID-19 measures are affecting all our lives. In challenging times, we continue to support vulnerable children, young people, and their families. Here you will find information about services for children, young people and families, including those with additional needs. You will also be able to see the changes we have made so that we can continue to support in this time. www.gov.ie

Transitioning from Preschool to Primary School

Parents are busy preparing their little ones for the move to Big School. This year the transition will be more important than ever as our young children will have been home for nearly six months since the ECCE programme ended back in mid March, for many children being at home will have become the norm with Covid19.

Normally the months of April to June, preschools work with the children to prepare for the move to school with perhaps a visit into a classroom or the teacher may have come to visit them in the preschool. Some preschools use the Mo Scéal templates to pass on information from the child and parent to the new Junior Infant Teacher.

To support children and parents the department of Children and Youth Affairs and the Department of Education and Skills launched a new resource – Gov.ie/letsgetready. As part of this initiative a special pack was prepared and distributed to Early Years Services in County Tipperary through the County Childcare Committee staff. The pack includes a card for the child to draw a picture for their teacher and a message about themselves. It has a Mo Scéal(my story) template for the parent to complete for the new Teacher and this was developed by the National Council for Curriculum and Assessment. Tipperary County Childcare distributed approximately 1700 packs for children to 109 services at the end of June and early July.

The packs were given to children at all types of graduation ceremonies held in recent times at the preschools. We've had outdoor socially distanced graduations, home drop offs to children and even drive through graduations.

The National Parents Council have very helpful tips on their website for parents www.npc.ie.

Sending any child to primary school for the first time can bring all sorts of feelings and emotions to the fore for both the child and the parent. This change can be exciting, anxious, and challenging.

Everything from the uniform, school bag, lunch box to perhaps a new building and a new teacher to contend with are not to be underestimated. These can be stressors to a young child and need to be managed carefully in the weeks leading up to the start date. As most children have been out of routine getting them into a regular bedtime and waking time will prepare them now the next few weeks and will help you to have a happy child with good sleep starting school. Giving your child extra time in the morning can be very helpful also and will prevent everyone getting stressed and late.

With this transition it's best to keep things calm in the next few weeks and not make a huge deal about going into primary school. You have at this stage probably walked or driven past the school make the child familiar with the environment and continue with the theme of seeing old friends and making new ones.

Enjoy this special time with your child and if you need help with any of your childcare and early years queries please give us a call on 062-64200 or visit our Facebook Page Tipperary Childcare.



The StepUp website has been developed in order to assist both students and their parents in making the move between primary and secondary school. This website should help young people to get a bit more ready for secondary and hopefully explain a lot of the things they want to know. There may also be a few things they haven't thought about. StepUp is written first and foremost for young people but we'd encourage parents to use the site also. Don't feel that you have to look through the whole site all in one go, there's a lot of information so come back to it from time to time. Visit stepup.ie

Be Sober Be Safe – Enya O Dwyer

I am member of Tipperary Comhairle na nOg and together with the Drugs workers in Youth Work Ireland Tipperary and on behalf of Children's & Young persons services committee we launched a social media campaign last month called 'Be Sober Be Safe'. The campaign focused on informing young people of substance and alcohol misuse in the county. Due to the current Covid-19 pandemic, the campaign has been primarily based on Instagram and Facebook, focusing on sharing helpful information on alcohol and substance abuse. The campaign has been developed around the results of a survey undertaken by us in Tipperary on young people's exposure to both alcohol and drugs.

The aim of the campaign was to encourage personal awareness when confronted with alcohol and drugs, without the 'don't do it' culture which currently exists. The campaign posted information on one topic per week, with our first week focused on alcohol misuse such as binge drinking, which is common amongst young people. On other weeks, we highlighted common myths associated with cannabis use, facts surrounding the use of ketamine and the affects drugs have on our mood, health and general wellbeing. We learnt a lot about harm reduction and having all the facts during this project.

The campaign hopes to encourage young people to be more aware of their alcohol and substance use this summer. Please like and share our project on social media. [Visit www.facebook.com](http://www.facebook.com)





The Tipperary PPN (Public Participation Network) is a collective of all the community, voluntary, social inclusion, and environmental groups in Tipperary. It was established in 2014. The PPN provides an opportunity for the community voice to be represented on Tipperary County Council Committees and various other boards and committees throughout the County. In 2019

Tipperary PPN commenced its wellbeing visions in each Municipal district, creating a vision for Tipperary to be the best place it can be. This vision will be launched later in 2020.

Tipperary Public Participation Network (PPN) office is in Thurles Chamber Enterprise Centre which is located on LIT campus. Tipperary PPN office is staffed by one resource worker, an admin support worker and community employment scheme participant. They along with the Secretariat (committee) run the day to day business of the Tipperary PPN.

Tipperary PPN is a formal network. Its vision is to inform, strengthen and empower through participation and to support the three pillars of Community, Social Inclusion and Environmental Groups to have their say in shaping local society. It provides a structure to facilitate the two-way flow of information between the Local Authority and the Three Pillars, to influence plans and policies for the future development of Tipperary.

PPN a FLAT structure. This means that all groups in the PPN have an equal voice and an equal input into decision making. There is no leader, no overall spokesperson or chairperson. The main decision-making body of the PPN is the Plenary (i.e. all the independent member groups).

Tipperary PPN has nearly 60 Representatives on many boards on committees throughout the county structure. It enables the concerns and experiences of the community to be incorporated at an early stage of policy development, leading to more positive outcomes.

During Covid 19 the PPN has played an active role in the Community Response Forum and worked with the Local Authority on the "in this together hub". We have been very active with information and updates for our members from the Department of Rural and Community Development. Due to Covid 19 we have moved our training to an online platform where we had 2 sessions for our PPN Reps and 2 workshops for community groups on re opening and getting their group active again, as we re-emerge with a "new normal".

We look forward to the rest of the year, working in collaboration with the various stakeholders as we continue to keep the Community groups in Tipperary informed of training, funding applications and consultation etc. We plan to have training available for members on the UN Sustainable Developments Goals, have a plenary and launch the well being vision both on an online platform.

If you wish to get in contact with the PPN please contact Avril on 087 4567111 or Sharon on 086 0632717. You can also visit our recently launched new website for more information

www.ppntipperary.ie

Nenagh Red Cross - On the ground impact through structured volunteer recruitment

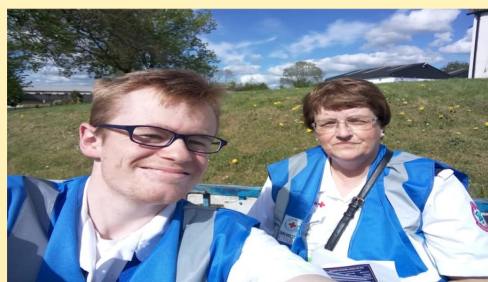
As an established volunteer involving organisation the Red Cross branches across Tipperary played a pivotal role responding to the COVID-19 emergency. Recognising the importance of adding to their skilled volunteer based and building on their existing relationship with Tipperary Volunteer Centre a structured volunteer recruitment drive was initiated. The Red Cross created a new membership type and Tipperary Volunteer Centre set about advertising and assisting with the recruitment of volunteers for them.

Using the tried and trust approach of asking people to volunteer the level of support received by the general public and community groups was overwhelming.

Newly recruited volunteers were partnered with and learned from the experience and expertise of full Red Cross members with the most vulnerable people across Tipperary benefiting from the volunteer's selfless efforts.

From grocery shopping to welfare visits, from prescription delivery to hospital transfers the impact of the Red Cross was front and centre in the Community Call and visibly evident across the county. The words of Denise Kennedy Secretary of Nenagh Red Cross showcase the benefit of involving volunteers.

"The community support sector of the Nenagh Red Cross was truly strengthened by the addition of many volunteers and indeed the work that still carries on. Although the work is not always easy the kindness and appreciation that is felt from the public while we are volunteering makes it all worthwhile. Nenagh Red Cross have assisted many in our community and wider afield. We hope to continue to support those who need us most into the future"



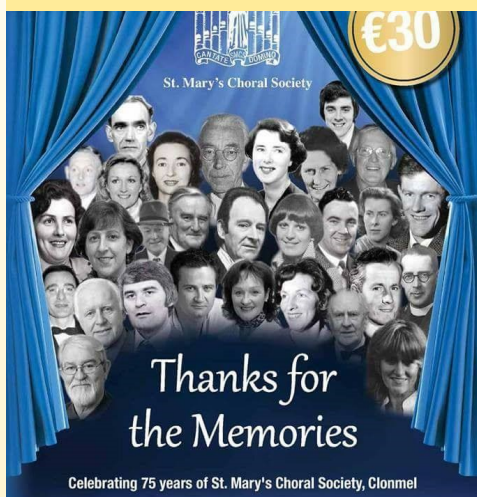
Like numerous societies across the country, St. Mary's Choral Society, Clonmel have not gone unaffected by the current Covid-19 pandemic. Unfortunately, their planned production of *The Full Monty*, which was due to be staged in April 2020, had to be postponed. After months of deliberation and taking into consideration the health and safety of their members and patrons, the show will now take place from 24th April - 1st May 2021.

As most are aware, the society has been struggling for quite some time to keep the doors of The White Memorial Theatre open. They rely heavily on any income that is generated from their own productions and groups that rent the theatre to pay insurance, electricity, and heating costs to name but a few. As a result of the current pandemic, it was with great difficulty that the committee of St. Mary's Choral Society had to reach out to the public and ask for help to prevent the permanent closure of one of Clonmel's oldest buildings. Unfortunately, they, like many others, had no other option but cancel any events that were due to take place in the theatre. Knowing that this is an incredibly difficult and stressful time for many in the town and county made this plea even more challenging for them. They had tried every avenue possible hoping that they would get some financial assistance, but unfortunately, they had not been successful.

In March, the committee set up a GoFundMe Campaign to raise funds to cover insurance costs and prevent the permanent closure of one of Clonmel's oldest buildings that has brought so much joy, music and laughter to the people of the town and its surrounding areas. They were overwhelmed by the response from the public and within four days had reached their target of €5000. The committee of St. Mary's Choral Society cannot express enough how grateful they are for the support that they have

received. Even in difficult and trying times the people of Clonmel and its surrounding areas have once again pulled together to ensure that the doors of the theatre remain open. In an attempt to express their gratitude, the committee decided to hold a virtual "Thank You Concert" on Wednesday, 10th of June, in St. Peter & Paul's Church. On July 16th, a similar concert was held in St. Mary's Church, Clonmel. We would like to thank both Fr. Michael Toomey and Fr. Billy Meehan for going above and beyond to make these concerts possible.

The society are holding one of their biggest fundraising events to date in Clonacody House on August 16th and 17th at 7.30pm. This open-air concert, entitled "One Day More", will feature songs from the hit musical *Les Miserables* and will see members take to the stage accompanied by a 16-piece orchestra. Tickets to this event will be limited in accordance with government guidelines.



Face coverings are mandatory in shops and shopping centres across the country from 10th August.

Wearing of cloth face coverings may help prevent people who do not know they have COVID-19 (Coronavirus) from spreading it to others. You should still do the important things necessary to prevent the spread of the virus.

These include:

- washing your hands properly and often
- covering your mouth and nose with a tissue or your sleeve when you cough and sneeze
- not touching your eyes, nose or mouth if your hands are not clean
- physical distancing (keeping at least 2 metres away from other people)



The Your Mental Health information line is a phone service you can call any time.

A member of our team can tell you about:

the mental health supports and services available to you
how to access different services provided by the HSE and our funded partners
opening hours

Freephone: **1800 111 888**

The YourMentalHealth information line is not a counselling service.



The HSE Sexual Health and Crisis Pregnancy Programme (SHCPP), HSE Health and Wellbeing, is launching a new sexual health campaign in partnership with the Irish Pharmacy Union (IPU).

The aim of the campaign is to provide young adults with access to helpful information to support them in safeguarding their sexual health and wellbeing during the coronavirus

pandemic. The campaign involves making sexual health protection packs available in pharmacies nationwide, which include an information leaflet and a free HSE condom.

The leaflet contains information on how to reduce the risk of coronavirus if sexually active and when to consider avoiding sex; contraception, emergency hormonal contraception and condoms; STI testing; PrEP and PEP; and the importance of sexual consent. The leaflet directs people to www.sexualwellbeing.ie for further information, and advises that they speak to their pharmacist if they have any queries about their sexual health. The campaign is supported by social media messages.

Positive Ageing Week 28th September to 2nd October

The counties of Carlow, Kilkenny, Tipperary, Waterford and Wexford and planning a virtual Positive Ageing week, which will focus on Health and Wellbeing, Information and Intercultural and Creativity. Full programme of Activities will be available early September on www.tipperarycoco.ie and partner websites.



NEW RTÉ ONE SERIES FULFILLING DREAMS

Tipperary Applicants Wanted for a new RTÉ series of **WINGMAN**!

Baz Ashmahy is looking for people to take part in the new series of his hit TV show Wingman!

Has Lockdown in the Premier County left you reckoning it's time for a big change in your life but you need some help?

Do you want to run away with the circus or learn something new? 🎪

Do you know someone who can make you laugh and belongs on the stage? 🎤

Tell us what your dream is and why you need help making it happen. 🎉

Do you reckon it's time for a big change in your life but you need some help?

Maybe it's finding love, a crazy adventure, a childhood dream you never forgot? Is it an underlying unfilled ambition? It might be something you want to do with a sibling, or a friend? Or maybe it is a deserving #frontlinehero that need's a hand!

Or maybe you don't know what you want, but you just know that you need a **WINGMAN**

Apply Now: www.RTE.ie/wingman or call **(083) 118 7077**)



MyWaste and the EPA are challenging everyone to unearth the imagination within and create something new out of something old...to breathe new life into an old or unwanted item or material.

So if you can find something old and renovate it or turn it into something completely different but still usable then we want to see it!

When entering please remember that we need to see the journey you've taken, be sure to submit some pictures of the before, during and after the transformation, make sure to let us know why you did what you did and we want to know what was your inspiration.

The competition is open to non-professionals and we have amazing cash prizes up for grabs, yes cash!

All entries to be sent to www.mywaste.ie

Upcycle Challenge 2020

closing date 30/10/2020

OPEN FOR APPLICATIONS

9 categories - each with a prize of €750!

how to enter

- 1 source material
- 2 'before' photo
- 3 diary of 'how & why'
- 4 'after' photo
- 5 entry form

[mywaste](http://mywaste.ie) [epa](http://epa.ie)

Autism Awareness Roscrea

Autism Awareness Roscrea is a small organisation founded in 2018. We are a committee of dedicated and like-minded volunteers, many of whom are parents of a child with autism. Our focus is on increasing awareness of the daily challenges facing individuals on the Autism Spectrum and their families in all areas of our community.

'Our core objective is to create positive change for all' and to foster Awareness, acceptance and inclusion of those who live with autism in their daily lives.

During our short existence, we have achieved a lot, including opening a Community Hub in November 2019. We were also awarded a Civic Welcome and Reception by the Thurles Municipal District in 2019. This award was in recognition of our outstanding voluntary work in the promotion of autism awareness, acceptance and inclusion in Roscrea.

To date, our work has included making local businesses in Roscrea and surrounding areas more autism friendly. Businesses which have participated include Roscrea Leisure centre, Roscrea Shopping Centre, Racket Hall Hotel to name a few. We hope to include many more in the near future.

We have hosted 2 Community Fun Days in the Glebe Park in Roscrea which gave our local community a great chance to meet our committee members and to have a fun day too. We have numerous other projects up and running or in the pipeline. These include a parent support group, a Fairy Door project in the Glebe Field, ongoing workshops for parents and carers as well as workshops and a wide variety of activities for children with Autism. Through our community hub, based in Rosemary square, we have been able to provide space for some of our users to participate in Summer Education programmes with teachers and SNA's. We have built strong links with many groups and organisations, including St Cronan's Services in Roscrea, who provide services for Adults with intellectual disabilities, North Tipperary Development Company, Tipperary Education and Training Board, our local Lions Club, many local residents groups and local schools.

Although our name is Autism Awareness Roscrea, we are working with many families from the wider area, and surrounding counties of Laois and Offaly and we receive requests for information and support daily from a wide variety of people.

In order to fund these activities, we have fundraised within the local community, who have been very supportive of our work. We have held a family 6k/3k Run and Walk in Roscrea in March 2019, and another was scheduled for April 2020. Unfortunately, due to Covid 19, we had to cancel this but we did do a "virtual run" instead and Race tops and Medals were awarded to all who had pre registered for the event. We have also had other fundraisers such as a "Ladies Night" in February 2020, and a Christmas Hamper draw at Christmas 2019. During the lockdown, we liaised with the local members of An Garda Siochana to provide Parent/Carer car signage, printed and distributed useful materials to parents, and made videos of activities such as baking and story telling available.

We have recommenced some activities on a small scale, but do hope that we be able to resume as many more in the near future, but will of course be following all guidelines as issued by the Government and the HSE.

We can be contacted at Autism Awareness Roscrea, 1st Floor, Finara House, Rosemary Square, Roscrea, by email at autismawarenessroscrea@gmail.com or by phone at 089 2358524 087 3426719. You can also visit us on Facebook.





"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.

Face coverings is mandatory in shops and shopping centres

Wearing a face covering is mandatory on shops and shopping centres.



Visit www.gov.ie for info

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.



The Health & Safety Authority have COVID-19 Templates, Checklists and Posters and online courses that have been prepared to help employers, business owners and managers to get their business up and running again and to inform workers about what they need to do to help prevent the spread of Covid-19 in the workplace. They have been drafted based on the Government's [Return to Work Safely Protocol](#)

Further information can be found at www.Gov.ie, www.hse.ie, www.hpsc.ie and www.hsa.ie



50808 is providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. Our Crisis Volunteers are available 24/7 for anonymous text conversations. Our aim is to provide immediate support in the short term and connect people to resources that will help them in the future. The service is funded by the Health Service Executive (HSE)

text about it

50808

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



Údarás Áitiúla Éireann
Local Authorities Ireland



Rialtas na hÉireann
Government of Ireland